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Editorial

NRNA's disenchanting electoral system

Nepalese Diaspora is deciding on its fate this month by electing a new leader in Non Residential Nepalese Association's general convention happening in Kathmandu. NRN members from all around the world are set to travel to Nepal to vote for the candidate of their preference. But many were left despondent for not having received a chance to cast their vote owing to NRNA's electoral mechanism.

NRNA has allocated Australia chapter 100 seats and to get into the quota was a battle on its own for our potential voters. NRNA chose its representatives to go to the convention in Nepal via online nomination that was literally open for fifteen minutes. Initially opened for three days, the polling was closed within minutes as enough number of people nominated in first in first serve basis.

This has raised concerns about the democratic aspiration of NRNA as an organisation and the inadequate electoral system just seems to be an image of Nepal's political culture. Yes, logistically it is not possible to take each and every NRNA member to the convention and the representatives that did get to go, are perceived to have been given the mandate, but the election process could have been better.



Ramjee Poudel
Executive Editor

The whole idea of election is supposed to reflect the weight of the public opinion, consideration of popular interest and broad representation of social, economic and political concerns of its stakeholders, but NRN's current electoral mechanism is far from incorporating the native reality. The fundamental rights and participation of NRNs have gone amiss. In order to attract public confidence, NRNA activities especially around the election process must be transparent. Tired of flaws in existing system and the growing disenchantment towards the NRNA and its functionality, Australian Nepalese now seek more acceptable method of electing representatives. Let's hope the new leadership will invest its resources in this area.

In the end, we wish you all very happy and prosperous Bijaya Dashami and Deepawali. May goddess Durga empower us all to follow the path of goodness and truth. Our journey will continue on the other side of the festivals.

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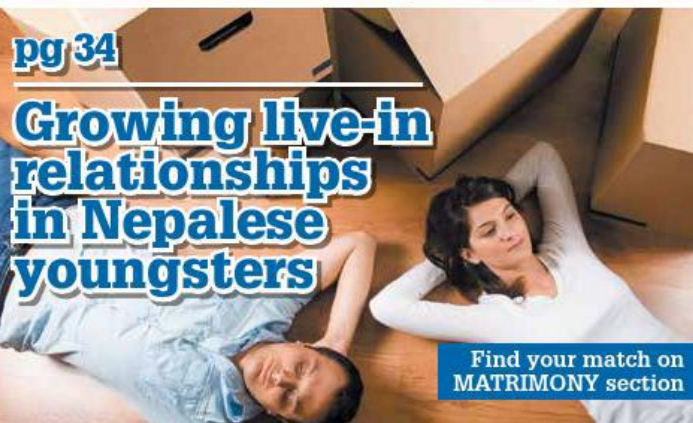
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Election-Lesson for Nepalese community

Record number of South Asian candidates Time for us to give it a go!

By Ramjee Poudel

Australia had its 44th general elections on September 7th to the House of representative and senate under the Commonwealth of Australia Constitution Act, 1900. In this election, Liberal and National Liberal won 58 and 22 seats respectively making it 90 for Liberal National Coalition giving 35 seat advantage against the opponent Australian Labor Party. Subsequently, leader of the Liberal National Coalition, Tony Abbott has been sworn in as a Prime minister of Australia for next three years.

In the history of Australian elections, two major parties Australian Labor Party and The Liberal Coalition have dominated the lower house. Since the foundation of the Liberal Party in 1944, these two groups have formed every government and this year was no different.

Number of Political Parties proliferated

This election Voters got spoiled for choices as the number of registered political parties have more than doubled since the 2010 election, and is at a record high. Many termed the proliferation of parties a triumph for democracy, and the other called it opportunistic individuals and groups seeking publicity. More political parties were registered to contest the federal election than ever before, with the Australian Electoral Commission approving the most applications since party registration was introduced in 1984. As the entry criteria made too easy 24 more parties registered with Australian Electoral Commission than Federal election 2010.

With some interesting names and manifesto, parties like Fishing and Lifestyle Parties, Motoring Enthusiast Party, Australian Sports Party, Bullet Train for Australia, No Carbon tax Climate Sceptics and shooters and Fishers Party took part. Some even voted for Australian Sex Party, Coke in the Bubbles party, Help end Marijuana Prohibition party, Smokers Right Party or Pirate Party Australia. Amongst the new entrants the Palmer United Party and the Katter's Australian party left its entry mark in Australian politics with one seat each in their hand.

And while 54 registered political parties may be a record high, given the two-party system and the rarity of minority governments, it's still low when compared with some other countries.



Recently elected Prime Minister of Australia Mr Tony Abbott

Record Number of South Asian and Subcontinent candidates

This year's election remained quite significant for Asian and Subcontinent community as we witnessed largest number of candidates from the region actively participating in the election. A total of 26 candidates from

South Asian origin stood up in the election representing different political parties or as independent for the seats of both houses. This number may not seem big compared to the wide range of political platforms across Australia; but this certainly indicates the increasing Subcontinent interests in mainstream Australian politics.

► A total of 26 candidates from South Asian origin stood up in the election.

Both major political parties made an attempt to inculcate South Asian candidates in their election campaign. Labor intended to capitalise on voters by recruiting Manoj Kumar from Menzies in Melbourne for lower house and Bhupinder Kumar from Chibber in NSW for senate. Liberal however had four South Asian origin candidates jostling for the seat in parliament, three of them from Victoria. Green also had four candidates running for them, the most prominent being Alex Bhatthal from Batman electorate from Melbourne's North.

Interestingly enough it is the newer and lesser known parties that had stronger presence of South Asian candidates representing them. Newly registered Palmer United Party had nine and the WikiLeaks Party had two Subcontinent origin candidates standing in the election.

This Year's Result

Party	NSW	VIC	QLD	WA	SA	TAS	ACT	NT	National	Won Last Election
Australian Labor Party	18	19	6	3	5	1	2	1	55	72
Liberal/National Coalition	30	16	22	12	6	3	0	1	90	73
Liberal	23	14	0	12	6	3	0	0	58	44
Liberal National Party	0	0	22	0	0	0	0	0	22	21
The Nationals	7	2	0	0	0	0	0	0	9	7
Country Liberals (NT)	0	0	0	0	0	0	0	1	1	1
The Greens	0	1	0	0	0	0	0	0	1	1
Katter's Australian Party	0	0	1	0	0	0	0	0	1	0
Palmer United Party	0	0	1	0	0	0	0	0	1	0
Independent	0	1	0	0	0	1	0	0	2	4
Not yet determined	0	0	0	0	0	0	0	0	0	-
TOTAL	48	37	30	15	11	5	2	2	150	-
DECLARED	0	0	0	0	0	0	0	0	0	-

Two party count nationally

Party / Coalition	Votes	Percentage %	Swing %
Australian Labor Party	5,069,128	46.63	-3.57
Liberal/National Coalition	5,802,835	53.37	+3.57

(Although the Australian government has been based on two-party system, for the Senate, the upper house – has the proportional representation and single transferable vote system in use since 1949, with optional group voting tickets since 1984.)

We can give it a go!

Despite increasing South Asian representation in mainstream Australian politics, no Nepali has yet risen up to this challenge. As the fastest growing community in Australia, it would have been timely to see someone from the community advancing into the mainstream political platform to voice our concerns to a government level.

"We are relatively new in compared to other South Asian Community, most of our population is a first generation migrants and has survival as the first priority however we don't lack intelligence, awareness and education to compete and integrate into Australian politics. It is now the need of hour that someone begins chipping it away" says a community leader.

A political science student from Latrobe University says "the awareness of political participation is directly related to the history of migration. Lack of familiarity with the political system would translate into lack of participation." In our case, we have hundreds

of Nepalese who have made noteworthy achievements in businesses and academia, many hold extensive backgrounds and distinguished careers, we have produced hundreds of affluent personalities but we are lagging political participation.

That said, off late we are starting to see many Nepalese youths showing promises leading the community. And that is a step closer for us to be able to capitalise on the democratic platform provided by our adopted country, the great nation Australia. We can do this and all we need to do is to give it a go.

Unlike in the US where many Nepalese have gained clout in mainstream politics, such as Darshan Rauniyaar who ran for congress in 2012 election, we are still to have the privilege of voting for a Nepali candidate in Australia. As a community we are hungry for the real leadership. Hopefully the day comes sooner than it looks.



Dr Ali Khan - Liberal (second from left) during his election campaign

South Asian origin candidates from Victoria in 2013 Federal Election

Candidate	Party	Position	Electorate
Dr Ali Khan	Liberal	HOR	Calwell
Alex Bhathal	Greens	HOR	Batman
Dinesh Jayasuriya	Greens	HOR	Gorton
Jatinder Singh	Palmer United	HOR	Holt
Avtar Singh Gill	Palmer United	HOR	Isaacs
Nihal Sharma	Liberal	HOR	Lalor
Manoj Kumar	Labor	HOR	Menzies
Jag Chuga	Liberal	HOR	Scullin
Shilpa Hegde	Liberal	HOR	Wills
Gurminder Sekhon	Greens	Senate	-
Binoy Kampmark	Wikileaks Party	Senate	-

...off late we are starting to see many Nepalese youths showing promises leading the community. And that is a step closer for us to be able to capitalise on the democratic platform provided by our adopted country, the great nation Australia. We can do this and all we need to do is to give it a go.



Dashain Facade



By Bisham Thakuri

Perception and significance

As the first chills of winter approaches most of Nepalese Hindus prepare for Dashain, country's longest and most auspicious religious festival. This fifteen-day celebration takes place during the month of Ashwin or Kartik on the Bikram Sambat calendar (between late September and early October) during a bright lunar fortnight ending on a full moon day. Dashain is the biggest Hindu festival in Nepal that is celebrated commemorating the victory of good over evil, triumph of virtue over sin or immortality. Besides indulging in fun aspects — mouth-watering feasts and endless merry-making through kite flying, playing swing, reunion with family members, get together with friends, shopping, receiving dakshina and blessings and playing cards — the 15-day long Dashain is a festival that is celebrated observing interesting rituals most of these based on religious stories associated with this festival.

According to the legend, Dashain is celebrated in memory of a bloody battle between Goddess Durga and demon Mahisasur. As the demon had created troubles for humankind, the goddess fought with him for nine days in her nine different incarnations. But it was on the 10th day, she got victory over the demon. And this 10th day is the day of Tika, the main day of the festival.

Meanwhile, there is another myth from the Ramayana according to which Lord Ram in Treta Yuga had killed 10-headed Ravana. People enthusiastically celebrated this victory of Lord Ram over the devil Ravana. And the celebration was during the time of Dashain.

Worshipping Shakti (Power)

Dashain is celebrated for 15 days, each day carrying its own value. The first day of Dashain is Ghatasthapan. On this day, the symbol of Shakti is established in Hindu household.

And from the day of Ghatasthapan till

For Nepalese living overseas Dashain brings a range of emotions. In one hand it's a time for celebration but on the other, it becomes the time they yearn home the most. Especially the ones without a family are saddened as they miss those times spent with the family and friends.

Nawami (the ninth day of Dashain), different incarnations of Goddess Shakti are worshipped. The goddesses Shailputri, Brahmacharini, Chandraghanta, Kushmunda, Iskandamata, Katyani, Kalaratri, Mahagauri and Siddhidatri are worshipped from the first to the ninth day respectively.

Dashain has important religious aspect as we worship Shakti (power) and different forms of power during this time. And the metaphor of this religious ritual is that the life would not exist in this world without power. Thus, Dashain symbolically educates people about the importance of power in our life and also the fact that goodness always prevails over bad.

Without Shakti (power) there is no creation. Worshipping and praying Shakti help humankind to gain good fortune, happiness and prosperity not only in this world but also in our afterlife.

It is believed that human beings worship different incarnations of Shakti to remember and inherit the characteristics of those incarnations in human life for good impact.

The rituals

After Ghatasthapan, another important day of Dashain is Phulpati. It is observed on the seventh day where "a collection of sacred flowers, shrubs and fruits like Ramba (banana), Kachhi, Haridra (turmeric), Jayanti (flower), Bel, Darim (pomegranate), Ashoka (fruit), Maankam (herb) and Dhanyadi are placed in the Dashain Ghar of every household" shares Dhungel.

There is also a tradition of bringing Phulpati from Gorkha Palace to Hanuman Dhoka in Kathmandu on the seventh day which is also one of the main attractions of Dashain in Nepal.

The celebration of Phulpati is followed by the day of Maha Astami and Nawami. At night between Maha Astami and Nawami, animals like goat and buffalos are sacrificed at Taleju Temple of Hanuman Dhoka. And the gate of the temple is open for public on the day of

jobs get created and more importantly people don't mind splurging a bit extra for the occasion.

Besides fun and entertainment, Dashain also becomes a time to forget all the bitter experiences of life and enjoy taking blessings from the elders and feel blessed. The bonds between the relatives are tightened the family gets united.

Current practice

Animal sacrifice is one of the most important and debated aspect of this festival. While many social groups around the world



Nawami. However, the feasting starts from the day of Maha Astami in the houses of general people where different animals are sacrificed in various temples of Nepal. And the meat of sacrificed animals is eaten as Prasad, the offering to the goddess.

Then comes the day of Dashami, the main day of Dashain. This is the day when people receive tika (A red mark on their forehead) and blessings from their elders along with feasting and merrymaking. From the day of Dashami till Kojagrat Purnima (the last day of the Dashain), people visit relatives home to put on jamara and tika as well as receive blessings for good health, happiness and prosperity. This full moon day is known as Kojagrat, which means, "one who is awake." At this time, the worship of Durga, in her wrathful aspect ends, and Lakshmi, the Goddess of Wealth, is worshipped for prosperity, happiness and well-being. Life returns to normal, offices open, people go back to work, pilgrims return home. According to Nepalese tradition, those who observe the festival of Dashain acquire virtue, power, wealth and many offspring—even as they escape the miseries of evil and sin.

Other aspects

Regardless of its religious aspect Dashain is always most welcomed as the longest public holiday in Nepal. The government offices, educational institutions along with other private organisations remain closed from the day of Phulpati during Dashain. The Dashain vacation gives everyone time for reunion with their family and friends. Dashain is the time where one can visit relatives and enjoy feasting and playing cards together. Millions of overseas Nepalese take a trip back home just for the festival. Economy booms casual

have been acting to raise awareness towards vegetarianism, this festival sees millions of animal get slaughtered in the name of god. People who hold different opinion term this practice as a brutal massacre of innocent animals in the name of celebration.

While giving dakshina is another important aspect of Dashain, people have begun to use this tradition as an opportunity to show off by offering large amount of money as dakshina. Also, because everyone in the family is expected to get new clothes and feast, the head of families are sometimes forced to spend beyond their means to fulfil the desire of the family members and also to maintain a social status. The practice is about giving, however it can be demanding if taken overboard.

Dashain in Australia

For Nepalese living overseas Dashain brings a range of emotions. In one hand it's a time for celebration but on the other, it becomes the time they yearn home the most. Especially the ones without a family are saddened as they miss those times spent with the family and friends.

Many Nepalese living in Australia celebrate Dashain with getting together with friends and many seem to at least do all the rituals that they would if they were back home. With lots of Durga temples around many are expected to pay a visit to them this year.

