

# सहयात्रा

सहयात्रा: वर्ष १, अंक १

नेपाल न्यूजिल्यान्ड वाइकाटो फ्रेंडशिप सोसाइटी

अक्टोबर २०२१

SAHAYATRA: Vol I Issue1 Nepal New Zealand Waikato Friendship Society Inc.

October 2021

## President's Message

- Bal Timilsina

Namaskaar everyone,  
I would like to heartily express my gratitude to all of you for trusting in me and providing me the honourable opportunity of being the President of our beloved society, NNZWFS. Thank you so much for providing support, suggestions, well-wishes and participation in our society's past activities to make their outcome very productive and fruitful for our community. I am sure your support, love, enthusiasm and continued participation will multiply in society's forthcoming activities.

With the vision to create a prosperous, resilient and culturally rich Nepali society for social peace and harmony, NNZWFS has been carrying out its activities to unite Nepali society, celebrate Nepali culture and collaborate with multi-ethnic communities in New Zealand. You are already aware that NNZWFS has been organising activities to promote and celebrate Nepali festivals. We have been trying to explore further the needs of our community members and have carried out activities to enhance employment skills. Volunteering for environmental conservation has also been a major highlight which is a great way to connect to the community and to create a positive impact in making it a better place. With immense support from the community, we have also raised funds to support Covid-19 affected people back home in Nepal.

Some of our ongoing and future activities are as following (not a complete list).

1. Weekly Badminton sessions
2. Weekly Yoga sessions
3. Fortnightly Nepali cultural class for kids
4. 'Women for Women' second session
5. Teej and other festival celebration
6. Mental health support talk
7. Publication of the quarterly newsletter 'Sahayatra'



Carrying out society activities is voluntary work. So, huge thanks to all the volunteers and our executive members, advisors and mentors for using the precious time from your busy life.

I cannot forget to express my thankfulness to our donors Community Operation Grants Scheme (COGS), WEL Energy Trust, Education New Zealand, Ministry of Social Development and of course our community members. Without your donations, we would not have and cannot in future accomplish our goals.

We hope you will enjoy reading the first version of 'Sahayatra' and we encourage you to send your articles for the future publications too. As always, your feedback is hugely important to pave the path of growth of our society and it is with your engagement and contribution, we have progressed this far. I wish you all good health, prosperity and happiness.

Sahayatra Crew

Coordinator	: Dr. Diwakar Bhujel
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Editor (English)	: Bal Timilsina
Editor (English)	: Bhima Pradhan
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Sahayatra Crew

## विशेष सम्पादकीय: आगमन र आह्वान

- डा. दिवाकर भुजेल

“सहयात्रा” ! खुशी बनौं । यी अक्षरहरु उभाइरहँदा र नाम 'सहयात्रा' हो भनेर चिनाइरहँदा हर्ष नहुने कुरै भएन । यो मसीले अब इतिहास कोरेको छ। 'सहयात्रा' नेपाल न्यूजिल्यान्ड वाइकाटो फ्रेन्डशिप सोसाइटीको अग्रसरतामा वाइकाटो क्षेत्रमा प्रथम पटक प्रकाशित खबरपत्रिका हो। प्रकाशनको यस अंकमा वाइकाटो क्षेत्रमा हाम्रो संस्थाले सञ्चालन गरेका विविध अभियानहरु, गतिविधि तथा सिर्जनात्मक रचनाहरु समेटिएका छन्। यो खबरपत्रिकाको उद्देश्य भने नामैले भनेजस्तो न्यूजिल्यान्डभरि छरिएका नेपालीहरुका विभिन्न समाज तथा संघसंस्थाहरूसँग सहकार्य गर्दै सबैका गतिविधि, उन्नतिप्रगति, उपलब्धि, सिर्जनात्मक रचनाहरु अनि जानकारीमूलक खबरहरुको प्रकाशन गर्नु हो र समुदायलाई एक अर्काको नजिक पुऱ्याउनु हो ।