To commemorate the biggest day in Nepali calendar, many community organisations are holding a Dashain special day locally. Nepalese Association of Victoria, NSW, WA and NT are organising events to exchange wishes and celebrate the goodness of the festival. **Happy Bijaya Dashami!**



दशैंको शुभकामना *Happy Dashain*

"On the auspicious occasion of Bijaya Dashami we would like to extend our greetings to all our business associates and community members a great festivity, happiness, success and prosperity. Festival is not just about the traditional rituals but also a time for us to reflect and renew our bonds. We thank you all for the support we have received throughout the years and look forward to a better and prosperous journey ahead." - Nepalese Voice



Best Wishes

"On the occasion of Bijaya Dashami-2070, I would like to extend my best wishes to all the Nepalese in Nepal and overseas for Health, Wealth, Happiness, Humanity, Education, Bhakti (devotion) and Shakti(Power). Ethnic goodwill, religious and cultural tolerance and social unity and territorial integrity is our pride. May Shree Durga Bhawani give to us all the strength to protect our cultural heritage and our prestige. Happy Bijaya Dashami."

- Mr Chandra Yonzon, Hon Consul General Nepal to Victoria

"This Dashain , may you be blessed with good fortune, wealth, prosperity and happiness . May this festival be the harbinger of joy . As the holy occasion of Bijaya Dashami and Deepawali are here and the atmosphere is filled with the spirit of mirth and love, here's hoping this festival will be great for you! I would also like for us all to come together and celebrate this festival in NAV Dashain special day." - Mr. Bom Yonzon, President of Nepalese Association of Victoria

"I hope the festivals of Dashain and Tihar shower the blessings of peace, joy and prosperity into your life in very way and fill your world with full of happiness, love and fun, making your each day more wonderful and exciting. I wish you all a happy Dashain and a Tihar." - Dr. Jagadish Timsina, Advisor NRN Australia

"I wish that all Nepalese people and the followers of Nepalese culture around the world are able to experience a joyful, happy and prosperous moment on the occasion of Dashain and Tihar. These festivals may strengthen the community cohesion and promote Nepalese culture and sovereignty."

- Dr Sabitra Kaphle, President, Didi Bahini Samaj

"Happy Bijaya Dashami to all my Nepalese friends. On this occasion, I would like to convey my message that we need to show more unity and honesty towards our community so we can collaboratively achieve our goal. I look forward to work with you all in the future for the betterment of Nepalese community in Australia." - Mr. Durga Acharya

"Have a wonderful Dashain & Tihar. Party Hard . Party Safe. Don't Drink & Drive." - Norgen Norboo Moktan, Solangture

Message from Minister

- Hon. Nicholas Kotsiras MP
Minister for Multicultural Affairs & Citizenship
Minister for Energy and Resources

Namaste,

It is with great pleasure that I extend my warmest wishes to Victoria's Indian, Nepali and Hindu communities and to all Victorians taking part in this year's Deepawali Festival.

The Deepawali Festival is one of the most eagerly anticipated events in our State's multicultural calendar, enjoyed by Victorians from all walks of life.

Victoria has been continually enriched by the different cultures, religions and languages that immigrants have brought with them.

The Indian, Nepali and Hindu communities have made a valuable contribution to the coal, economic and cultural life of our State.

It is therefore important that we continue to support newly arrived migrants and assist them to settle and become active members of the broader Victorian community.

I am committed to ensuring that all Victorian have the opportunity to participate fully in our multicultural society.

Victoria's multicultural society is and will remain one of our State's greatest assets and strengths.

Shubha Deepawali.



"On the occasion of our national festive seasons, Dashain and Tihar, I would like to convey best wishes to our community for their good health, prosperity and better future in years to come. Nepali community has progressed well over the years and achieved significant milestones on many fronts. The community is being recognized as one of the youngest and vibrant community in Australia making significant contributions in Australia's development. The community has equally made significant contribution for Nepal's development and we all should take pride in our achievements. Our festive seasons bring a message of peace, joy, happiness and prosperity for the community and for both Nepal and Australia and in this spirit we wish you all a great success and peace.

Finally, on behalf of the Help Nepal Network Australia team, I would like to re-convey our sincere thanks and gratitude for the community's support and contributions of A\$ 131,000.00 to various health and educational projects of HeNN-Australia in 2013." - Raju Adhikari, Chair, Skill Knowledge and Innovation Task Force/ NRN ICC

"Wishing you all Happy Dashain and Tihar 2070. Enjoy the culture with lots of joy and happiness."

- Ramila Maharjan, Showcase Nepal

"On the occasion of Bijaya Dashami and Deepawali, I would like to convey my best wishes to all the community members that festival is not just about religious rituals, but it's a way for us to strengthen our bond as a community. Me and my family would like to wish everyone from our community a happiness, joy and prosperity." - Mandab Raj Karki and Family

"May the Light from Devi permeate every aspect of your activity and may she shower her blessings on you and your family-bringing happiness, peace, courage and abundance of good will. May this Dashain and Diwali ensure the garnering of a consolidated strength to uphold peace keeping and country's flag high flying." - Ram Kumar Shrestha & Lumbini-Kapilvastu Day Movement family

"May Bijaya Dashami 2070 bring lots of awareness and fellowship in our community. Let's get united as a family and celebrate the time of festivity with joy and happiness."

- Sabin Thapa, Namaste Nepal News/ Nepalese Voice

"Chinari Nepal" Promoting Nepal in Australia



Chinari Nepal Inc., an organisation dedicated to protect and promote Nepalese ethnicity, culture, and heritage in Australia has organized a "Nepal Culture Promotion Night" on 14th September 2013 at Sydney's Petersham town hall. The vibrant night was a true display of hugely diversified Nepali culture. Senior community member Ms Indra ban and Cate Turner from Lions

Club of Sydney officially opened the evening by lighting up the candle and sharing the brief history of Nepalese community in Australia.

On the occasion, local artist Naren Kurung and team paid musical tribute to late Phatteman Rajbhandari and Tirtha Gandharva, two legendray Nepali musicians who had recently passed away.



Mr. Ganga Bahadur Nemkul, founder of Chinari Nepal addressed the occasion and said that the government is not doing enough to promote cultural equality, making it harder for different indigenous groups within the society to collaborate in country's overall development. He added "Chinari Nepal's initiations will bridge the gap"

A best wishes message from Khilraj Regmi, Chairman of cabinet of Nepal was also read out. And token of appreciation were handed out to all the contributors and volunteers.

Numerous community leaders such as Narayan Pradhan, Padam Shakya, Indra Ban, Mahendra Shrestha, Mahendra Lamsal, Bhimse Sapkota and other media personalities also attended the program.

Mana KC Nepal-Australia business council coordinator

Nepalese entrepreneurs from Australia have formed Nepal-Australian Business Council. A Meeting held in Sydney on 21 September has nominated 31 members and Mr. Mana KC as a coordinator of the council. Topics such as constitution, working committee and organisational structures were discussed at the meeting.



Speaking at the occasion NRNA Australia President Mr. Mahendra Oli said that the council will foster cooperation between Nepalese businessmen and community at large. Business community's commitment to the society will also be reinforced through the council, he said.

According to Coordinator Mr. Mana KC Council will work in the area of collective investment, explore new investment prospect in Nepal and play catalytic role in the business and industrial relationship between Nepal and Australia.

NRN Australia's business task force has been instrumental in the formation of Nepal-Australia Business Council. Council will be expanded in rest of the Australian states in the future.

Rumour about candidacy withdrawal untrue: Ghale

Non Residential Nepalese Association's presidency candidate, Mr Shesh Ghale has issued a statement to nullify the rumour of his withdrawal from the race. After an online news source posted a news of Mr. Ghale that he will no longer contest the NRN's presidency, Ghale has come forward terming the news baseless and obscure.

The statement says "I condemn the news and I well and truly maintain my position as a candidate of NRN President". It fur-

ther pledges everyone to play the game with ethics and integrity.

The news that initially caused a lot of speculations and rumours in local community is now settled with Ghale's official statement.



Wollongong Nepalese group marked its inception with Teej program



Nepalese living in Wollongong has formed a committee called "Wollongong Nepalese Group" as the number of Nepalese living in the area is crossing hundreds. To mark the formation of a new committee, the group had held a Teej program last month. About 50 participants took part in the program to blend into the Teej fervour as well as to discuss the future objectives and plans of the committee. Nepalese living as far as Sydney had travelled to Wollongong to extend their support to the Nepalese populace of this seaside town.

On the occasion, a singer from Sydney Rajesh KC had entertained the participants with his beautiful rendition to old Nepalese songs. Many other activities including some fun games were carried out to build the bond amongst the newly formed community.

On behalf of "Wollongong Nepalese Group", Coordinator Suranjan Kakshyapati told Nepalese Voice "Since our community is growing around the area we want to ensure



their issues and concerns are addressed. Objectives behind the formation of this group are to help every Nepali living here with their individual and social needs. We will also focus on organising cultural events in a regular basis to preserve our heritage". He added "effectively, this group is about uniting Nepalese in Wollongong".

Wollongong, a city that situates 52 miles south of Sydney, ninth largest in Australia, has seen a large number of Nepalese moving to the area recently.

Nepali owned steamer ready to sail in Australia

A Nepali entrepreneur in Australia, Bikash KC, has ventured into a business that no Nepali had done before. Mr KC has invested in a "Steamer Business" which is a relatively new concept for Nepali background businessmen. His new facility involves four hour long steamer travel in the sea starting from Tanking Street, NSW.

This is the first time any Nepali has invested in the sea tourism of Australia. The venture is said to have been targeting pri-

marily the Nepali Community members in the area of recreation with good services in affordable price. The trip will cost 80 dollar for the four hour long recreational trip along with food and drinks. Two steamers with the capacity of thirty passengers have been introduced since August 31 as part of the business inauguration program. Some community entrepreneurs, media and general public were present to witness the first Nepali owned steamer sail in Australia.



Darebin to cater for Nepalese children through "Baal Chautari"

Darebin Inter cultural Centre is providing a venue for Nepalese Children living in and around the area for range of activities once every fortnight under the program "Baal Chautari". An announcement was made amid a program held at the centre on 14th of September. Apart from the regular gathering of local Nepalese, the venue will be utilised for Nepali language program, musical lessons as well as dance and cooking classes. Program will be run midday till four every second Saturday.

Speaking on the occasion, President of Nepalese Association of Victoria Mr. Bom Yonzon said this could be a very effective way for us to cater for varying needs for the overall development of our children as well as to keep them connected to our heritage, culture and tradition. He added this fortnightly assembly not only gives our children to bond with each other but will also teach cultural tolerance.

Program Co-ordinator Mr. Bhola Giri thanked Darebin City Council for recognising Darebin Nepalese community as an integral part of the Darebin City Council and specially for providing the venue for this initiative.

Program was attended by the likes of Deputy Mayor Cr Gaetano Greco, Cr Angela Villela, DECC President Suriyan, DIC Co-ordinator Inaam Barakat and DIC officer Melinda.



NAV marked Children's Day with great fervour



Nepalese Association of Victoria (NAV) marked Children's Day-2070 with wide range of activities dedicated to children. At a function organised on 22 of September at Brunswick Neighbourhood House, Brunswick, more than fifty jubilant children and their parents participated in various fun and innovative activities.

"Let's learn and play, smile all day" was this year's Children's Day slogan which sat true to today's program. Face painting, talent show, pass the parcel, musical chair games and quiz contests kept all the children engaged throughout the day. Many children adorned ethnic Nepali outfits to bring the flair of Nepal to the atmosphere.

As a special guest Deputy Mayor of Moreland City Council Cr. Lita Gillies attended the program and did the honour of handing out certificates of appreciation to participating children. She thanked NAV for allowing her to be part of this significant community event and expressed that the

Moreland City Council is always supportive of such event. She further added the council is even looking into the possibility of organising these kinds of events in more incorporated and inclusive ways.

As special guests Consul General of Nepal to Victoria Mr. Chandra Yonzon and former NAV President Mr. Ranjan Baidhya also joined Deputy Mayor Gillies in giving away prizes and certificates.

For ten consecutive years NAV has been endorsing this event to celebrate childhood and promote awareness about children's welfare. Very much in line with Universal Children's Day, which falls on November 20 as declared by UN, NAV marks one of its own to create attentiveness and the commitment on the overall development of children and ensure better future.



NANT to organise Dashain program

Nepalese Association of Northern Territory is organising a Dashain-2070 program at Filipino Community Centre on 5th of October. A video presentation released by NANT committee has invited all the Nepalese living in Northern Territory to participate on the program and help preserve the culture.

In the program the team of local musician including Sunil Shrestha, Firoj Rana, Bibek Luintel and Dhana Gurung will perform some Nepalese songs to entertain the audience.

Since its inception in 2007 Nepalese Association of Northern Territory has been working in the areas such as promoting multiculturalism, assisting in the settlement of new Nepali students and migrants and establish cultural ties with other communities and the local government.

NRNA Victoria monthly symposium held

NRNA Victoria held their monthly meeting on 14th of September at Jells Park, Wheelers Hill with a BBQ program as the week also coincided with "Kushe Aunshi" (Father's Day in Nepal). Newly formed NRNA Victoria's committee as well as other community members attended the program to touch upon several local and national level issues that are to be dealt with going forward.

NRNA Australia's Vice President Mr. Rishi Kandel opened the meeting by officially welcoming five ex-officio advisors from NCC enlisting Dr. Jagadish Tim-sina, Jog Limbu, Dr. Raju Adhikari and Shesh Ghale as well as eleven nominated advisors from Victoria including Ranjan Baidhya, Bhola Giri, Narayan Kafle, Bom Yonzon, Min Prasad Gurung, Diwakar Basnet, Ram Kumar Shrestha, Deepa Rai, Parsu-ram Sharma Luitel, Jamuna Ghale and Sabitra Kafle.

During the meeting, Vice president Kandel provided some exposures on some of NRNA Victoria's immediate and long term priorities. He emphasized on the formalisation process of NRNA as a registered organisation both locally and in Nepal. He shed some lights on the factors restraining NRNA on that regard and proposed few roadmaps to determine the optimum effectiveness of a new committee.

The meeting also sought unanimity from the local community members on candidacy of Mr. Shesh Ghale, who is in the fray for ICC Presidency in upcoming global conference that is to be convened in Kathmandu from October 19th.

In the context of dealing with local issues, the meeting overviewed NRN Victoria's possible collaboration with Nepalese Association of Victoria (NAV) in organising cultural and social events as they remain the only source of revenue for both organisations. Various suggestions were submitted as to how NRN Victoria and NAV can work parallel to each other as both represent common interests.

Australia-New Zealand wide Dance competition concluded

MIT Australia-New Zealand wide Nepalese dance competition was organized by Nepalese Association of Queensland in association with Non-resident Nepali Association, Australia on Saturday, 28th Sept 2013 at Brisbane City Hall, Brisbane, Australia. It was a unique event where the contestants showcased their talents in the form of traditional Nepalese dances. 32 contestants were selected through video auditioning to perform at the final for single, duet and group categories.

A panel of three judges led by renowned Nepalese actress and dancer Ms. Mithila Sharma judged the performances.



THE WINNERS

- ★ **Best Choreographer** : Anu Khapung, Christchurch (NZ) for her choreography in Tappa song performed by the Christchurch group.
- ★ **SINGLE DANCE:**
Winner: Pramila Rai, Christchurch (NZ)
Runner up: Rekha Karki Adhikari, Sydney
- ★ **DUET DANCE:**
Winner: Prativa Mishra and Pragya Mishra, Melbourne
Runner-up: Rinjila Pradhan and Manisha Dhahal, Melbourne
- ★ **GROUP DANCE:**
Winner: Bhawana Silwal, Anu Khapung, Alina Gurung, Pramila Rai and Manu Khapung, Christchurch (NZ)
Runner-up: Reema Bogati, Geeta Karki, Sakina Itani and Ajola Gautam, Perth

Awards and cash prizes were distributed by HE Rudra Kumar Nepal, Ambassador of Nepal, Rajan Koirala, President of NAQ, and various award sponsors.

Some cash prizes were also given away.

Category	Winner	Runner-up
Single	\$ 800	\$ 400
Duet	\$ 1200	\$ 600
Group	\$ 1600	\$ 800
Best Choreographer	\$ 600	

This was the third time the event was being organised. The first dance competition was held in 2009 followed by another event in 2011.

Hemanta Rana to sing for Melbournian



A FUND RAISER FOR NEPAL FESTIVAL 2014



NRN AUSTRALIA (VIC)
presents

SUFI NIGHT WITH
HEMANT RANA
& The Sixth Sense Band

NRN Victoria is organising a Sufi Night with Hemanta Rana in Thornbury Theatre on 5th of October. One of the emerging talents from Nepali music industry Hemanta will sing some of his own and some other's sufi based numbers. Known for his high range voice and mystic style of singing, this show is going to be treat for local Nepalese.

Before he comes to Melbourne, Hemanta has another show at Sydney's civic theatre on 28th of September. His song "Laijja Re" had won him many awards in Nepal.

S-Events and Multimedia nominated for People's Choice Award in IEC

Nepali owned S-Events and Multimedia has been nominated for People's Choice Award in the third Business and Community Awards presented by the Indian Executive club that will be held on Saturday 9th of November 2013 at the Melbourne Town Hall. The IEC "Indian Executive Club Awards" was originally launched in 2011 by Narwee Media Group, the biggest Indian publishers in Australia, which publish titles such as The Indian Sun, Hello Bollywood, Indian Executive and AuZone to recognise the outstanding contribution of the Indian and South Asian Diaspora in Small to Medium Enterprise Businesses and in Executive Roles in Australia.

S-Events has been nominated for the award for its outstanding achievements in the field of event management and entertainment. Cherishing the news director of S-Events and Multimedia Mr Sunod Shrestha said "We have proved our credentials by successfully organising the events of two biggest Bollywood artistes Udit Narayan Jha and Lucky Ali within the span of few months. This award is just the recognition of our work". He has also urged Nepali community to vote for S-Events via online.

The 2013 people's choice awards focuses on three industries which are Café & Restaurant, Travel & Tourism, and Entertainment. Businesses in these industries were invited to nominate by completing Nomination forms that closed on 15th of September 2013. From 16th September 2013 till 31st October 2013. Business that receives the highest vote in each of the industries will be the winners and presented with the awards on 9th November 2013.

This year the keynote address on awards night will be delivered by one of the longest serving Prime Minister in Australian history, the Hon. Mr John Howard.



Photos: Meghraz

Hamro College

A newly registered training organisation in Sydney

Australian Skills Quality Authority (ASQA), a national regulatory body for registered training organisations (RTOs) offering the vocational education and training (VET) courses, has approved the application of Hamro Institute of Business Technology Pty Ltd. traded as "Hamro college" to be an RTO to provide VET qualifications for domestic and international students in Australia. Considering the interest and enquiry for Business and Accounting courses by domestic and international students and the job opportunities and demands of these courses in Australian and international markets, Hamro College initially applied and got approval to run classes in Certificate IV in Business and Diploma of Business courses. The college is now preparing documents and necessary papers for application to ASQA for four more courses: Advanced Diploma of Business, Certificate IV in Accounting, Diploma of Accounting and Advanced Diploma of accounting. The initial intake of students for the approved two courses will start on 18 November this year and the college expects to start classes in all Business and Accounting courses from the beginning of 2014. The college will initially give emphasis on recruitments of the international students



but eventually will recruit both domestic and international students.

To formally inform this news to the educational agents involved in recruiting students for RTOs and the broader Nepalese community living in Sydney, Hamro College organized a small gathering program at its campus at Level 7 in 110 Bathurst St., Sydney on 21 September. About 30 people including the CEO Dipak Khanal and some trainers and staff of the college attended the program.

Krishna Giri, Manager from Nepalese Vision magazine, acted as emcee for the program. He welcomed all the participants and smoothly organized the program. In his brief



from ASQA. Dr. Timsina mentioned about the need of quality and compliance requirements in VET. He assured his continuing support and help required to run the RTO. He emphasized that it is a prestigious matter that Nepalese colleagues living in Australia are getting approval from the government and running the colleges successfully and that Hamro college is a significant milestone in this endeavour.



speech, he mentioned about Dipak Khanal's strong desire and determination for opening and running the college in Sydney.

Dr. Jagadish Timsina, an internationally-renowned agricultural scientist and an eminent academician, based in Melbourne, inaugurated the function by cutting red ribbon and lightening on 'diyo' (a small pot used in festival or for inauguration in special ceremony). In his brief speech, he emphasized about ASQA's rigorous compliance requirements and process for approving the RTOs to provide VET qualifications and courses and applauded Dipak's persistency and determination to get approval for his college

Dipak Khanal (CEO) explained about his motivation and desire to open and run the college. He was motivated by his great grandmother's wishes and blessings to work on the education sector. He was further motivated by his father who owns a school and college and runs classes from primary level to bachelor's level students in Jhapa district in eastern Nepal. Dipak highlighted the importance and the great role of educational agents in recruiting students and hence assured strong collaboration and partnerships with them. Finally he thanked all the guests for coming to this event.



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ALLERGIES

**An outline for readers, what should they know?
And what options they have in managing the condition?**



By Dr Chandra Pokharel
Specialist General Practitioner
in Melbourne

What is an allergy?

One in three people in their life time suffer from some form of allergy in Australia. Although most allergies are mild to moderate, however anaphylaxis (a form of allergy) can be life threatening.

Classical symptoms of rhinitis are – runny, itchy and blocked nose, red and itchy eyes and sneezing. However it can present with many other symptoms such as itchiness, hives and welts in the skin and chest symptoms ranging from irritation in the throat to cough to even asthma attack. It can also present with tiredness, snoring, headaches, loss of concentration and fatigue.

In simple terms allergy can be seasonal (certain time of the year such as in the spring and early summer) or perennial (throughout the year). Seasonal allergies are caused by allergens such as pollens, grasses and usually present with nose and eye symptoms as described above.

Perennial allergy on the other hand is due to animal dander, skin, fur, hair, dust, dust mite, food and food additives. Symptoms are usually persisting. Symptoms can vary from nasal to skin to cough to asthma attack.

How does your body react with allergens and cause allergy?

This is as a result of your immune system trying to fight off or get rid of substances called allergens that enter your body. Initially your body becomes sensitized with the allergens but at subsequent exposure body's immune systems react, releasing lot of chemicals that bring the symptoms described above. Generally speaking these allergens can be animal dander, pollens, grasses, moulds, dust, dust mite, food, insects and medicines.

How do you find out that you have an allergy?

If you think that you may be suffering from allergy, visit your doctor for further discussion and diagnosis and management of it. Doctors are able to direct you to right path to help you manage your problem and thereby helping you to make feel better. Diagnosis of allergy can be made by assessing your symptoms, blood test and skin prick testing by your doctor.

How to minimise the allergy?

Remember the common causes of allergies as stated above. Following tips are applicable to the list outlined above.

1. Pollens – avoid windy weather, keep windows and doors closed, avoid outdoor activities during middle of the day when there are lots of pollens, use mask if practicable, have a shower after work or outdoor activity.
2. Grasses – similar techniques
3. Dust mite – frequent vacuuming, dusting, cleaning the clothes, avoid old mattresses, be aware of old carpets! Use dust proof pillow and mattress cover if possible.
4. Moulds – keep the kitchen, bathroom and laundry clean and dry.
5. Insects and cockroaches as above and do not leave food outside and keep it in a sealed container.
6. Animal dander, fur, skin, hair – minimal interaction with pets and avoiding them if you have allergy.
7. Irritants such as fumes, perfumes sprays etc can be the causes of allergy. Avoid them as much as possible if you are allergic to them.

What are general management /treatment guidelines for allergy?

Whilst there is no cure for allergic conditions, it can be well managed with various forms of treatment options. However the treatment needs to be individualised based on his or her circumstances. Your management options will be discussed and outlined by your doctor.

These are some of the suggested treatment options in Australia. Remember preventive measures are very important!!

1. Preventive measures as outlined above would minimise your symptoms.
2. Nasal sprays, mainly to treat rhinitis (blocked nose, runny nose, itchy nose, sneezing, snoring, associated cough, throat irritation and sinusitis) are very good options. However nasal sprays contain small amount of steroids, hence advise needs to be sought before using it. The duration of usage, amount to be used and frequency needs to be discussed with your doctor.
3. Nasal decongestants can be used for short term, only for up to 5 days however

this is not for people with heart disease or high blood pressure.

4. Antihistamine can play a role.
5. Nasal irrigation using saline drops or spray can be used as well
6. So far the definitive treatment that is available is IMMUNOTHERAPY, which is given in an injection form over a period of time at gradually increasing amount to desensitise your immune system. If a particular cause of allergy can be found this remains the gold standard in terms of treatment options.

I hope I have managed to answer some of your questions. However, you are well come to contact my secretary on **0394898666** if you would like to have a face to face discussion with me about your concerns!

About the author:

Dr Chandra Pokharel Pre-Med, MBBS, FRACGP comes from Nepal and is a practicing specialist in general practice at Northcote Medical Group at 147 Westbourne Grove, Northcote, Victoria, Australia.



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Australia remains the most attractive destination for Nepalese students

Australia has remained a popular destination when it comes to studying abroad for many Nepali students.

According to Dr Peter Nolan, Counselor for Education and Science at the Australian High Commission in New Delhi, 14,000 Nepali students came to Australia last year. He was in Kathmandu for the one-day Australian Education Exhibition on September 8.

"Australia offers the best in education and is very safe for students. There are many international students in the universities there, interacting with whom Nepali students will definitely benefit," Dr Nolan expands on the reasons why the country should remain one of the top choices for Nepali students. With seven out of 100 best universities in the world, according to a website based in Australia, it is no surprise that many students opt to go there for quality education.

Dr Nolan further stated that Engineering, IT and Commerce are popular choice of subjects for Nepali students.



Madan Puraskar for Rajan Mukarung and Jagadamba Shree for Ratna Shumser

Nepal's one of the most prestigious annual literary award, Madan Puraskar has been awarded to poet and writer Rajan Mukarung for his novel Damini Bhir.

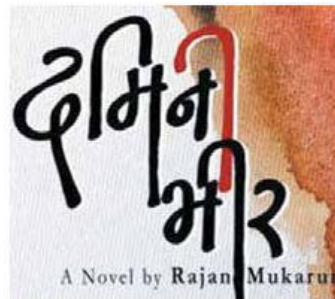
Based in Bhojpur district, Damini Bhir depicts the lives of the marginalized community there. Mukarung says of the book, "The stories are real, and while some names have been changed to respect privacy, others are true. This is an honor for everyone in the book."

Mukarung's works have emerged out of a campaign that advocates creating art using references from the Kirat culture. "This award feels like our campaign, that we call shreejanshil arajakta, has achieved realization. It's been more than 15 years that I, along with poets Upendra Subba and Hangyung Agyat, started concentrating our work on this."

His earlier works include poems Seto Arohan, Prarambha Prakchhapan, Jikirko Gaddi and Mithak Maya, and a novel Hetchakuppa.

Similarly this year's Jagadamba Shree Puraskar awarded to Ratna Shumsher Thapa. Poet and lyricist Ratna Shumsher Thapa was also honored with this year's Jagadamba Shree Puraskar. Thapa's contribution over five decades of poems and songs have obtained him the award. His four anthologies of poems are Goreto Yo Gaunko, Aankhako Bhaka Ankhaile and Bichodko Pida.

Madan Puraskar and Jagadamba Shree Puraskar hold a purse of Rs 200,000.



POEM

By Gopi Sapkota

Dreams

Wait,
Don't throw the stone into the pond
I can't endure the vibes of waves
For I have secretly kept
My dreams there in the silent pond!
It is hard to gather
Scattered dreams in one place
You capture one, others slip away
You hold one, others fly away
Very carefully
Have I brought them together
There in the silent pond
Dreams are lights
They will lead you there
Where you always wanted to go
Dreams are field
They will yield what
You planted on them
Dreams are hopes
They will keep you living, as
You breathe them
So, please
Don't throw stones into pond
Rather, look into it carefully
To find my dream,
Looking at you

By Hem Raj Kafle

I wait for a Rescuer

There's a quarrel in my house:
The foundation fights with the land,
The cellar with foundation,
And each floor with ceilings and walls;
Ceilings and walls with pillars,
Pillars with roof, and roof with the sky.

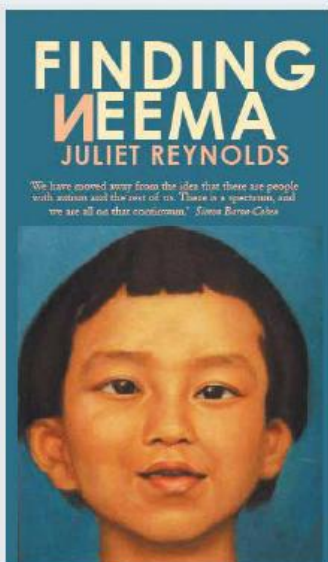
What's more!
The lobby loathes the stairs
The stairs sneer at the veranda
The veranda berates the doors
The doors discount rooms
That wince at the windows which vilify
the ventilators.

In this home turned hothouse,
My father fights with my mother
Who fights with me and my sister,
And we all fight with our ancestry
That built our history.

Where the roof rebels with the
foundation,
Where present preludes the past from
guidance,
Where tension touches the minuscule:
My masonry, my carpentry and little
liabilities
Wait to be buried in rubble

Courtesy: Nepalese Clay

Book Review



Finding Neema

Author : Juliet Reynolds
Publisher : Hachette India

Honest, funny and compassionate, Finding Neema is the story of an autistic boy from the eastern Himalayas, brought up by the author and her husband, a gifted Indian artist. Set against the backdrop of the art world in India, and interwoven with reminiscences of her own unusual life and marriage, Juliet relates a compelling story: the couple's unplanned adoption of Neema, son of their maid, Poonam; their endeavours to have his autism diagnosed and treated; and Neema's emergence into adulthood as a valuable – though still dependent – human being. The book also delves into Neema's background and

tormented early life with his dysfunctional family, thereby touching upon some of the more lurid aspects of developing world poverty and introducing into the narrative an assorted cast of characters, some appealing and some appalling, but all of them colourful. Poonam's story of abuse, self-destruction and faltering redemption – at once poignant and astounding – forms an important strand of the book and is related with special insight and frequent exasperation. Not only does the author tell a story of autism quite unlike the many already told, she also places it in an Indian and South Asian context.