केही रहर, केही बाध्यता, केही सपना र महत्त्वकांक्षा त केही आफ्नै परिस्थिति वा आफ्नै खाले सोच, कुनै न कुनै कारणले हामी सबै आफ्नो मन र मुटू जोडिएको परिवार, माटो र परिवेश छोडेर आइपुगेका छौं - प्रशान्त महासागरबिचको यस न्यूजिल्यान्ड टापुमा। देश ढुङ्गा र माटो मात्र हैन, त्यसको गर्भमा गुँडुलिँदै सिकेका भाषा, संस्कृति, रहनसहन, ढाँचा, प्रकृति, अझ थप्दै जानुस्, सारमा ती सबैप्रतिको आफ्नो अगाध प्रेम पनि हो । भौतिकरूपमा त्यो साथ रहिरहन नसकेपनि भावनात्मक, कलात्मक र सांस्कृतिकरूपमा हामी सँधै नेपाली रहिरहन चाहन्छौं तर मूलभूत प्रश्न त्यसलाई धारण गरेर हामी कसरी संरक्षण, संबर्द्धन र अक्षुण्ण राख्न सकौं भन्ने नै हो । त्यही चिन्तनको उपज - विदेशिएर पनि हामी नेपालीहरु आफ्नो संस्कार र संस्कृतिको चिरागलाई अमर राख्न विविध अभियान तथा कार्यक्रमहरु सञ्चालन गर्न लागिपरिरहेका छौं। त्यसैले त न्यूजिल्यान्डको वाइकाटोमा बसोबास गरिरहेका हामी नेपालीहरु पनि एउटै साझा छाता नेपाल न्यूजिल्यान्ड वाइकाटो फ्रेन्डशिप सोसाइटीमा समाहित भएर साझा उद्देश्य, आवश्यकता र चाहना पूर्ति गर्न एक

अर्कामा सहयोग गर्दै सहयात्रा गरिरहेका छौं। चिन्तन, समृद्धि, सिर्जना, ऐश्वर्य, ज्ञान, विवेकको उच्चतम गन्तव्यप्राप्तिको सहयात्राका हामी सबै पथिक हौं। आउनुहोस् - यो सहयात्रामा एक अर्कालाई सहयोग गरौं , आदानप्रदान गरौं र नवोन्नतिका लागि उत्साह र प्रेरणा थपौं।

सामाजिक सद्भाव, सौहार्द्रता तथा सहयोगमार्फत नेपाली संस्कृतिको उन्नयन गर्ने पवित्र उद्देश्य राखेर स्थापित यस संस्थाको परिकल्पनामा नै अन्य संस्थाहरूसँग सहकार्य गर्ने समेत ध्येय रहेकाले यसलाई साकार पार्न आफैं वा अन्यद्वारा सञ्चालित अभियानहरुमा सहभागी हुन हाम्रो संस्था सधैं तत्पर रहेको छ र रहने पनि छ । सहयात्राको यो अंक हाम्रो लागि ऐतिहासिक र महत्त्वपूर्ण छ । कुनै पनि अभियान शुरु गर्दा उत्साह र जोस धेरै नै भरिनु स्वभाविक हो तर महत्त्वपूर्ण चाहिँ त्यो जोसलाई सँधै जीवन्त राख्नु हो र त्यसको मूल उद्देश्यप्राप्तिका लागि सरोकारवालाहरुले आ-आफ्नो क्षमता, स्रोत र रुचि लगाई समन्वयात्मकरूपमा अघि बढ्नु हो । त्यसैले आउनुहोस् - हामी सबै सहकार्य गरौं र 'सहयात्रा' लाई पोषण गरौं ।

पहिलो अंक भएकोले हामीले यसलाई वाइकाटो क्षेत्रमा सीमित गरेका छौं तर यसको सीमालाई आगामी अंकहरुमा न्यूजिल्यान्डका अन्य क्षेत्रहरुतर्फ समेत आयाम गर्नेछौं । अन्य क्षेत्रतर्फबाट समेत संयोजन समितिमा आबद्ध गर्ने तथा ती क्षेत्रका खबर र सिर्जनाहरुलाई समाहित गर्ने योजना राखिएको छ।

'सहयात्रा'ले बामे सर्न थालिसक्यो । यो जवान भएर चम्केको लम्केको हेर्ने हाम्रो साझा इच्छा छ । आओं हामी सबै मिलेर यसमा जवानी भरौं । यो पटक कस्तो भयो अनि हामी यसलाई कस्तो बनाउन चाहन्छौं र कस्तो रूपमा विकसित भएको देख्न चाहन्छौं त्यसतर्फ चिन्तन र कर्म गरौं । यस अंकलाई पाठकमाझसम्म पुऱ्याउन काँध थाप्ने समस्त सज्जनहरुप्रति हामी एकमुष्ठ हार्दिक आभार प्रकट गर्दछौं । सदा साथको हामी आकांक्षा राख्दछौं । धन्यवाद ।

## Yoga: Holding to the Root

- Ekta Gyawali

Yoga is a spiritual discipline based on an extremely subtle science. It focuses on bringing harmony between mind and body. We live in a world where our daily routine is centred on work; oftentimes our soul is ignored for everyday responsibilities. While our work is important, it leaves a gap emotionally, physically, and spiritually. Yoga helps fulfil these gaps. The modern world sees Yoga as a physical fitness trend, however, that is just one of the many benefits. Yoga is beyond just stretching. The main aim lies in finding inner peace and calmness. Yoga practice in Nepal can be traced back to thousands of years. Our cultural/ religious practices largely incorporate some aspects of yoga and meditation. I remember waking up to my grandmother doing her version of 'Surya Namaskar'. It is fortunate to have a



place in our neighbourhood, Hamilton to learn Yoga. The mid-week evening class is an initiation to bring yoga into our lives and bridge the spiritual gap within ourselves. It features asanas for beginners. We share a laugh and help each other correct the postures. Yogacharya Krishna Chaulagain, who is based in Nepal, helped us to conduct the first few classes. Under his guidance, some of us started our yoga journey and have been looking forward to continuing. Mr. Shailesh Karmacharya is extremely kind to assist us in improving and correcting our asanas. As a beginner, I can vouch for the fact that your body will be grateful to you by just doing 'Bajra asana' and the basic breathing exercise.