History of Free Knowledge



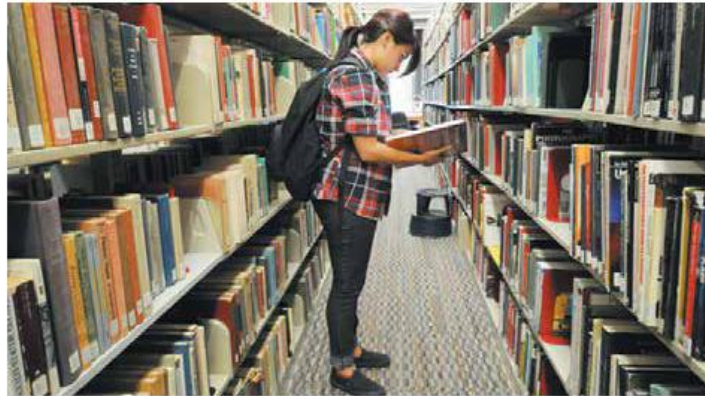
By Radhika Arti

Where did such concept of a library originate from and how does it compare to our modern libraries?

There must be more to a library than what meets the eyes for sure right? It cannot just be all about seeing books displayed on shelves. All I know about libraries is that it lends books to the public. Having no reason to ever question anything about a library has left me feeling a bit disenchanted. For this reason, I needed to look back in time and find out if there is anything in history that could potentially shed some light in what seems nothing more than a place which stores books.

Library of Alexandria 320BC was known as the greatest universal library in ancient times. It held more than 700,000 scrolls in mathematics, astronomy, physics and natural

Library of Alexandria 320BC was known as the greatest universal library in ancient times. It held more than 700,000 scrolls in mathematics, astronomy, physics and natural sciences from all over the world by notable thinkers like Hipparchus known as the founder of Trigonometry; and Euclid the father of Geometry just to name a few.



sciences from all over the world by notable thinkers like Hipparchus known as the founder of Trigonometry; and Euclid the father of Geometry just to name a few. Ptolemaic II wanted Alexandria to flourish, so he would host events and provide accommoda-

tion for the elites at the library. They would dine and sleep in their private quarters within the library premises. The scholars had space and freedom to explore whatever they desired. However, this privilege was not given to all public; women, blacks, slaves

and children were denied access. There was a separate library known as Temple Serapis "daughter library" for those who did not fit the elite and wealthy class (Whitehouse, 2004)

Our modern day library is indifferent to ancient libraries. This is because we live in a democratic country where we strive on social equality irrespective of gender, social class or colour. Having said this, it was only in the last 50 years that we have moved away from subscription library, gender, colour and class discrimination through rigorous protests by public.

In addition, access to libraries would not be free if it wasn't for George Brain, an activist for Free Public Library Movement in Australia 1932. He advocated that information should be free to all. Since the Parliament passed the Libraries Act in 1943, it is only fair that Australia joined the Public Lending Right Program (PLR) which ensures that authors are compensated for their books, artwork and music they provide to the public libraries.

In conclusion, having previously borrowed books, DVD's and CD's, I feel at ease, that we moved away from society's discrimination of free knowledge and are able to read as many books as I like in the library without any costs. I surely now feel very grateful which is something I obviously took for granted.



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Rethinking Empowerment of Widows in South Asia Pacific



By Anjana Chalise Regmi



CALL FOR YOUR SUPPORT

16 DAYS OF ACTIVISM AGAINST GENDER-BASED VIOLENCE
16 DÍAS DE ACTIVISMO CONTRA LA VIOLENCIA DE GÉNERO
16 JOURS D'ACTIVISME CONTRE LA VIOLENCE DE GENRE
25 NOV - 10 DEC
<http://16dayscwgl.rutgers.edu>



Rethinking Empowerment of Widows in South East Asia Pacific is a free evening event organised on the lead up to 2013 16 Days of Activism Against Gender-Based Violence Campaign. The event is hosted by UTS: Cosmopolitan Civil Societies (UTS: CCS), Institute for Sustainable Futures (ISF) and UTS: Equity and Diversity (UTS: EDU).

This event is associated with the 4th ACFID (Australian Council for International Development) University Network Conference on Development Futures: Alternative Pathways to End Poverty. The ACFID University Network is a collaboration of academics from Australian Universities and practitioners from ACFID member Australian NGOs (ANGOs). The network serves as a platform to develop partnerships between academics and NGOs in order to strengthen the effectiveness and long-term collective impact against poverty and injustice.

Thousands of organisations across the globe are demanding an end to violence in their communities as part of the 2013 16 Days Campaign. On November 25, 2013 the Center for Women's Global Leadership (CWGL) at Rutgers University will launch the 16 Days Campaign to call for an end to gender-based violence and appeal to governments to respond, protect, and prevent violence against women. Hundreds of events by diverse organisations are planned in the USA and around the world.

The 2013 16 Days Campaign is probably the first Nepalese event of its kind ever organised in collaboration with one of the largest educational institution in Australia with the assistance from a Global Leadership Centre for Women's Global Leadership, USA and a very rarely organised event, if any, in Australia. We, at UTS aim to replicate the theme of events that are coordinated by CWGL, the Campaign has seen over 4,100 organisations in 72 countries participate since 1991. The event brings together academics and international aid, development non-governmental organisations, international students, corporates and practitioners.

Vision:

To raise awareness on the plight of widowhood in South Asia Pacific and disseminates information on the journey of widowhood in Nepal.

Mission:

To create a society where there is no discrimination on the basis of marital status

ABOUT THE 16 DAYS CAMPAIGN:

- For the past twenty-two years, the global 16 Days of Activism Against Gender-Based Violence Campaign has been dedicated to advocacy and coordination of work in support of ending violence against women at the local and international levels. The dates November 25 (International Day against Violence against Women) and December 10 (Human Rights Day) were chosen to emphasize the links between ending violence against women and human rights values and highlight that violence against women is an international human rights violation. The 16 Days Campaign is used as an organizing strategy to call for the elimination of all forms of gender-based violence by individuals and groups throughout the world. The Center for Women's Global Leadership is the global coordinator for the Campaign.

and where widows can enjoy equity and inclusiveness. (Courtesy: Women for Human Rights, Single Women's Group / Nepal)

Why Widow's issue for this event?

- Discrimination against and abuse of WIDOWS occurs across a wide spectrum of cultures, religions, ethnic groups, regions, irrespective of economic or education status of the women subject to this oppression.
- Attitudes to and treatment of widows varies from relatively mild indifference and social exclusion to extreme mental, physical and sexual torture, and even to murder.
- In several communities the vernacular words used for widows mean witch, sorceress, prostitute, and whore.
- The problems of widows are stark, intense and prevalent in many societies and countries where discrimination against widows is buttressed by the traditional cultural practices.
- Across ethnic groups widows are systematically and routinely vilified, perceived as bringing ill omens and bad luck, and the real cause of their husbands' deaths.
- High illiteracy rate, trend of early marriage practices and girl dropout rate, lack of information and access to property is very much prevalent in South Asia.
- Women are often widowed young and must bear the heavy burden of caring for their children amid fighting and displacement with no help or support.
- Many widows migrate to urban cities in the hope of finding employment to feed themselves and their children where again their poverty and powerless leave them vulnerable to the worst forms of exploitation, including trafficking.

(Courtesy: Women for Human Rights, Single Women's Group / Nepal)

Campaign with us:

In supporting this event, as a part of the 16 days campaign you will be helping single women (widows) in your immediate circle, friend's network, family and around the world by raising awareness on violence against single women. To make a change we need to raise awareness, to raise awareness we need partnership. The level of input and involvement by our supporters in this event is up to the organisation- this event is only one way to go forward to work in collaboration and reaching out to larger communities.

1. By supporting and/or sponsoring this event you contribute towards your corporate social responsibility by joining and supporting the event to make a difference and by supporting an organisation (WHR/SWG) whose voices have been heard by UN.
2. This event will provide an opportunity to organise an event on the journey of single women (widow's) movement in Nepal, initiated by a pioneer organisation working on the cause (WHR/SWG) which started local, went national, and has grown and expanded as a global organisation for change.
3. This event can set a platform to grow your network, including making connections with UTS: Cosmopolitan and Civil Societies, UTS: Institute of Sustainable Futures and UTS: Equity and Diversity.
4. For an opportunity to collaborate and



connect with migrant international communities living in Sydney.

5. Your support and/or sponsorship will be recognised through mention of your organisation in a leading Nepalese magazine, The Nepali Times Australia,
6. Your support and/or sponsorship will be recognised with a logo on our event website and collaboration mention on CWGL 16 Days of Activism event page (USA).

Edutainment:

- ✓ Guest arrival and networking
- ✓ Welcome to the Country
- ✓ Opening Speech
- ✓ Welcome Performance
- ✓ Speakers
- ✓ Musical Play (Ballet)
- ✓ Screening Documentary on the journey of empowerment of single women (widows) in Nepal
- ✓ Closing with performance

At this point the event website has been launched, but we are still looking for supporters to collaborate in organising the event, there are no strings attached for supporters.

Visit <http://16dayscampaignsydney.eventbrite.com.au>
If you have any questions or alternative models for how your organisation might be interested to support the event, please get in touch via email - anjana.regmi@yahoo.com

Blokes fashion blunders



Good physique and pretty face need a third component to complete the combo for guys which is a good fashion sense. Here are some tips to avoid some of men's fashion blunder

Office pant with runners:

That just reveals your fashion sense. A confused combination of fashion and so transpires your mental state. A no no fashion statement.

Don't be too shiny:

Nowadays guys are seen wearing shiny material all too often. Why would you want to look like you've escaped from the disco? Shiny suits and iridescent trousers look crass and loud. If you wear it on an evening out it's one thing, but men who wear shiny material pants or shirts must revamp in favour of kinder fabrics like linen and cotton.

Socks and sandals don't go together:

It's a major casual style offender as most guys have been doing this for years. Rule is: socks

go with closed shoes and under trousers. Shorts worn with socks and sandals will only make you look nerdy.

Wrinkled clothes:

If you haven't had the time to iron out that favourite shirt, wear something else but remember a slob can never look cool. Too much neon: Sure, bright orange and green may be in vogue. But if you have to showcase neon don't be an eyesore. Integrate the shade right in your wardrobe. Simply use a neon tie over a subtle shaded shirt, or if you are wearing a bright shirt, wear it with simple blue denim. A blazer and a shirt worn together in bright shades should be ruled out.

Wearing ripped jeans everywhere:

Yes, the washed-out, ripped denim look might be cool, but it can't be worn on all occasions like some people deem it fit. It's not party wear, neither is it Saturday dressing, so do not wear it to work. The rockstar look is okay for a movie or on a casual date.

Dolce & Gabbana's new showroom in Melbourne

Victoria's reputation as the fashion capital of Australia is further confirmed with the opening of an Italian luxury fashion house in the Mayfair building on Collins Street.

Minister for Innovation, Services and Small Business Louise Asher said the decision by Dolce & Gabbana to launch its first Australian store in Melbourne is a clear vote of confidence in the strength of Victoria's retail industry.

"Dolce & Gabbana joins an extensive range of international brands on Collins Street, including Chanel, Prada, Hermès, Cartier, Gucci and T.M.Lewin. The move also complements the recent Melbourne arrivals of well-known brands such as Zara, Topshop and Paul Smith.

"The desire of international brands to be part of Melbourne's vibrant fashion scene gives customers a wider and more sophisticated choice and provides the retail market with greater diversity," Ms Asher said.

Ms Asher said the Coalition Government had worked closely with Dolce & Gabbana to bring the global icon to Melbourne, helping to source potential locations to assist with the company's expansion plans.

The 350m2 Dolce & Gabbana store occupies the ground floor of the heritage listed Mayfair Building and is the only fashion retailer in the 30,000m2 development.

The distinctive Mayfair Building, which is located at 171 Collins Street, is currently undergoing a \$280 million redevelopment. Ms Asher said Melbourne's status as



Mayfair Building
171 Collins Street, Melbourne

the shopping and fashion capital of Australia meant the retail industry was a key contributor to the Victorian economy.

Brangelina paying £23,270-a-week for a mansion in Sydney



Brad Pitt and Angelina Jolie are renting a luxury mansion in Australia for £23,270-a-week. The Hollywood couple already have a multi-million pound home in Malibu and on the French Riviera, but have reportedly splashed out on a plush pad in the posh suburb of Bellevue in Sydney as they want to spend the rest of the year Down Under with their six children, Maddox, 11, Pax, nine, Zahara, eight, Shiloh, six, and four-year-old twins Knox and Vivienne.



The lavish property - used before by Will Smith - is complete with 12 bedrooms, a private tennis court, a swimming pool for a quick dip to cool down, a gym, and a cinema room to unwind after a hard day at work. The family's new home, which is set on 4,029 sq metres of land, is part of Angelina's new plan as she prepares to start directing her second film 'Unbroken'.

FASHION FACTS

- ▶ The first fashion magazine was published in Germany in 1586.
- ▶ The price of clothing has decreased by 8.5% since 1992, even when adjusted for inflation.

- ▶ More than 2 billion t-shirts are sold each year.

- ▶ The fashion industry generates an average revenue of \$20 billion each year.



- ▶ Vintage clothing refers to clothing made between 20 and 100 years ago, and retro refers to recently made clothing that is designed to resemble the style of another period.



'Dhuwani' premiered in Sydney

3-D events has premiered Nepali movie "Dhuwani" in Sydney just a day after the movie was released in Nepal. The movie was well received by the local audiences.

Dhuwani is a journey of an army officer Jung (Kishor Khatriwada) who is in search of his missing sister Laxmi (Sagun Shahi). And the difficulties the prodigy has to face as he uncovers the inhumane truth of human trafficking. Since the movie is based on human trafficking, Maiti Nepal, a Nepali organisation working in the area of woman trafficking has bought the cgarity screening rights throughout Nepal.

Directed by Pitamber Pandey, the movie features Australia based Nepali actor Dhiren-



dra Raj Thapa as well as Kishor Khatriwada, Prabin Khadiwada, Sagun Shahi and Anuja Gayak. Hari Lamsaal has composed the music and Purushotam Pradhan took charge of camera work.

Overseas Dashain for kollywood celebrities

When hindu's biggest festival Dashain and Tihar are within sight, Nepali living around the world start to travel back home to celebrate this with their families. But for our kollywood celebrities it's the other way around. As many as dozen Nepali artistes will fly overseas this festive season to take part in programs being organised as them as main attractions.

From "Mahanayak" Rajesh Hamal to new bee Priyanka Karki many actors will celebrate this year's dashain overseas.

Hamal, Karki and other actress Sumina Ghimire will be in Doha, Qatar to participate in a dashain special program. They will arrive their just a day before the main day of dashain. Comedian Sitaram Kattel and his wife Kunjana Ghimire will join Ex-Miss Nepal Malvika Subba to attend the program in Singapore organised by Singapore police. Choreographer Shankar BC is flying to Hongkong with his team to do a

show. Deepashri Niraula, Deepakraj Giri and Nirmal Sharma will be heading to UK during Tihar.

One of the busiest actors Jeevan Luintel might be spending his dashain in Thailand this year. His movie "Stupid Man" was being shot in Thailand to finish before dashain. But when the camera that was being used

had some problems, the shooting delayed causing the whole team to stay back in Bangkok.

Many other actors and actresses are planning to head overseas for shows and special appearances.

These festival seasons are good times for our actors to make some big bucks.



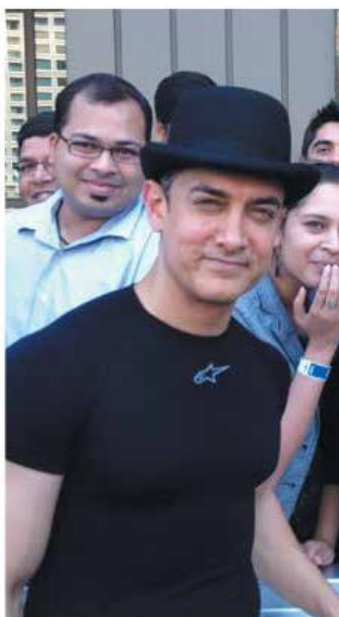
Aamir Khan's secret trip to Australia for dance lessons

Aamir Khan had reportedly took a secret mission of sorts since the actor was on a month-long trip to Australia without anyone having a clue to what his purpose is. But interestingly, turns out this hush-hush trip has got something to do with dancing — he was getting trained to perform "a special, peculiar kind of dance form."

"No one was aware of this but it's true that Aamir was taking lessons on tap dancing and ballet. Since he plays a circus gymnast in Dhoom:3, he'll be seen doing a trademark movement in various songs and action scenes. And since it requires a lot of precision, he was getting trained extensively," says an industry insider.

Aamir, who had been in Australia for about 15 days reportedly spent another fortnight there before heading back to India.

The Vijay Krishna Acharya-directed action-thriller also stars Katrina Kaif, Jackie Shroff and Abhishek Bachchan, among others. The film is scheduled for a Christmas release this year.



Indian Film Festival of Melbourne



Vic government extends support to IFFM-2015

The Victorian Coalition Government will extend its support for the Indian Film Festival of Melbourne by one year, reinforcing the strong bond that exists between the Victorian and Indian screen industries. Minister for Innovation, Services and Small Business Louise Asher announced in Mumbai that Mind Blowing Films would be engaged to continue delivery of the festival until 2015.

"I am pleased to announce, on the Victorian Government's fifth large scale trade mis-

Indian origin Nina Davuluri of Fayetteville, New York, has become Miss America 2014. Davuluri is the daughter of Telugu parents from Andhra Pradesh, who immigrated to the US in 1981. In 1989, Nina was born in Syracuse, New York — she is the second native of Syracuse to win the title, the first being Vanessa Williams 30 years ago, who was the first African-American woman to ever win the crown.

An avid fan of Telugu movies, Davuluri has stayed close to her Indian roots despite being born and brought up in the US. At the pageant finals on Sunday, she performed a Bollywood fusion dance during the part of the program in which each remaining contestant must showcase a unique talent. Davuluri showcased her years of training in Bharathanatyam and Kuchipudi dance styles, impressing judges and audiences alike.

Nina was not the only Indian-American in the pageant this year — Miss District of Columbia was Bindhu Pamarthi, a native of Chapel Hill, North Carolina who graduated from the University of North Carolina at Chapel Hill and now attends Georgetown Law Center full-time in Washington, DC. Her parents are also from Andhra Pradesh.



sion to India, that the Indian Film Festival of Melbourne will again offer Victorian audiences the diversity and breadth of culture of Indian cinema in 2014 and 2015," Ms Asher said. "I am delighted to also announce that Indian film star Vidya Balan will return as the Festival's Ambassador," Ms Asher said.

Ms Balan said she was delighted to be back as the Brand Ambassador for the Indian Film Festival of Melbourne.

"The festival is close to my heart as it provides a perfect platform for young

upcoming film makers and showcases the best of films not only from India but also our neighbouring countries.

"I am very excited about the festival now having a competitive edge with the 4 awards that have been announced. It is always very gratifying to get recognition and appreciation for our work and to have that from a foreign audience in a foreign country makes it all the more special," Ms Balan said.

Festival Director, Mitu Bhowmick Lange welcomed the appointment.



Nepal's Grammy

17th Hits FM Music Award

Supposedly Nepal's biggest music award, the 17th Hero Hits FM Music Award, was held at the Nepal Army Officer's Club at Bhadrakali on 21st of September. Nepali singers, composers, musicians and lyricists were awarded in 18 different categories.

The Hits FM annual "life time achievement award" was given to Chandra Kumar Rasaili, who has contributed for more than four decades to the Nepali music industry. Rasaili has 300 songs and 700 Nepali compositions to his credit, while he also worked in the Nepal Army for over 26 years as music director.

The evening's programme began with a combined performance of folk music band

Kutumba and Gypsy Jazz guitarist Hari Maharjan.

The gathering also observed a moment of silence for the legendary singer late Phatteman Rajbhandari and the late folk singer Jhalakman Gandharva, both of whom passed away a few days ago.

Nepali rock band Mukti and Revival bagged awards in three different categories—best rock composition, best rock vocal and best pop rock album of the year.

Joint Family International also bagged three awards in three different categories—best new artist, best performance by a group and best pop composition, while the song Paani Ko Phoka Jasti bagged awards in four categories—record of the year, song of the year, best arrangement and best composition.

Many renowned singers and bands enthralled the audience with their live performances.

THE WINNERS

- » **Best New Artist** : Joint Family International
- » **Best Song originally recorded for a motion Picture award** : Rajaure Santosh
- » **Best Vocal Collaboration** : Lata Mangeshkar & Ram Krishna Dhakal
- » **Best Female Pop Vocal** : Shreya Sotang
- » **Best Male Pop Vocal** : Lochan Rijal
- » **Best Performance by a group** : Joint Family International
- » **Folk Record of the Year** : Kamali Kanta Bhetuwal
- » **Best Pop Composition** : Joint Family International
- » **Best Rock Composition** : Mukti and Revival
- » **Best Arrangement** : Kiran Kandel
- » **Best Composition** : Hari Lama
- » **Best Rock vocal** : Mukti and Revival
- » **Best Female vocal** : Rajina Rimal
- » **Best Male Vocal** : Manoj Raj
- » **Pop/Rock Album** : Mukti and Revival
- » **Album of the year** : Deep Shrestha
- » **Song of the year** : Yadav Kharel
- » **Record of the year** : Manoj Raj

Lucky's still got it in him



Photo: Sabin Thapa
Nepalese Voice/Nepalese Voice



Maqsood Mehmood Ali alias-Lucky Ali one of the biggest pop star from India performed at Hi-Fi Bar in Melbourne CBD on 21 September. A huge number of his fans from Nepal and India residing in Australia thronged the bar to enjoy his magic of melodious voice. Son of veteran Bollywood comedian Mehmood, Lucky Ali has had a very successful career particularly in non filmy music. Known for his distinct voice and inimitable style he has won the hearts of millions of fans around the world.

His song 'Oh Sanam' from his debut album 'Sunoh' remains hit forever among



his fans since it hit the market in 1996. This album gave him many of the top awards in Indian music, including the Best pop Male Vocalist at the 1996 Screen Awards and Chanel V Viewers Choice Award in 1997. The album stayed on the MTV Asia Chats for consecutive sixty weeks. Lucky also tried his acting skill in movies like Kaante and Sur.

He also celebrated his 55th birthday in Melbourne while here for the gig. The event was jointly organised by S-Event & Multimedia and Hello Bollywood and was sponsored by Kandel Consultancy.



Actress Nisha Adhikari
presenting Best Female
Pop Vocal award
to Shreya Sotang

Rahat-The Sufi king hits a high note again



Ustad Rahat Fateh Ali Khan performed dozens of his hit numbers amongst hall capacity crowd at Hamer Hall, Art Centre yesterday. Rahat- Reloaded was his second gig in Melbourne in 3 years where he sang his latest Bollywood numbers as well as some qawwali songs from his private albums.

Rahat's opening act "Allah Hoo" was a tribute to his uncle, legendary sufi singer late Nusrat Fateh Ali Khan who he learned his first note of music from. This was followed by "Surili Ankho Waali", "Mann ki lagan", "Naina Thag lenge" and several repertoires of divine qawwalis.

Born in Pakistan, Rahat gained the first significant attention in Bollywood with his debut playback number in movie "Paap" in 2004. He has not looked back since with hundreds of super hit songs to his credit year after year.

Rahat's music tends to create emotional highs through simple melodies and driving beats. In two hours show, the intensity through repetition and improvisational verses were captivating.

Sizzling Event presented the show which was attended by over 2500 subcontinent fans of Rahat Fateh Ali Khan.

ADB to grant \$23.5 million for water supply project in Nepal

The Asian Development Bank (ADB) has approved a \$23.5 million grant from the Strategic Climate Fund for a project that will ensure water supply to about 45,000 households. The project is one of five components of Nepal's Strategic Program for Climate Resilience.

The project will work in watersheds in six districts in the Far-Western Development Region — Achham, Baitadi, Bajhang, Bajura, Dadeldhura, and Doti — which depend on agriculture but are already suffering water shortages.

Under the project, better water management and storage will be implemented through some 100 community subprojects, which will rehabilitate and protect the areas around water sources in order to improve the

yield of those sources. They may also build water collection ponds and drinking water tanks to storage water during dry months. The project will also educate communities on water conservation practices, including micro-irrigation, methods for maintaining soil moisture in agriculture, grazing and fodder management, and ways to regenerate vegetative cover.

The executing agency is the Department of Soil Conservation and Watershed Management. On top of ADB's funding, the Nordic Development Fund will provide up to \$4.63 million in complementary technical assistance, and the Government of Nepal will provide \$1.94 million. The project is due for completion in 2020.



Handicraft fair in November

The Federation of Handicraft Associations of Nepal (FHAN) is organising the 11th Handicraft Trade Fair from November 19. The five day fair is expected to provide a common forum for both potential buyers and sellers of Nepali handicraft products.

The FHAN is organising the trade fair in association with the Nepal Trade Integration Strategy programme of the government, the Ministry of Commerce and Supplies, the Trade & Export Promotion Centre, the Federation of Nepalese Chambers of Commerce and Industry, the Micro Enterprises Development Programme of UNDP and the Federation of Nepal Cottage and Small Industries.

According to the federation, a number of handicraft entrepreneurs from India, Bangladesh, Pakistan, Sri Lanka and Bhutan, along with local handicraft manufacturers, will be participating in the exhibition. The expo is scheduled to house 200 stalls and 10 pavilions, which will be showcasing metal crafts, pashmina products, handmade paper products, felt products, silver jewelleryes,

natural fibre products, wood crafts and ceramics products to name a few.

The Craft Competition will be one of the major attractions to be conducted during the fair. According to the FHAN, the winner of the competition will be awarded with an attractive cash prize. The FHAN is estimated to attract 100,000 visitors and a turnover of Rs 50 million during the trade fair.



Khil Raj Regmi addresses UN General Assembly

Chairman of Interim Election Commission, Khil Raj Regmi addressed the United Nations General Assembly in New York on Saturday.

Addressing the 68th UN General Assembly, Regmi said there was no alternative to November 19 Constituent Assembly election

for political stability and multi-party democracy. Regmi is slated to meet with Indian PM Man Mohan Singh and UN General Secretary Ban Ki-moon on the sidelines of the assembly. Regmi who left for New York on Thursday is schedule to return Kathmandu on Sunday.



Ishani makes it to the top 10

Ishani Shrestha The Fanta Hidden Treasure Miss Nepal 2013 had made it to the top 10 of 63rd Miss World contest in Indonesia.

While Shrestha was giving her best amidst nervousness and excitement at the pageant's grand finale, millions of Nepalis were praying for her success. Unfortunately, she did not end up winning the crown, but the 21-year-old beauty made a historical achievement for Nepal by making it to the Top 10 of the contest. With this she has become the first ever Nepali to reach that spot. At the event held in Bali, Shrestha was in the fifth position when Top 10 semi-finalists were announced on the official Facebook page of Miss World.

Shrestha also gracefully danced to the tunes of Maitighar from Nepali film Maitighar in the 'Dances of the World' category. All the other contestants shook their legs to this number making the dance performance look enchanting and vibrant.

Before this she also bagged the title of 'Beauty with Purpose', a sub-title at the contest. It was her project 'Smile Nepal' related to oral hygiene, where Shrestha did a free dental check-up in Kudari Village, Jumla, one of the most remote areas of Nepal, that made her win this sub-title. She also secured third position in the 'Multimedia' popularity round with 177,000 popular hits.

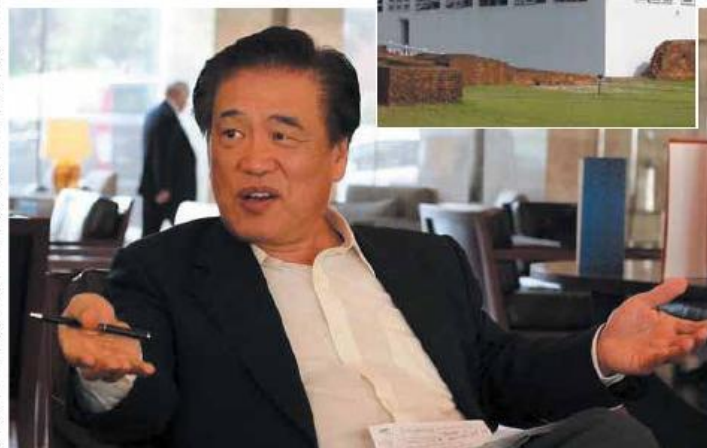
A student of Dentistry, Shrestha was crowned Miss Nepal 2013 on March 20 where she also won Miss Best Walk.

Korean architect backs India in Lumbini project

Kwaak Young Hoon, the South Korean architect appointed to multi-billion dollar plan to redevelop Buddha's birthplace Lumbini in Nepal has backed a role for India on the project. Recently in Delhi for the deliberations of the International Buddhist Conference, the MIT trained architect said India has to be a part of the Lumbini project as Buddha lived and preached in India and his heritage could not be divided by national boundaries. "The Indian govt and people have a big role to play in redeveloping Lumbini. How can they not? Buddha lived his life in India, attaining enlightenment and preaching here," Kwaak said.

Kwaak's words are believed to have given a relief to the nerves of Indian authorities who have been concerned ever

since Nepal's communist leader Prachanda agreed to a Chinese proposal in 2012 for a special development zone for Lumbini. Far from seeing the Lumbini plan as a Chinese bid to present the historical and religious site as a counterweight to Indian Buddhist sites like Bodhi Gaya and Sarnath, the Korean scholar dismissed such suggestions as distortions. "Whenever something good and great is planned, there are efforts to belittle it. These are demonic plots," Kwaak said.



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Australia tests "ATTENTION-POWERED CAR"



Australian road safety researchers have unveiled a pioneering "attention-powered car" which uses a headset to monitor brain activity and slow acceleration during periods of distraction.

If you lose attention your car will stop. It sounds strange but this is soon becoming a reality.

Australian road safety researchers have unveiled a pioneering "attention-powered car" which uses a headset to monitor brain activity and slow acceleration during periods of distraction. The car, commissioned by the Royal Automobile Club of Western Australia,

is about to depart on an awareness-raising road trip of Western Australia -- a sprawling west coast state accounting for about one-third of the Australian continent.