(..contd page 3)

## Annual General Meeting 2021 and New Directions

- Samir Chaulagain

The Election Coordination Committee formed by Nepal New Zealand Waikato Friendship Society conducted an election of the executive committee in the Annual General Meeting 2021. The election was held on 17<sup>th</sup> April 2021 which voted for a new executive committee for the tenure of 2021-2023 consisting of the following:

President:	Bal Timilsina
Vice President:	Anamika Oli
General Secretary:	Samir Chaulagain
Joint Secretary:	Prasanna Kayastha
Joint Secretary:	Pashupati Dhakal
Treasurer:	Bhupendra Bhattarai
Vice Treasurer:	Nisha Ghimire
Member:	Ekta Gyawali
Member:	Resham Raj Giri
Member:	Tulsi Ram Khanal
Member:	Pradip Khadka
Member:	Rajiv Acharya
Member:	Ramesh Bhatta



Elected executive committee further appointed advisors and mentors as follows:

Advisor:	Dr Diwakar Bhujel
Advisor:	Suman Poudel
Advisor:	Regan Timalsina
Advisor:	Sagar Aryal
Mentor:	Bidya Basnet
Mentor:	Lekhnath Bhandari

### What to expect from the new executive committee?

With the recent new EC into place, we can assure to make some significant advancement in the way of organising the project in the coming future that will have added benefits to every participant and member of the society.

The current management is detail-oriented (Attention to

detail) with the goal to keep projects organized and running smoothly. As a part of the new management, we have set the priorities among the needs in society. We are focusing on energy and resources as well as strengthening operations. We have organised committee structure to ensure that everyone is working toward common goals with the establishment of agreement

around intended outcomes/ results.

Assessing and adjusting the committee direction in response to the changing environment will be our ongoing major focus.

We, as a team, will be working very closely on defining our strategic direction and making decisions on allocating its resources to pursue this strategy. We will be involved in producing the fundamental decisions and actions that shape and guide what a committee is, who it serves, what it does, and what it does with a focus on the future. We will be working on not only where a committee is going and the action needed to make progress, but also how it will know if it is successful. Thank you all for your constant enthusiasm, support and encouragement.

### Annual Calendar: 2021-2022

19 <sup>th</sup> June	: Tree Planting
26 <sup>th</sup> June 2021	: Youth Night
10 <sup>th</sup> July 2021	: Women for Women
7 <sup>th</sup> November 2021	: Tihar Celebration
1 <sup>st</sup> week December	: Christmas Parade
1 <sup>st</sup> January 2022	: English New Year Picnic
5-6 <sup>th</sup> February 2022	: Tenzing Hillary Cup (THC)
19 <sup>th</sup> March 2022	: Holi
Mid - April 2022	: AGM & Nepali New Year

### Yoga...

Although Yoga originated in our part of the world and had been an invaluable practice in the lifestyle of our ancient culture, we have done very little to reap the benefits of such a systematic scientific practice and philosophy. There is no benefit in only talking about it. We need to include and practice it in our daily routine. Learning and practising in group will help us further to garner the benefits of Yoga. These yoga classes are definitely a sweet treat after a drained day at work. It is never too late to start, and no matter what walk of life you are in, you are welcome to join the class.

## Strengthening the foundation of Nepali Culture : Nepali Cultural Class for Children

~ Swastika Dahal Bhujel

Nepal New Zealand Waikato Friendship Society commenced its Nepali Cultural Class since December 2020 for inculcating Nepali cultural education and practice among the children of Nepali community. The main objective of this programme is to bring all the children of Nepali community and develop social bonding among themselves, provide them knowledge and practice of Nepali culture and language, and empower children with confidence and encourage working through unity. We are running this class on fortnightly basis. Swastika Dahal, Diwakar Bhujel, Parash Acharya and Bhima Pradhan have actively contributed to conduct the classes. A strong support from parents and well-wishers has helped this program to continue incessantly. Currently, there are around 12 students attending the class and it

has been very interesting for the kids to attend. It comprises of learning Nepali language, etiquette, and culture. They are learning Nepali alphabets, songs, and dances in a fun-filled environment. The most significant achievement is the increased bonding and communication among the children



besides their increasing knowledge on Nepali language literacy and music. Children presented their stage performances during the Nepal Day festival in Auckland and the Nepali New Year celebration in Hamilton.

Besides the classroom environment, children are having occasional outdoor fun trips as a part of learning. We are introducing more modules and forms that can be interesting and fruitful in providing effective education to the children.

Curriculum is tailored which upholds the idea of inclusive and interactive learning for the Nepali children in New Zealand. Education materials are



developed for the children that suits their context in New Zealand and we are hoping to bring more Nepali books for children and facilitate them even more through this class.



We believe that achieving strong social bonding among our children through involvement in our cultural environment is the key element which provides them the best opportunity to learn about our culture. This will indeed lay foundation for the longevity of cultural promotion among our future generations, and this is why we are running this class and it is beyond merely teaching them the Nepali letters.

## Badminton: Bringing Community Closer - Prasanna Kayastha

NNZWFS badminton club was initially started on 24<sup>th</sup> Feb 2021 to bring our community together who are interested in badminton as well as helping people socialise within the community along with the health benefits it can bring along. Initially, we had few casual members that gradually grew. Three months later, we were able to introduce a six-month membership plan. It has reduced the hassle of paying weekly and also helped the club to be long-term sustainable. NNZWFS provides the shuttles and pays the difference in the



total cost of court hire as a support. Besides adult players, young kids are also participating regularly and showing their interest in badminton. Currently, we have 16 members for six-month plan and expect to increase participation in the coming days.

In the future, the club is planning to run a badminton session twice a week and hire additional courts as more people are showing a keen interest in playing badminton. On 1st August, Mr. Kesh Gurung Ji from Bay of Plenty travelled to Hamilton to provide our players one day of badminton training. It was a great opportunity for players to learn basic techniques and skills. We are planning to run a



similar kind of training in the future to keep players' motivation and enthusiasm. Our club is planning to participate in various badminton tournaments and also organise one here in Hamilton in near future. All the club members like to thank NNZWFS for its continued support in

## Youth night



-Ekta Gyawali

Youth night was a first of its kind to be organised by the Nepalese Society in Hamilton and what a blast it was! This event was organised to raise funds to support the COVID 19 crisis in Nepal. The fundraising event was an instant hit from the time the tickets were made available. The tickets got completely sold out in two weeks. Kudos to Pashupati and the team for putting in all the hard work. Nepalese songs, youthful energy, and the beautiful venue added to its charm. Of course, with all the fun we had, there were some setbacks too. We learned a few lessons, yet the event was engaging and entertaining. We did not mind losing our voices from singing at the top of our lungs to match the beats of nostalgic Nepali songs and some trendy Bollywood music. Hopefully, a couple of drinks sparked new friendships and meaningful conversations for everyone to take away with them.

The first event of the year from NNZWFS was a success, and we can only promise to raise the benchmark with upcoming events. A big shout out to our sponsors for trusting us with the event. Many thanks to all who participated and made the night a memorable one, and contributed in raising funds for a cause. We successfully raised \$1200 from the event and donated for the COVID crisis help in Nepal.

## फर्केर आऊ घर

- मन्जु खराल ( हेटौडा, नेपाल )

कहाँ होला त्यो पूण्यभूमि लोकमा यो भन्दा नि सुन्दर !  
बगछन् जहाँ दूधकोशी सुसाई नित्य औ निरन्तर !  
जहाँ छन् उच्च हिम श्रृङखला सर्वोच्च छ शिखर !  
जिउनु त्यहाँ पवित्र मनले नेपाली भई अमर !!

फुल्छन् जहाँ गुराँस फाँटका खोजी बाँझो निर्झर !  
बगछन् कलकल सुसाई हिमनदी चुम्दै यी अथर !  
गाउँछन् कोइली मधुर स्वरले नाच्छन् रमाई चर !  
दियौ दिलै खोलेर सबकुछ धन्य छौ हे ईश्वर !!

छर्छन् जहाँ श्रीखण्डी वनमा सुगन्धित अत्तर !  
भेटिन्छ जहाँ मोती जलमा नै नौ रङ्गका पत्थर !  
म आफू रम्छु रमाउँछु जहाँ यो धरती कहाँ छ र !  
एउटै छ दिव्य भूमि लोकमा मेरै धरती अमर !!

जन्मिए बुद्ध यो शान्तिभूमिमा चिनियो बुद्ध नगर !  
एउटै छ शान्तिभूमि त्रिलोकमा मेरै धरती अमर !  
के जान्छौ छोडी वृन्दावन मनको चिम्लिई ती नजर !  
के जान्छौ खोज्न मोती छोडी यहाँ फर्केर आऊ घर !  
के जान्छौ खोज्न देश छोडी युवा फर्केर आऊ घर !  
फर्केर आऊ घर .....!!!