Lead researcher Geoffrey Mackellar, from neuroengineering company Emotiv, said the car's accelerator could be overridden by a headset with 14 sensors measuring the type and amount of brain activity which deter-

mined whether a driver was distracted.

In the testing phase, drivers were set specific challenges such as using their mobile phone, switching channels on the radio, drinking water or reading a map so that researchers could record their brain activity while doing so. They were also sent on a 15 kilometres per hour "boredom lap" to see what happened when their brains "zoned out" -- "pretty nasty but we enjoyed it", Mackellar said.

"We're looking at things like blink rate, blink duration, gaze rate -- how long they look at a point -- eyes moving, head tilts, and also frequency of task-switching and the level

of brain activity when they flick over to those tasks, so it's a huge pool of data," he said.

Although the system could have potential commercial applications, the RAC said their current focus was on research and public awareness.

"The impact of inattention is now comparable to the number of deaths and serious injuries caused by speed and drink driving," said RAC chief Pat Walker.

"Nationally, it is estimated inattention was a factor in 46 percent of fatal crashes."

The Australian government estimates that road accidents cost the economy Aus\$27 billion (US\$25 billion) every year.

A LOOK INSIDE

Apple iPhone 5s



Apple Inc's newest smartphone models hit stores two weeks ago in many countries across the world, including Australia. The gadget giant for the first time is selling a second smartphone dubbed "5C" featuring a plastic back and bright colors. The pricier "5S" now comes in three new colors - gray, silver and gold.

Technology firm iFixit disassembled a gold-colored iPhone and examined its parts. Following are some of the key components for the iPhone 5S and their makers that have been identified so far:

► Chips from Avago, Skyworks Solutions are featured in the new iPhone. Companies supplying parts for the new phone also include memory chipmaker Hynix and radio-frequency chipmaker Triquint

- The new fingerprint sensor uses a chip from NXP Semiconductors
- There is no single M7 motion co-processor, a new chip that Apple said was part of the iPhone 5S when it unveiled the device last week. The M7 appears to be more a collection of chips, including chips for a gyroscope, accelerometer and compass, iFixit said.
- Broadcom's BCM5976 chip is used for touchscreen controller.
- Murata Manufacturing Co's 339S0205 (based on the Broadcom BCM4334) is used in Wi-Fi module.
- Includes chips from Qualcomm Inc (PM8018 RF power management IC) and Texas Instruments Inc.

First National Science Day observed in Nepal

The first National Science Day was observed in the Kathmandu valley last month, with experts drawing attention to the need for adequate investment and programmes promoting the science and technology sector for the overall economic development of the country.

The Ministry of Science, Technology and Environment (MoSTE) in coordination with the National Academy of Science and Technology (NAST), decided to celebrate the first national science day with the slogan, 'Science and Technology for the Country's Prosperity'.

In remembrance of the late Amrit Prasad Pradhan, founding principal of the first public science campus, the day coincided with the establishment date of the Amrit Science College.

Speaking at the programme organised to mark the occasion, the chairman of the Interim Election Council of Ministers, Khil Raj Regmi, stressed the need to promote science and technology, as it is integral to various sectors such as health, education, transportation and infrastructural development in the country.

Nepal's neighboring countries, India and China, have invested huge amounts of money



Interim Election Council of Ministers, Khil Raj Regmi

and resources in advancing their science and technology divisions, Regmi said, adding, "However, we have not been able to give adequate attention towards this sector so far, making us dependent on technologies from other countries."



NEPAL ACADEMY OF SCIENCE & TECHNOLOGY
Science & Technology for National Development

The Global Health Perspective and Challenges: Developed vs. Developing Countries



By Ms Sambridhi Adhikari, Melbourne



Nepal will benefit from strong public health policies, increased funding and public education and health awareness programs at the grass roots level to address the prevalence of the most common infectious diseases.

The development and sustainability of the health sector is one of the most challenging areas in the 21st century. A strong health sector is the result of appropriate funding, directed policies and technological advancement. The irony of the matter is, that even a developed country, which flourishes in economic strength, industrialization, governance and a good standard of living still experiences chronic health issues.

Affluence increases the prevalence of health aberrations, including the increased prevalence of lifestyle diseases within the community. In contrast, an underdeveloped country suffers from a lack of basic awareness on health issues including health education and health training as well as access to health services. The extent of this health disparity is clearly represented through the burden of infectious diseases that have become a common entity within developing communities; whilst some of these same diseases have affected developed communities without discrimination.

To draw on the different health perspectives and challenges within developed and developing countries, I will use the example of Australia and Nepal respectively, as these two countries compare well in terms of economy, living standards and population size. Australia is one of the most prosperous and developed economies in the world, whilst Nepal is one of the poorest and underdeveloped economies. The landmass of Nepal is 1/50th to that of Australia, but the population size is almost 2/3rd larger; and more than 25% of the population are living below the poverty line. Interestingly, both economies experience chronic health issues, which are vastly different in nature.

Australia's Health Perspective

Most of the Australian cities like Perth, Brisbane, Adelaide, Melbourne and Sydney have a higher average income than London and New York (Economist Intelligence Unit 2012). Alongside the multiple social welfare



benefits, this higher average income is contributing to an affluent lifestyle, which is playing a crucial role in the emergence and continuation of chronic disease.

The most recent Australian Health Survey identified the long-term health priority areas as chronic diseases of lifestyle; including Heart disease, Type II Diabetes and Cancer. The health risk factors responsible for most of these issues included tobacco use, alcohol consumption and obesity (Australian Bureau of Statistics). Importantly, the rates of obesity for both men and women in Australia have increased over time, whilst alcohol and tobacco use still occupy a significant place in Australian culture. It seems that affluence has triggered health issues through lifestyle related practices including over consumption and erroneous standards of living.

Is this standard of living contributing to the better health and wellbeing of the Australian people? One of the most pertinent challenges ahead for Australia is to weigh up the benefits and risks of this economical prosperity linked to Australia's health issues in the near future.

Nepal's Health Perspective

Infectious and transmissible diseases remain the largest burdens of disease in Nepal that contribute to high rates of mortality and



Table 1: The main health indicators of both Australia and Nepal

	Australia	Nepal
Life expectancy at birth 2011 (years)	82	69
Infant mortality rate % (2011)	4	39
Adult literacy rate % (2007-2011)	99	60
Public spending as a % of GDP (2007-2010*) allocated to: health	6	2
Public spending as a % of GDP (2007-2010*) allocated to: education	5	5
GDP nominal 2012 estimate	1.54 trillion	19.9 billion

morbidity. Some of these diseases include malaria, typhoid, gastroenteritis, intestinal parasites, leprosy and tuberculosis. These health burdens arise mainly from poor public health education, communication and training in fields of hygiene, vaccinations, potable water consumption, clean cooking practices and availability of common medicines. This is reflective of the poor health policies and lack of government funding. Furthermore, rural and marginalised communities have limited access to basic health care and services, contributing to a higher prevalence of ill health and wellbeing.

Conclusion

The Australian health system and communities need stronger support in terms of public policy, funding and public education. Community based programs that educate people to live a healthier life, free from dependency on medications with focus on a preventative health and a change of habit is the way forward. This will reduce the burden of chronic and lifestyle diseases that are the growing cause for concern and cost in Australia's health system.

On the contrary, Nepal will benefit from strong public health policies, increased

funding and public education and health awareness programs at the grass roots level to address the prevalence of the most common infectious diseases. Despite the different nature of the health problems between developed and developing countries, we may need a common approach with a focus on prevention and educational awareness to address these emerging health challenges.

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Deepawali at Federation Square



On 26 October 2013, Federation Square will lit up and come alive with the Deepawali Festival of Light. However, celebrations will begin from 21 October 2013 with Bollywood movies being screened at the Square on every evening in the lead up to the Deepawali Festival. The annual event will be launched on the Yarra in a fully decorated Deepawali boat followed by a five day free bollywood movie screening at Fed Square.

Deepawali is the festival of lights and is one of the largest religious festivals for Hindus. This festival is the celebration of the inner light inside all of us and the belief that good will triumph over evil. Deepawali signifies victory of good over evil and refers to the light of higher knowledge eradicating all ignorance. It involves lighting of small clay lamps filled with oil which is the emblem of the triumph of good over evil. Over time, Deepawali celebration has become more than a religious festival and today represents a multicultural festival of the best kind.

Festival regales Melburnians with a plethora of fabulous multicultural events which includes delightful musical performances as well talented performances by African, Chinese and other ethnic groups. A melting pot for all cultures, the Deepawali Festival in Federation Square has traditionally been a crowd-puller and crowd-pleaser.

The program is sponsored by OMAC, City of Melbourne, Melbourne Airport, Fed Square, Government of India, Telstra and RACV.

Ramesh Dhamala elected TAAN President



The 35th annual general meeting (AGM) of Trekking Agencies' Association of Nepal (TAAN) has elected a new executive committee with Ramesh Dhamala as the new president.

The panel led by Dhamala swept the election winning all 17 posts on offer. Dhamala, who garnered 321 votes, defeated his competitor Jangbu Sherpa by 60 votes. Immediate past president Mahendra Singh Thapa and President of TAAN Pokhara Chapter Narayan Sapkota are also in the executive committee. The 23-member executive committee will take complete shape after the newly elected president nominates four members.

Keshav Pandey, Kami Rinji Sherpa, Kul Bahadur Gurung and Sagar Pandey have been elected senior vice-president, 1st vice-president, 2nd vice-president and general secretary, respectively. The AGM also elected Pasang Sherpa, Gopal Babu Shrestha and Tilak Bahadur Thapa Magar as secretary, treasurer and joint-treasurer, respectively.

Similarly, Gokul Sapkota, Palsang Tamang, Pasang Tendi Sherpa, Namaraj Gauli, Ang Pemba Sherpa, Rajendra Sapkota, Nihari Bastola, Meghnad Timalina and Dhan Prasad Gurung have been elected executive members.

The new executive committee will serve for a term of two years.



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Tradition Vs. Modernity

What does this mean for Nepal's tradition?

For MacIntyre, tradition is a necessary context for rationality. He forms the view, in modernity reasoning or reasons has become incoherent. This relates to the notion that modernity is fluid. People cannot come to a reasoned agreement of 'good' and we should look to traditions as forms of coherent reasoning. His work focuses on issues of ethics and social and political philosophy. In his publication "the story telling animals" he outlines the changing societal relations based on fragmented views of identity. Identity for him is about the role individual plays in a narrative.

Furthermore, he postulates that tradition provides a sense of direction for the future. It is

Additionally, narrative helps create a purpose for life or a goal that must be put to action. Without action, goal is meaningless. In outlining this view, MacIntyre further posits that the self defines and redefines the narrative whereby reconstructing their lives. The messenger or the bearer of the story lives an unpredictable life however with sense of a purpose can create possibilities in the present to bring the goal to fruition. MacIntyre states, "there is no present which is not informed by some image of the future and an image of the future always presents itself in the form of a telos or of a variety of ends or goals – towards which we are either moving or failing to move in the present". It is

...narrative helps create a purpose for life or a goal that must be put to action. Without action, goal is meaningless. In outlining this view, MacIntyre further posits that the self defines and redefines the narrative whereby reconstructing their lives. The messenger or the bearer of the story lives an unpredictable life however with sense of a purpose can create possibilities in the present to bring the goal to fruition.

a possible future that turns to collective remembrance; and draws upon history to make sense of the present. For MacIntyre the self does not explicitly make radical choices but rather the theory argues that an individual is already born in a narrative and they are merely acting their part. In essence, a person is already part of the story when born. Hence, essence i.e. the narrative precedes existence. There is no purpose to life without a narrative.

imperative for MacIntyre that we understand our role in the narrative; not understanding the narrative inhibits progression towards their goal or telos. Therefore in MacIntyrean school of thought, this person is considered lost. This is a fundamental concept for MacIntyre because feeling lost causes anxiousness in individuals. Some of characters of modernity are discontinuity, speed and anonymity. He argues that modernity is fragmented, in



Alasdair Chalmers MacIntyre (born 1929) is a Scottish philosopher primarily known for his contribution to moral and political philosophy.

that, society do not depend or relate to any stories to create identity any longer. The need to be independent and self reliant has people breaking from meaningful collective experiences.

MacIntyre is a critique for Liberal Modernity. Essentially, we thrive on collective remembrance through our history. MacIntyre states, "Man is in his actions and practices, as well as in his fictions, essentially a story telling animal"; and breaking away has caused isolation for individuals. Therefore, revival of traditions would provide a sense of

solidarity. The key questions of his theory is "what story or stories do I find myself part"? A person becomes active in his or her actions and experiences that encompass a meaningful life.

In a society such as Nepal, which is fast pacing towards modernity begs many questions. Whether we embrace tradition or abandon the rituals, ceremonies and storytelling to the generation ahead. Modernity in the next edition we will discuss what a modern society in this paradigm looks like. **Stay tuned.**

This festive season

How to be a good host to overnight guests

By: *Shyam Mainali, Melbourne*

With our big festivals approaching, lots of us have many relatives come and visit us. Many of them even come to stay overnight. To have someone living in your house can be distressing from so many aspect. Some people panic when they have guests coming home for an overnight stay. But there's nothing to worry about. It just needs some preparation and planning. Here are a few pointers.

Start the clean-up drive

If you tend to keep your house cluttered, your first step would be to de-clutter it so that it looks neat and tidy. While you don't need to go overboard with washing and cleaning every corner of the house, just see to it that you wipe all the furniture so that it is dust-free. Moreover, just spray some air freshener so that the house smells good when the guests arrive.

Guide the guests to their rooms right away

The guests may have traveled a long distance and may be wanting to freshen up. So it's best to guide them to their room as soon as they arrive so that they can unpack

their luggage and relax. This will immediately make them feel at home.

Stock up on towels and toiletries

If the guests are arriving for an overnight stay, make it an point to stock up on towels

and toiletries. See to it that they are washed well. The guest bathrooms need to be as clean as the guest bedrooms. Also, on a safer side, you can include sample size toiletries in case the guests do not come fully prepared.

Acquaint your guests with the major spots

You may plan to be the tour guide but it's always best to acquaint your guests with major restaurants, general and medical stores and gas stations in your locality. This would help them when you are not around.

Be warm and helpful

With the guests staying over, you are likely to feel stressed as you not only have to look after your family members but the guests too. But getting frustrated won't help. Just be calm and take it easy. See to it that you do not make the guests uncomfortable with your irritable behaviour. Create a warm and welcoming space for your guests.