## यात्रानुभूति: ह्यामिल्टनको सेरोफेरोमा रमाउँदा

- टोपलाल श्वाली

भद्रपुर १०, झापा, हाल न्यूजिल्याण्ड

मानिसको शरीरलाई स्वस्थ राख्न व्यायाम तथा पौष्टिक खानाबाट शरीरलाई आवश्यक पर्ने क्यालोरी जति चाहिन्छ, मस्तिष्कलाई स्वच्छ राख्न पनि मनोरञ्जन त्यति नै आवश्यक पर्ने देखिन्छ। यसै कारणले होला- विकसित मुलुकहरूमा हप्तामा पाँच दिन काम र शनिवार र आइतवार, दुई दिन छुट्टी दिने चलन भएकोले छुट्टी मनाउन नयाँ - नयाँ ठाउँ घुम्ने र घुमाउने गरिन्छ।

मनोरञ्जन मानिसको लागि नभैनु भनेर आवश्यक तत्वको रूपमा विकास भएको मानिन्छ। मनोरञ्जन कसरी प्राप्त गर्ने भन्ने सम्बन्धमा आ-आफ्ना रुचि अनुसार विभिन्न किसिमबाट प्राप्त गर्न सकिन्छ। यसो गर्दा मानसिक तनावबाट उन्मुक्ति पाई नयाँ जोस र जाँगरका साथ आफ्नो पेशाप्रति अझ बढी सक्रियरूपमा आफूलाई समर्पित गर्न सकिने विश्वासका साथ यात्रालाई बढी प्राथमिकतामा दिने गरेको पाइन्छ।

हामी पनि देशविदेश घुम्ने र आफूलाई अचम्मित पार्ने, आश्चर्य लाग्ने, आफूले देखेका, प्रत्यक्षरूपमा अनुभव गरेका कुरालाई यथार्थ र वास्तविकता जस्तो छ, त्यस्तै यहाँहरूसमक्ष पस्किने अभिरुचि भएकोले नयाँ ठाउँ अवलोकन गर्न सप्ताहान्त अर्थात् छोरी ज्वाइँको छुट्टीको दिन पर्खेर बसिराखेका हुन्छौं। हप्ताको दुई दिन छुट्टीमा कहाँ कसरी जाने भन्ने सम्बन्धमा कार्यक्रम बनाउनेदेखि प्राथमिकता तोक्ने क्रममा यस पटक न्यूजिल्याण्ड मुलुककै पर्यटकीय दृष्टिकोणबाट 'व्युटीफुल सिटी' अर्थात् सुन्दर शहरको रूपमा प्रसिद्धि कमाएको ह्यामिल्टन शहरस्थित बगैँचा 'ह्यामिल्टन गार्डन' लाई रोझ पुर्यौं। त्यहाँ इलेक्ट्रिकल इन्जिनिरिङमा विद्यावारिधि गर्नुभएका दिवाकर भुजेल हाम्रो प्रतीक्षामा रहनुभएको थियो।

गत ०७७ मंसिर ६ गते बिहानको खाना खाई ज्वाइँ, छोरी, नातिनीहरू सारा र नोभा, मेरी जीवनसंगिनी टिका देवी श्वाली र म समेतको टोली टे आवामुटु, वाइपा डिस्ट्रिक्टबाट उत्तरपूर्व पर्ने ह्यामिल्टनतर्फ प्रस्थान गर्छौं।

एउटा शहरबाट अर्को शहरमा जाने राजमार्गहरू दुई तीनवटा पनि हुने र कुनै छोटो बाटो, कुनै घुमाउरो हुने भएकोले कतिपय अवस्थामा आफ्नो सडकको रुट थाहा नपाउँदा पूर्वतिर जानुपर्ने गाडी पश्चिमतिर गइरहेको हुन्छ। यस्तो अवस्थामा चालकहरूलाई आफ्नो मार्ग पहिल्याउन ज्यादै कठिन हुने हुँदा विशेष गरी जिपिएसजडित उपकरणको सहयोग लिन आवश्यक पर्दछ।

गुगलबाट सर्च गरी रोडम्यापको आधारमा जिपिएसजडित गाइडको निर्देशन अनुसार नै आफूले गाडी हाँकेयो भने निश्चितरूपमा आफू गन्तव्यमा पुग्न सकिने हुँदा हामी पनि यसैको निर्देशनलाई पालना गर्दै अगाडि जान्छौं।

लगभग ३५ कि.मि. दूरीमा अवस्थित ह्यामिल्टन प्रस्थानविन्दुमा पर्ने दुग्धजन्य पदार्थ उत्पादन गर्ने डेरी उद्योगलाई दायौं पाउँदै रेल्वे लाइनलाई पार गर्दै हाम्रो गाडीलाई तोकिएको गति अनुसार अगाडि बढाइन्छ। दूग्धजन्य पदार्थ उत्पादन गर्ने दूध डेरीलाई हामी फन्टेराको नामले चिन्ने गर्छौं। यो यति विशालरूपमा उभिएको छ कि यसबाट उत्पादन भएको वस्तुलाई विश्वबजारमा समेत पुऱ्याइन्छ। एकसय पैसट्टी देशका जनताहरूले न्यूजिल्याण्डको दुग्धजन्य पदार्थबाट निर्माण गरिएका खाद्यपदार्थको स्वाद लिने गरेका छन् भनिन्छ।

कारखानाबाट उत्पादन गरिएका दूग्धजन्य खाद्यपदार्थ वितरण गर्नका निम्ति मात्र रेल्वे लाइनको व्यवस्था समेत गरेको पाइन्छ। रेल्वे लाइनका अतिरिक्त सयकडौं ट्याङ्करहरूको ताँती लाग्ने गरेको कुरा

उर्जा विशेषज्ञज्यूले चालक सिटबाट जानकारी गराउनुहुन्छ।

यति धेरै दूध उत्पादन हुने मुलुकमा किन दूध, दही, घिउ महंगो भएको होला भन्दै जीवनसंगिनीले जिज्ञासा राखिन्छन्। हुन पनि जहाँ उत्पादन हुन्छ, त्यहाँ त अलि सस्तो हुनुपर्ने हो नि! तर नहुँदोरहेछ।

हामी यहाँको समथर, अलिअलि नजानिँदो पारामा उकालो र त्यस्तै मात्रामा ओरालो तेसाँएजस्तो, भू-बनोट जस्तो छ, त्यस्तै प्रकृतिको चिल्लो राजमार्गमा गाडीभित्रबाट बाहिरको दृश्य नियाल्दै गाई र भेडाहरू, हरिणहरू, आ-आफ्नो चरनक्षेत्रमा चरिरहेको दृश्यलाई नियाल्दै अगाडि जाने क्रममा जति जति अगाडि जान्छौं, उति उति रमाइलो लादै जान्छ। हरियाली नै हरियालीको बिचमा चिटिक्क चिटिक्क परेका नयाँ नयाँ मोडेलका आधुनिक घरहरू, राजमार्गबाट यी घरसम्म पुग्ने कालोपत्रे बाटाहरू, प्रत्येक घरहरू कति लोभलाग्दा राम्रा! उस्तै सुन्दर दृश्य, समथर समथर भूबनोट भएपनि जमीनको बिचैबिच राजमार्गको पूर्वपट्टिभन्दा पनि पश्चिमपट्टिको भाग अलि भिरालो भिरालो हुँदै निकै टाढासम्म देखिने दृश्य, आहा! बिहानको समयमा कुहिराले छोपेर पुरै सेताममे भएको अवस्थामा राजमार्गपूर्वबाट उदाएको सूर्यको किरण सेताममे कुहिरामाथि पर्ने र आफ्नो गाडी बादलमाथि कुदिरहेको महशुस हुने हुँदा वास्तविक स्वर्ग यही हो कि भन्ने भान हामीलाई नपरेको होइन।

प्रकृतिको मनोरम दृश्य अवलोकन गर्ने शौभाग्य हामीलाई जुरेको रहेछ। यस्तै सेतो बादलमाथि भरखर उदाएको सूर्यको पहिलो किरण पर्दा एउटा अद्भुत र आश्चर्य लाग्ने स्वर्णिम र प्राकृतिक अनुपम उपहार आफ्ना मनमुटूमा राख्दै ह्यामिल्टन शहरमा यति छिटो पुग्न सफल भएछौं। ३५ कि.मि.को बाटो पाँच मिनटमा नै सकिएको भान पर्थ्यौं।

शहरी क्षेत्रका विभिन्न चोक र मोडहरू एकपछि अर्को, अर्कोपछि अर्को माकुराको जालो जस्ता राजमार्गहरूलाई छिचोल्दै हामी गन्तव्य स्थानमा पुग्छौं। हजारौं गाडीहरूलाई पार्किङ व्यवस्थित गर्नु, त्यसमा पनि एउटा पनि ट्राफिक प्रहरी नहुनु मेरो लागि अचम्मित पार्ने कुरो थियो।

पार्किङका लागि निश्चित ठाउँहरू तोकिएको रहेछ। पार्किङ स्थलहरू क्रमशः एकदेखि दश नम्बर दिएर तोकिएको रेखाभित्र एक इन्च पनि तलमाथि नगरी सबैले गाडी पार्किङ गरेको देखिन्थ्यो। हामीले पनि सोही नियमको पालना गरी गाडी पार्किङ गर्नु।