South Asian Brides on Show in Melbourne

Pinky to represent Nepalese Bridal wear

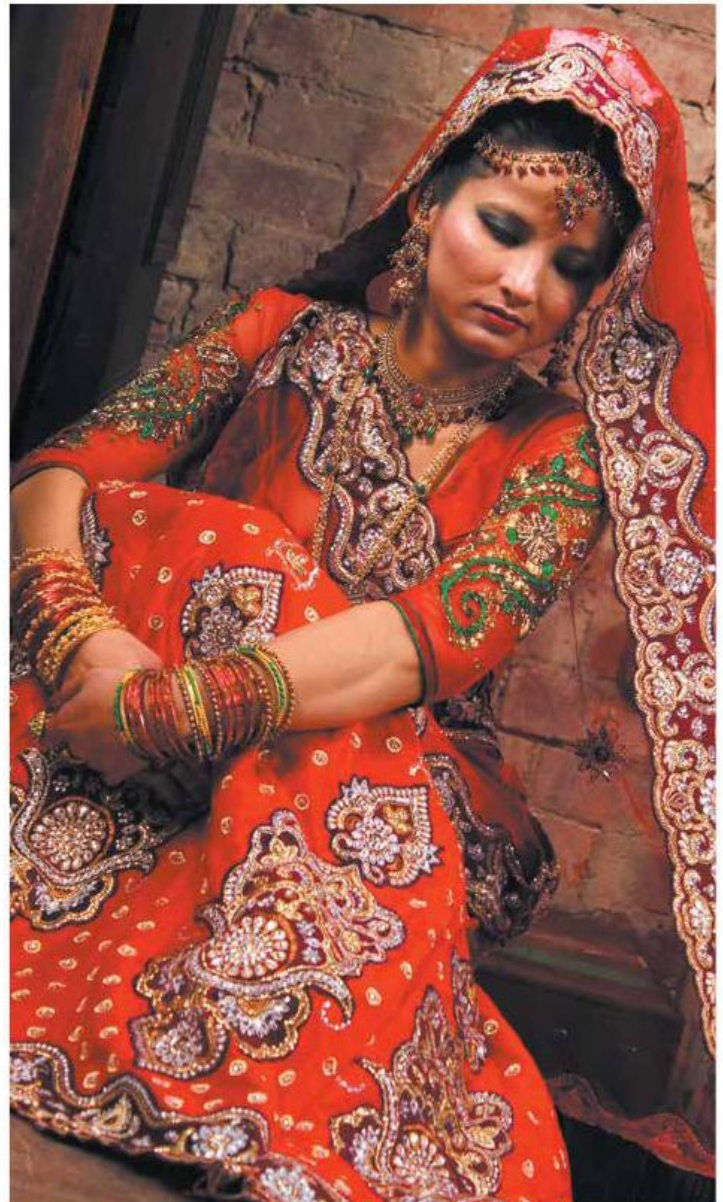
Melbourne is about to play host to a first of its kind international bridal fashion show. The South Asian Brides of Australia (S.A.B.A.)

Wedding Show will exhibit the latest trends in bridal and wedding fashion from the sub-continent. Held at the Sandown Regency in Noble Park, the show is being run by two of Coburg's more prominent Sydney Road fashion houses – My Wardrobe and Envoy London. The show will be held on Saturday, the 26th of October, and will feature designs from Sri Lanka, Pakistan, India, Bangladesh and Nepal.

S.A.B.A. is a company that seeks to bring together all the elements of a bride's special day. From jewellery, henna and that perfect dress, to photographers, venues and the floral arrangements, S.A.B.A. aims to be the one-stop destination for those Australians who are soon to be wed. This Wedding Show is the inaugural event, launching what will be a long line of similar shows and exhibitions showcasing everything the South Asian communities have to offer.

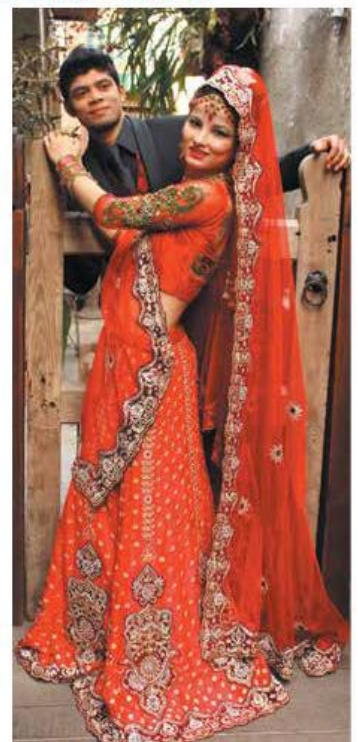
Saima Qureshi, the owner of Coburg's My Wardrobe and founder of S.A.B.A., hopes to bring together a variety of elements to put on this show. "I have been looking at a number of people in the South Asian community who are photographers, models, make-up artists and jewellers, and have found a group that will make for the best collaboration on the day," said the Pakistani business-owner.

One of those collaborators is Danphe Beauty, run by Nepal's very own Pinky Thapa. Danphe Beauty has been open for 3 years, beautifying the women of the Coburg area. Pinky herself will be seen on the runway at the show, modelling the latest Nepalese bridal wear.



Tickets to this event can be purchased at Danphe Beauty at 46 Sydney Road, Coburg.

For other ticketing enquiries, you can contact MY WARDROBE by e-mailing info@mywardrobeonline.com.au.



Make gold look fashionable

Very few young women love wearing gold, because they believe it's a colour for older women or for those women, who have a gaudy fashion sense! But if you sport gold in your wardrobe and accessories in a glamorous way, it can look fabulous and make an unmatched style statement. Read on to know more.

If you want to wear gold in your clothes, instead of going for the standard bright shade of this colour, choose a variation that you like. It could be something antique, like a bronze or something light, like champagne, depending on your personal choice. Take into account your skin tone, the colour of your hair and eyes, etc, so that the shade you choose complements your overall personality. You can also wear gold in accessories like jewellery, shoes or

bags. Incorporate small accessories in your wardrobe, like fine chains, bracelets or even hair accessories to begin with. Wearing these will add a subtle touch of gold to your look. Once you are comfortable with this, you can slowly start sporting the colour in your clothes.

In make-up, gold eye shadow can look absolutely glamorous! You can highlight your eyes with gold eyeliner, especially if you have brown or hazel eyes. A dusting of gold powder on your body can elevate your look to another level.

Get yourself a gold manicure. You can apply gold nail polish to your nails if you want to dazzle for an evening out, or just get a French manicure, if you're looking for something less obvious!



Nar Bahadur Khatri

A Nepali chef's journey from Lumbini to Dromana



Nar Bahadur Khatri is the owner of Indian Mahal restaurant in Frankston and is soon opening up another restaurant in Dromana, near Sorento. Born in Lumbini, Nepal, Nar Bahadur Khatri's journey of life has always been about pleasing people's pallet.

After finishing high school, he headed to India with the prospect of becoming an Indian army but soon realised that it was not his natural-pull in life. He left all his dreams of becoming an army and found himself a job in Taj hotel as a Kitchen hand. There began a story of a great chef. With the tremendous cooking experiences that he got in Taj hotel, Khatri applied at the Le-Meridian in Delhi where he would work for another few years till he boarded a flight to Japan to broaden his culinary horizon. Moti Indian Restaurant and Ganges Indian Restaurant are to name a few where Khatri worked in Japan and became one of the accomplished Indian chef in Tokyo. Always hungry for more knowledge, after five years in Japan, Khatri came to Australia

seeking more challenges and just followed the path of passion. He says cooking is not only his profession but something that gives him a great deal of self satisfaction. His message to the aspiring chef is about perseverance and focus. There are no short cuts in cooking career, says Khatri.

In his new restaurant he hopes to get some Nepali customers. He says "I have served my food to hundreds of people around the world but it would be my privilege to serve my own community". Especially with his new restaurant situated on the way to Sorento, he expects some Nepalese out for a recreational trip to stop by to taste his cooking.

Before he left he told Nepalese Voice that he catered for bollywood actor Saif Ali Khan and Priety Zinta and the entire team of "Salaam Namaste" while they were in Melbourne for the movie shoot. Not a bad fact to be identified with.

Coffee tells your personality



Merlo Coffee baristas has revealed that are able to figure out a customer's personality type just by the cup of coffee they order. The company said that people who drink Cafe Latte tend to be a bit softer and can be more romantic than others and are probably still friends with their first crush.

People, who drink Flat White, are straight-up types and could lack imagination.

The Cappuccino lover doesn't really indulge in their coffee as much as they should; they are still a child at heart who love chocolate sprinkle on top.

People drinking Macchiato are coffee-savvy young professional. They work and play fast.

People whose choice of drink is Vienna are the one who like the finer things in life; they have high expectations, are demanding and a touch clingy.

Hot Mocha ordering people are often drifters and find it hard to settle down. Hot Chocolate drinking people can be complete faux coffee-drinkers, posing as latte sippers.

Tea drinkers are real, wholesome and deep-thinkers. They are usually early morning people and read books.

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NRN- Australia hydropower investment project sees progress



NRN Australia Hydro Group Pty Ltd has confirmed its investment in NRN Investment Ltd in Nepal. The twenty five percent of fund collected from shareholders in Australia few months ago has been invested in company registered as NRN Investment Ltd in Nepal. Consequently, NRN Investment Ltd has decided to call second instalment at the ration of 25% of committed share capital from its shareholders, which is to be deposited by 17th October 2013.

So far NRN Australia as one of the major shareholder has invested \$404,828 equivalent to NRs. 37,104,100.00 in the name of NRN Australia Hydro Group Pty Ltd. NRN Investment Limited in Nepal consists of six members team of board of directors including chairman Mr. Jiba Lamichhane, Managing director Mr. Rameshwar Shah

and directors Mr. Kumar Panta, Mr. Krishna Pandey, Mr. Mahesh Shrestha and Mr. Shesh Ghale.

According to the source, During the first phase of project evaluation for adoption, a total of some 17 hydropower projects were considered, out of which, Dordi Khola Hydropower Project having capacity of 27MW was selected. NRN Investment has acquired 51% stake in the project. Feasibility Study and preparation of Detail Project Report (DPR) has been completed.

The construction activities of the project are scheduled to start on Jan, 2014 and complete by May, 2017. Commercial operation Date (COD) of plant is fixed for June 15, 2017. It's said that the other Projects and Investment Prospects are also under consideration.

Asia to have most millionaires by next year

The number of millionaires in Asia surged by 9.4 per cent year-on-year to 3.68 million in 2012, still trailing North America's 3.73 million. Millionaires in the report are defined as individuals with investable assets of \$1 million or more, excluding residence, collectibles and others.



Asia will have the world's largest number of millionaires as early as next year despite the expected tapering of the US Federal Reserve's stimulus programme, according to a report published recently.

With strong growth and high saving rates, the wealth of the region's millionaires will grow by an annual average 9.8 per cent and reach nearly \$16 trillion in 2015, according to the wealth management unit of Royal Bank of Canada.

Despite concerns of devaluing asset prices due to capital outflows triggered by Fed tapering, Asia is set to lead the world in the number of millionaires and their total wealth, the bank said in a report prepared with consulting firm Capgemini.

"The region's high net worth population and wealth has increased by 31 per cent and 27 per cent, respectively, since 2007, far outpacing growth in the rest of the world of 14 per cent and nine per cent," George Lewis,

group head of RBC Wealth Management, said in a statement.

The number of millionaires in Asia surged by 9.4 per cent year-on-year to 3.68 million in 2012, still trailing North America's 3.73 million. Millionaires in the report are defined as individuals with investable assets of \$1 million or more, excluding residence, collectibles and others.

Asia's continual population growth, and economic growth expected to continue outperforming rest of the world, would help it take the lead as early as next year, according to Eric Lascelles, chief economist of RBC Global Asset Management. He said the Fed's tapering plan could create 'hiccups' but would not affect the trajectory of growth in the region. The bank said Japan saw the slowest growth in its millionaire population last year among Asian economies.

-AFP

ATO to scrutinize "cash in hand" business

Australian tax office is set to crack down on cash-in-hand payments, targeting especially blue collar workers in its quest to catch out cheat. As its time for Australians to fill out their tax returns, the Australian Tax Office has revealed its hit list for professions in the crosshairs. High claims by building and construction labourers, construction supervisors and project managers as well as sales and marketing managers. The hospitality and carpentry industry will also come under scrutiny for failing to pay employees their superannuation entitlements. According to the source, small business hiding their income by paying their employees cash will be under the microscope.

Last financial year GST compliance work including reviews and audits of small and medium businesses resulted in the ATO raising \$587 million in GST liabilities.

The ATO data-matches more than 640 million transactions each year from

sources including banks, share registries, employers, merchants, states and territories and other government departments. Last year data and information matching raised \$973 million in revenue adjustments from about 450,000 reviews and audits.

In the 2011-12 financial year the ATO transferred more than \$275 million of employer super contributions to members accounts after compliance action and this year expects to contact around 19,500 employers as a result of these complaints.



Nepal's growing AD industry



The volume of Nepali advertisement market has crossed Rs 4.50 billion due to the rise in trend of promoting goods and services. The volume of advertisement market including that in print and electronic media, online and outdoor has crossed Rs 4.50 billion in the fiscal year 2069/70 with a growth of Rs 200 million in comparison to the preceding year, according to the Advertising Association of Nepal (AAN). It is expected to rise beyond Rs 5 billion during the current fiscal year.

A whopping 47 percent of the advertisement pie is shared by the print media, 25 percent by television stations, 17 percent by radio stations and the rest 11 percent by outdoor advertisements. September and October are the months with the highest flow of advertisements while December and January the lowest, according to Bhattarai. The period starting from a month ahead of Dashain till Tihar sees the most number of advertisements published/broadcast and produced.

The Nepali advertisement market is growing by around 10-15 percent every year, according to AAN. Service sector contributes 60 percent to the industry and goods 40 percent. Banks, financial institutions, insurance companies, telecom companies, schools, colleges and manpower agencies in the service sector have increased advertisements. Advertisement of service sector is more in print, electronic and outdoor with the most pressure in print media, according to the advertising agencies.

New appointments to VMC

Mr. Chin Tan continues as a chairperson



Minister for Multicultural Affairs and Citizenship Nicholas Kotsiras has recently announced the appointment of three new Commissioners to the Victorian Multicultural Commission (VMC). He appointed new Commissioners to continue the vital role of promoting harmony and social cohesion to ensure that Victoria's multicultural society remains one of the state's greatest assets and strengths. "These new appointments ensure that the VMC will continue to provide a strong voice for Victoria's diverse communities, with Commissioners coming from a wide range of cultural, linguistic, religious, as well as social and professional backgrounds," Mr Kotsiras said.

"The new Commissioners bring with them a broad range of skills and an in depth understanding of the issues, challenges and opportunities facing our incredibly diverse society and will ably support the Chairperson, Mr Chin Tan, who continues as Chair of the Commission.

"The Commission has an important role in articulating the benefits of Victoria's multiculturalism as well as championing the opportunities that diversity can bring."

The appointment of three new Commissioners, including a Youth Commissioner, follows a recruitment and selection process,

which considered a large number of expressions of interest. As well as the new appointments, five current Commissioners were re-appointed for an additional term.

Minister Kotsiras also recognised the work of the previous Commissioners.

"On behalf of the Victorian Coalition Government, I would like to take this opportunity to acknowledge and thank all Commissioners for their exemplary service and commitment and in particular the three Commissioners who are not continuing on - Mr Phillip Bain, Ms Yasmin Hassen (Youth Commissioner) and Mr Yasser Soliman," Mr Kotsiras said.