ह्यामिल्टन गार्डेनलाई मैदानी भाग, भिरालो भाग, खोलाखोल्सी भाग, वनजंगल, तालतलैया, विभिन्न जातका रङ्गीचङ्गी फूलहरूले सुसज्जित बनाएको थियो। पार्कको नक्सा अध्ययन नगरी वा गाइडविना अवलोकन गर्न असम्भव र हराउने सम्भावना भएकोले हामीलाई पार्कभित्र पथप्रदर्शनको काम दिवाकर सर एवं स्वस्तिका म्याडमबाट भएको थियो।

पार्कमा भारत, जापान, कोरिया, चीन, इटली लगायतका देशहरूले आफ्नो मुलुकको पहिचान देखिने किसिमले आफ्ना कलाकृति झल्किने गरी पार्क निर्माण गरेकाले पार्कको रौनकतामा अरु श्रीवृद्धि भएको देखिन्थ्यो। पार्कका कतिपय स्थानमा विभिन्न किसिमका तरकारीहरू र फलफूल पनि लगाइएको पाइयो। यसबाट करेसाबारीमा कसरी तरकारी फलफूल फलाउन सकिन्छ भन्ने सर्वसाधारण मानिसहरूलाई जानकारी होस् भन्ने उद्देश्यका साथ यसो गरिएको हुनुपर्दछ। यसका अतिरिक्त दुर्लभ मानिएका वनस्पतिहरू के कस्ता जमीनमा लगाउनुपर्छ, कस्तो जलवायुको आवश्यक पर्छ भन्ने कुराको जानकारी होस् भन्ने पनि अर्को उद्देश्य हुनसक्छ।

गुलाबका फूलहरुका किसिम र प्रकारहरुको संख्या यकिन गर्ने काम सम्भव थिएन। फूलैफूलको संसार भएकोले हामीलाई सबै कुरा बिर्सिएको थियो ।

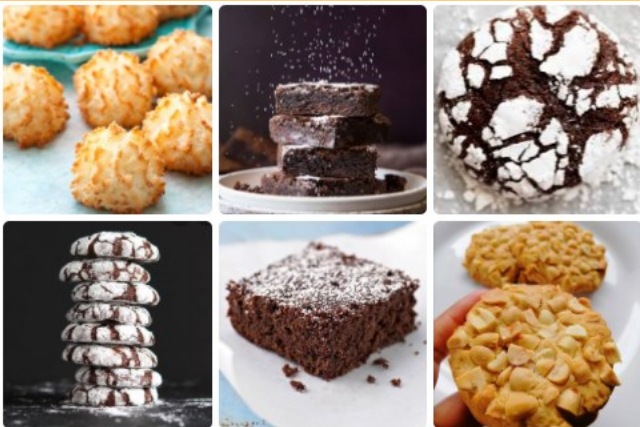
हामीले त्यो सुन्दर ठाउँमा बसेर संयुक्त परिवारले ड्राई पिक्निकमा पिजा, हट कफी, चिप्सहरु बिस्किटहरु खाएका र जुस पिएका थियौं। जहाँ गुलाबमा कोपिला लागिरहेको हुन्छ, गुलाब फक्रिएर वातावरणलाई नै रमणीय बनाइदिएको हुन्छ, त्यस्तो रमणीय ठाउँको अवलोकन गरिरहँदा मानिसमा एक किसिमको आनन्दको अनुभूति भइराखेको हुन्छ। यस्तो सौन्दर्य आफ्नै आँखाले नियाल्न पाउँदा कुन चाहिँ मानिस नरमाई बस्नसक्ला ! हामीले पनि यति सुन्दर ठाउँ प्रत्यक्षरूपमा नियाल्दा आनन्दको अनुभूति गर्नुभयो। प्राकृतिक सुन्दरताले घामले नौनीलाई पगालेजस्तै हामी पनि पलिन पुग्यौं ।

प्रकृतिमा आफैँ समाहित हुँदै हृदयदेखि नै रमायौं, रमाइरह्यौं। यसैले हाम्रो लागि बिर्सनै नसक्ने क्षण बन्न गयो ह्यामिल्टन गार्डेन - न्यूजिल्याण्ड।

## Bake Sale: Fundraising for Nepal

- Janice Shrestha Kayastha

Many people were suffering financially and mentally due to COVID, and Nepal couldn't be afar. We were seeing on media how people were going through hard time in our home country. This encouraged us to do something, something within our hands and limits. So, Swastika and I came up with an idea for fundraising bake sale. A way to encourage other



people to do some goodwill as well. Swastika and I came up with a menu plan and reached out to our workplace, friends, and, of course, our community who we surely trusted would help us on our journey to help others. We even contacted NNZWFS through whom we knew we could reach more people in Nepali community. We had few friends who not just ordered our baking but also helped us make them as well. And we were able to raise \$1100 dollars which has now been transferred to NNZWFS account. We started this work to help our own people in need and we are very proud to say we achieved what we aimed for. Thank you all for your kind

## Women for Women

- Bhima Pradhan

Women for Women (WFW) is an initiative by the Nepal New Zealand Waikato Friendship Society (NNZWFS) to bring all the Nepalese women living in the Waikato region together to discuss and share their experiences, wellbeing, support, and advice.

The first meet was held on 4<sup>th</sup> July 2021 where, as many as twenty females from all walks of life had participated. I found out that just like me, many of us have attended the meeting to know the main objective of this group and how everyone is going get a purpose to be in the group, and what 'Women for Women' can do for womenfolk.

This catch-up was kept casual mainly to make everyone comfortable and to earn a purpose to form a sense of belongingness to the group. This situation led to open up the interaction without hesitation or being shy to share themselves from health, family violence, hobby, tolerance, and empowerment.

Former NNZWFS President Mrs. Bidya Basnet had initiated the conversation by informing us about the objectives of Women for Women. She shared her experience about women's health and how she helped families who were in distress and needed advice around those crucial circumstances. She also shared her experiences of violence that Nepalese females were facing in New Zealand and Australia. She told us about the non-profit organizations that can help the vulnerable and victims of family violence, the helpline to get timely support.

Current NNZWFS Vice President Mrs. Anamika Oli had shared about health situation and mentioned how fragile a family becomes during such unavoidable circumstances and needed support and advice. She further imposed how we could help families in such distressful times simply by making a phone call. She was referring to social connectedness and its importance.

Social connectedness is indeed important for us because we are miles away from our families and relatives, and nobody is immune to everything. Similarly, all of us shared our health issues and also some advice around them. It was great to know about everyone's hobbies, right from loving to cook to only loving to eat.

We further discussed our responsibilities to make it sustainable and relevant and agreed to open a Closed Group in Messenger as one of the main communication channels for the updates and keeping in touch with each other. It was indeed an overwhelming participation because we all praised each other for making this happen and thinking about its significance.



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**Gorkhali Football Club, Waikato****- Dr Chandra Sharma Poudyal**

Gorkhali Football Club was established in 2014. Since then, we have been actively participating in various tournaments such as the Ethnic Cup (Hamilton), Tenzing Hillary Cup (participated by Nepalese people from various regions of New Zealand), Nepali Everest Cup (Wellington), and Nepali Futsal tournament (Auckland).

We went through many changes over the years, but we still manage to participate in various tournaments. Besides tournaments, we have organized charity events and fund-raising events as well. We have organized a 7-side one-day tournament to raise funds for Christchurch mosque victims in 2019 and screened a Nepali movie to raise funds for our football club.

In December 2020, Gorkhali Football Club Waikato became incorporated under the name Gorkhali Football Club Waikato Incorporated. Accordingly, five members management team was formed as follows:

Dr Chandra Sharma Poudyal (President), Suren Karki (Vice-President), Arun Malla (General Secretary), Jay Maharjan (Treasurer), and Prasanna Kayastha (Manager).

The management team also includes five advisors: Bal Timilsina, Dr Richard Heraud, Hari Kandel, Jibanath Devkota and Dr Diwakar Bhujel, and four players representatives (Rohit Khadka, Madan Limbu, Alex Pandey, Rabi Gurung). The management team looks after different activities of the club including day to day training and organizing friendly games. We work closely

with Nepal New Zealand Waikato Friendship Society where we are actively involved in various community works and festive events. Currently, we are participating in the Waikato Sunday League in division 1 and planning to participate in the upcoming Ethnic Cup and Everest Cup.

In the future, we want to make the club more sustainable



and develop it into a professional club, increase more connectivity within our community and provide more training equipment for our players. In collaboration with NNZWFS and other local communities, we are organizing Tenzing-Hillary Cup in Hamilton in February 2022. We are hoping various Nepalese communities around New Zealand to come together and enjoy the biggest Nepalese football tournament.

**गजल****- पशुपति ढकाल**

जसरी नतीजामा जित वा हार आउन सकछ  
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अनि दिन्छ आश्वासन गाउँमा बजार आउन सकछ ।  
अवश्य मुद्दा जित्नुहुनेछ सबुत छोड्नूस् पैसा खोचूस् (जानूस्)  
जतिले न्यायाधीशलाई घर आउँछ कार आउन सकछ ।  
जो सयको लाखौं बनाउन जुवाघर हिँडिरहेछ  
कहिल्यै सोचेन सयले नि खुशीहरु हजार आउन सकछ ।  
पर्खनूस् अहङ्कार नदेखाउनूस् बलवान छु भनेर  
सम्झनूस् कमिलोबाट पनि हात्तीलाई खबरदार आउन सकछ ।  
बिन्ती गर्छु म मरेको खबर आमालाई नसुनाइदिनुहोला  
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