List of VMC commissioners

- ✓ **Chairperson** - Mr Chin Tan
- ✓ **Commissioner** - Mr Chidambaram Srinivasan
- ✓ **Commissioner** - Mr Abeselom Nega
- ✓ **Commissioner** - Mr Huseyin Mustafa
- ✓ **Commissioner** - Ms Jenny Matic
- ✓ **Commissioner** - Mr Grahame Leonard
- ✓ **Commissioner** - Ms Marion Lau
- ✓ **Commissioner** - Ms Elizabeth Drozd
- ✓ **Commissioner** - Dr Teresa De Fazio
- ✓ **Commissioner** - Ms Maryum Aziz Chaudhry
- ✓ **Commissioner Deputy Chairperson** - Mr Ross (Spiro) Alatsas
- ✓ **Commissioner** - Miss Safa Almarhoun



Chairperson - Mr Chin Tan

Nominations open for community sporting hero in Victoria

Minister for Sport and Recreation Hugh Delahunty has called for Victorian communities to nominate their local sporting volunteers, officials and clubs for the 2013 Victorian Coalition Government's Community Sport and Recreation Awards.

Now in its 17th consecutive year, Mr Delahunty said the awards have a long-standing reputation for celebrating the achievements of our grassroots sporting and



Minister for Sport and Recreation
Hugh Delahunty

recreation community.

"It's the time of year to come together and acknowledge the hard work and commitment of many local heroes," Mr Delahunty said.

"I can't think of a better way to celebrate their achievements than getting involved in the 2013 Community Sport and Recreation Awards.

"These awards are a chance to nominate and honour the commitment and passion

of people or organisations that make a real difference in their local community and embody the true spirit of sport and active recreation.

"I encourage as many people as possible to get their nominations in and support their local clubs and individuals," said Mr Delahunty.

The 2013 Community Sport and Recreation Awards will be held at the MCG on Wednesday 4 December, and will honour individuals, teams and clubs with prizes ranging from \$1,000 to \$5,000 across all categories:

- **Community Sporting Club of the Year**
- **Outdoor Active Recreation Initiative Award**
- **Young Volunteer of the Year**
- **Service to Sport and Active Recreation Award**
- **Welcoming and Inclusive Award**
- **Community Coach, Administrator, Referee or Official of the Year**
- **Innovation in Facility Design Award**

In addition, a special hand-picked Minister's Award will be presented to an individual, team, club or organisation. Nominations received across all award categories may also be considered for the Minister's Award.



Nominations close on
23 October.

For further information
and to submit your
nomination, please go to
www.sport.vic.gov.au
or
telephone 9208 3310.





Nepal qualifies for AFC U-16

Nepal has qualified for AFC U-16 Championship in Thailand beating Turkmenistan 4-0 in the match played at Dashrath Stadium, Kathmandu on 29th of September.

Bimal Gharti Magar made hat-trick and Dinesh Rajbanshi added one goal to secure victory against Turkmenistan in the match. Gharti scored a goal in the last minute of the first half and added two scores in 51st minute and 82nd minute.

Earlier Nepal defeated Bahrain 2-0 and played 2-2 draw with Iraq.

With this victory, Nepal secured its place in the AFC U-16 Championship to be held in Thailand in 2014 being the winner of Group C with seven points.

Rewati Smriti Cup-2013 to be held

Tamang Re-creational Club (TRCC), a Nepalese community based sports club in Sydney, Australia is organising Rewati Smriti Cup-2013 at 531 Illawarra Rd, Marrickville, and NSW on 6th of October. The annual 5-a side indoor soccer tournament is named under Rewati Rai, a Nepali soccer player from Sydney who succumbed his life to blood cancer in 2008.

The organiser TRCC, which was established in 2009 with the slogan "Unity in Diversity" has been organising the tournament for 6 consecutive years.

This year's event is supported by AFC Asian Cup-Australia local organising committee and sponsored by Expert Education and Visa Services Sydney.

Northern United (The Himalayan Club) to celebrate this festive season with volleyball tournament



Nepalese sports club from Melbourne-Northern United (The Himalayan Club) is organising one day volleyball tournament on the occasion of Dashain and Tihar festival. After the mega success of their first attempt last year the club is even more determined to do it bigger and better this time around.

A press release issued by the organiser has asked community members to take part in the event not only to celebrate the festival together but also to promote health and well being through sports. It has further stated that the club has received overwhelming response from Victoria and interstate sports clubs alike after last year's tournament.

According to club's President Tara Gaire this year's tournament will be held under different categories such as open, senior, junior and women to accommodate as many participants as they possibly can. Entrants for the Open and Senior categories will be charged 150\$ as an entry fee but the rest of the categories will be free.

Cups, medals and certificates will be handed out as prizes for the winner.

Tournament will be held on 27 October 2013, from 9 am to 5 pm at Darebin Community Sports Stadium, 857 Plenty Rd Reservoir East VIC 3073. The program is proudly supported by Nepalese association of Victoria, YETI FC and UFC.

APPRECIATION

Mr. Sabin Thapa from Nepalese Voice & Namaste Nepal News receiving a certificate of appreciation from Mr. Bam Gurung, an official from Yeti FC. On the occasion Mr Thapa also presented two soccer balls to the club.



Nepali Cricket team to train in India for Twenty/20 WC Qualifiers



As part of the preparation for the ICC Twenty20 World Cup Qualifiers happening in November, Nepal's national cricket team will travel to India to play practice matches. According to Cricket Association of Nepal (CAN), the national team will play around 10 matches with the teams associated with Delhi District Cricket Association (DDC).

The Delhi tour was organised by High Performance Programme Committee, a seven-member team formed under the chairmanship of CAN President Tanka Angbuhang, which will design programmes to prepare the cricketers for the two World Cup Qualifiers.

The Delhi tour is scheduled to run through October 20-30. A budget of \$ 250,000 has been put aside under the High Performance Programme (HPP) out of which \$ 175,000 is a grant from the ICC to prepare for the two qualifiers. Likewise, ACC has granted \$ 20,000 each for the Twenty20 and 50-over world cup qualifiers and National Sports Council has provided Rs 40,000.



Sports personality of the month

Hari Gurung: Yeti FC player of the year

Born	: 1975
Birthplace	: Chitwan, Nepal
Started playing	: As early as 10 years old
Family Support	: His father always encouraged him but his mother was not too happy for him to be a soccer player.
Early passion	: Volleyball was his early passion. He even played district level tournament in volleyball.
Came to Australia	: 1996
Involvement with Yeti FC	: Started as a fitness regime. With the help of some of his close friends the idea of Yeti FC was born in 2001. He has been with the club ever since.
Football for him	: Passion to a level of madness
Inspiration	: Diego Maradona
Career Highlights	: Yeti FC player of the year 2013, Winning team member of GNCV cup for three years in a row, Winning team member of MIT national cup twice and runner up of this year, Winning team member of Budhha Cup.
Message	: Don't underestimate your ability. Get involved in sports, it will not only keep you fit and healthy but will also help you keep engaged in the community.



Yeti FC to compete in Safal Pokhara Cup

Yeti FC is all set to participate at Safal Pokhara Club Football match this year.

The match has been scheduled from 22 October to 2 November. In a recent press meeting, the officials of Yeti FC said the club is competing at the tournament in a bid to enhance brotherhood and philanthropy among Nepalese.

Kaski District Football Federation has been organizing the match each year for the last three years.

Gopi Bahadur Bhattari, the chairperson of Kaski District Football Federation, informed two new teams- Yeti Football Club of Melbourne Australia and Hong Kong Nepalese Football Federation will also participate at the match. "We will be

keenly watching the performance of the Yeti FC in the match", Bhattari said.

In previous match, several teams from UK and Hong Kong had competed at Safal Pokhara Cup. However, it is the first time any Australia-based football club is going to participate at the match. Sheikh Jamal Club of Bangladesh got victory in the first match of Safal Pokhara Cup while Manang Marshyangdi Club of Katmandu lifted the trophy in the second competition.

According to the organizer, they have expected that Australia-based Yeti FC and Hong Kong team will contend neck to neck in this year match.

The Hong Kong team had already participated in a number of matches held in Nepal. It had won the prestigious Budha Subba Football match last year.

According to the organizer, altogether 12-football teams will compete at the match including 'A' division football club of Nepal and four foreign teams.



Yeti FC award night made everyone feel like a winner

The award function is one of the important ceremonies to be organized by any concerned organisation to encourage people of excellence in particular area or field. Melbourne based Nepali football club Yeti FC did just that to celebrate individual and collective achievement of those who were involved with the club all last year.

An annual award night organised at Cyprus community hall on 29th of September recognised many of the club players and official for their role in the club and also for enriching overall Nepalese community sports in Australia.

After the award program, Nepalese community has discovered that Yeti FC is not just sports club but a group of people that can make sports look sophisticated and glamorous. Venue, decoration, food, music, speeches, the night was well coordinated from every aspect.

Over the years, despite being a football club, Yeti FC has been doing so much more than just the sport related activities. In yesterday's program Yeti proved yet again that they also keep their mind open for other spectrum of the society. By acknowledging people that belong to the field other than the sports, Yeti has given a message to the community that we all have equal responsibility towards the emerging aspirants from different areas.

Yeti FC award program also remained noteworthy for the speeches delivered by some of the distinguished guests. Amongst those VMC chairman Mr. Chin Tan and MIT CEO Mr. Shesh Ghale impressed attendees by their light hearted yet meaningful speeches. Both made a point as to how important it is to assimilate the mainstream society if we are to progress as an individual or as an organisation. They stated that no matter how much else the club is doing, it is always important to keep scoring the goal, metaphorically implying to be result driven.

Other guests present on the occasion were:

Hon MURRAY THOMPSON	MLA Member for Sandingham, Representing Honourable Nicholas Kotsiras MP, Minister for Multicultural Affairs & Citizenship
MARIA VAMVAKINO	Federal MP for Calwell
CHIN TAN	Chairperson Victorian Multicultural Commission
ANDREW CRISP	Assistant police commissioner, victoria police north west metro
AMANDA PAXTON	State director of Victoria, Department of immigration and citizenship
JOE CAPUTO	Chairperson, Ethnic communities council of Victoria state-wide resources centre
MICK HARMENS	Superintendent North West Metro Region Division 4 Victoria Police
FAHRUKH HUSSAIN	President, South Asian Link Group Australasia
NICK HATZOGLOU	Crickets Australia, Club cricket manager
SHESH GHALE	MIT CEO, BRW top 200 in 2013, NRN Presidential Candidate
JAMUNA GURUNG	Managing Director, MIT

On the occasion Yeti FC President Mr. Raj Sharma also revealed the club's next dream project. As announced Yeti will fly to Pokhara to take part in Pokhara Safal Cup scheduled to be held in Nepal mid this month. MIT Couple Mr. and Mrs Ghale handed the official jersey of the club to the entourage heading to Nepal. Amid this, Mr Ghale once again enforced his support to club and said he wishes to see Yeti FC competing in an A-Division tournament one day.

As the night concluded all the attendees felt like winners as the event celebrated the dreams of so many players their families and a community as a whole. Way to go Yeti FC.

WINNERS

✓ Player of the year	: Nirajan Gurung
✓ Players Player of the year	: Hari Gurung
✓ Top scorer	: Hari Gurung
✓ Most dedicated player	: Umesh Khadka
✓ Most improved player	: Bigyan Gurung
✓ Guest players	: Sangeet Shrestha, Binam Hona, Bijay Karki and Deewans Basnet
✓ Fair Play award	: Bishal Gurung
✓ Yeti Person of the year	: Sudeep Maskey
✓ Academic Achievement of the year	: Victoria by academic transcript- Ashim Panta



Growing LIVE-IN RELATIONSHIPS in Nepalese youngsters

● Togetherness



Nepalese Voice congratulates Bhupendra Bhandari and Samjhana Bhandari from Tasmania for entering new conjugal life.

Love Facts:

- ♥ Women around the world are more likely to fall in love with partners with ambition, education, wealth, respect, status, a sense of humour, and who are taller than they are. Women also prefer distinctive cheekbones and a strong jawbone, which are linked to testosterone levels. During ovulation, women become even more interested in men with signs of testosterone.
- ♥ Men in love show more activity in the visual part of the brain, while women in love show more activity in the part of the brain that governs memory. Scientists speculate that men have to size up a woman visually to see if she can bear babies, while women have to remember aspects of man's behaviour to determine if he would be an adequate provider.

Live in relationships are still a taboo in our society. In Nepal, it's still very rare that we see a man and a woman living together before they are legally or religiously married. But once the Nepalese youngsters head overseas the story overturns.

Living together conventionally is about love. But in Australia many Nepali youngsters are following this path for various other reasons than just love.

It seems, money is a big factor when it comes to living together, and most couples are of the opinion that they share the expenses that are mutually incurred. Especially for the fact that our youngsters are the first generation migrants here; it would make their life much easier if they can find someone to share the financial burdens. That way nobody is carrying all the liabilities entirely. Share love if you can but definitely share the bills.

If someone is a student, finding an apt place to live is a herculean task. Which is true; as often landlords do not want to take the risk of renting the house to singles so going couple sometimes work for our youngsters.

The sense of security is another big factor that youngsters are travelling this length of live-in relationship. Away from parents and home, anyone would feel more at ease if there is someone that they can call a family. In health and in sickness at least there is someone that they can go back home to after



If someone is a student, finding an apt place to live is a herculean task. Which is true; as often landlords do not want to take the risk of renting the house to singles so going couple sometimes work for our youngsters.

a hectic every day of duties.

Especially for girls, many of them are choosing to embrace this to avoid parental scrutiny and also to stay safe from other trouble maker guys. To be able to tell your parents that you are with someone would give them a lot of relief about your wellbeing. And for girls it's a formula of "Be with one, clear of hundreds". It certainly saves them from lots of unnecessary hassles.

Whatever the reason is for youngsters to embrace the live in relationship, it's always good if it does end up in marriage otherwise remains as a learning curve.

DATING & MATRIMONY

Your search for a perfect partner ends here.

Nepalese voice guarantees the confidentiality of your identity. We don't take any responsibility on misleading or inaccurate information provided to us. *C conditions Apply.

Nepalese Voice has started a segment where we will help you find a dream date or even a life partner.

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

- A 27 years old Australian PR Nepali boy based in Melbourne looking for a date.
Call or Text: 0430 115 125

- A 31 years old PR-holder Nepali boy from Sydney looking for a long term relationship.
Contact: nepalesegentleman@gmail.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

- A 31 years old Nepali boy based in Kathmandu looking for a girl settled in Australia.
Email: 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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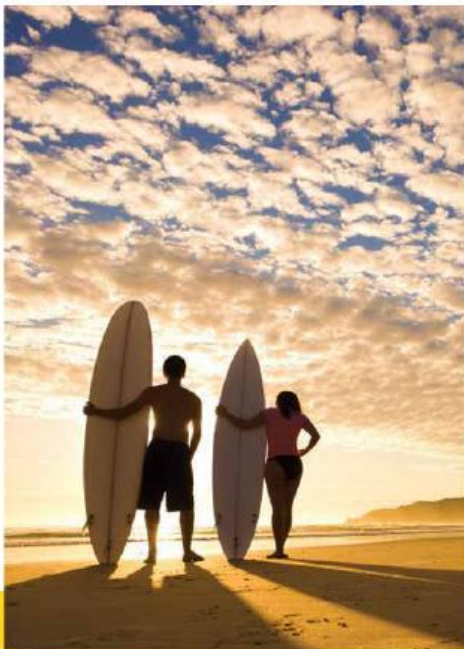
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