

# Message from the President

Namaste!

It is with great pleasure that I would like to introduce our first e-newsletter that represents our flagship magazine of the Iowa Nepalese Association (INA).

Iowa Nepalese Association is a non-profit organization with a primary focus on serving the growing Nepalese community in Iowa and creates an environment of collaboration with one another as well as fosters the awareness and diversity of the rich Nepali culture and heritage within the local community.

I believe that it is our responsibility and honor to keep our culture alive, to meet up to the challenges of incorporating its strong values to our younger generation and hence will give them a true identity in the context of the evolving demographics within the American society.

I hope that this magazine will serve as a conduit to generate awareness of the various events within our Nepali community and spread our rich culture within our fellow Iowans who would like to know more about us.

Last but not the least, I would like to thank every community member who have dedicated their time and energy to keep the momentum of our association going. We do welcome ideas and comments from all corners of the American and Nepali community.

Dhanyabad!  
Roshan Pradhan



## nilgiri - bi-monthly newsletter from INA

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## INA Participates during CelebrAsian 2014

As every year, Iowa Nepalese Association participated in CelebrAsian 2014, an annual Asian Heritage Festival. It was held on May 31, 2014 Saturday at State Capitol Complex, Des Moines, IA. INA represented Nepalese Village and there were more than 15 Asian communities representing their nation, like Thai Village, Japanese Village, Indian Village, Bhutanese Village and many more.

Nepalese Village was led by young village leaders – Pujan Lama and Ashok Tulachan. Nepalese community members participated in various events during the festival with zeal and enthusiasm. On our village tent few Nepali cuisines, favorites being Mo:Mo's, Sekuwa, Aloo Dum, Chicken curry and much more were served making it a hot sell-out food item. Besides food, main attraction of Nepalese Village was its cultural tent, which had a small model of typical Nepali village - a miniature layout of hill, with paddy field and Nepali village house alongside other arts and crafts from Nepal.

Iowa Nepalese Association also participated in cultural performances with volunteers from Des Moines, Ames, Iowa City, Fairfield and nearby cities. Saurabh and Aditi walked the ramp for fashion show displaying Nepalese attire. Kailash and Digdharshan participated in Table Tennis Tournament and won second and third prizes in Intermediate and Beginner's level respectively.

Nepalese Village won the first prize for the best overall performance for the second consecutive year. Entire community members and volunteers put tremendous effort and dedication that resulted in the splendid success. Some of the participants joined to volunteer the event even after participating "Dam to Dam" earlier that day.

To celebrate the victory and hard work, Volunteer Appreciation Picnic was organized at Jester Park to applaud the team work and effort put forward by every individual. We hope to continue these efforts in days to come.



## Midwest Nepalese Volleyball Tournament - 2014



Iowa Nepalese Association, with support from Des Moines Nepalese Community, hosted the first Midwest Nepalese Volleyball Tournament-2014 with intent to meet, greet, have fun and play volleyball amongst Nepalese volleyball teams from the neighboring states.

The tournament was held on July 26th and 27th, 2014 at Valley Southwoods Freshman High School, West Des Moines, IA. Six teams (Iowa - 2, Wisconsin - 2, Kansas - 1, Minnesota - 1) participated in the event. IA-REDS won the tournament and MN-BARULA and WI-MAD-Y were the first and second runner-ups respectively. Trophies for the tournament were sponsored by Urban Pet Hospital & Resort, Urbandale, IA.

The tournament turned out to be successful as the objectives of the event were fully realized. The feedback from the participating team and attendees indicated very high level of satisfaction from the event.

# Editorial

Dear Readers,  
Happy New Year 2015.

We are really excited to present our first edition of Iowa Nepalese Association Newsletter - Nilgiri, this new year. For rest of the year, once every two month, our publication team will be sending out information and updating you about the events going on in our community here in Iowa as well as Nepal.

Thanks to all reporters and contributors who made this newsletter possible, specially our design editor Bikram Shrestha, who has taken the lead on this project. This would not have been possible without everyone's support and hard-work.

With hopes of obtaining maximum readership and support in future, we would like to conclude for now with our gratitude to you all.

## Nepali Language Class for kids in DSM

Fourth Season of Children's Nepali Class is underway since last August. This year's class has eight children from our community regularly attending weekly meet every Saturday at West Des Moines Public Library. Session coincides with regular school season beginning in August and ending in May.

Children are divided into two sub-groups, beginners and advanced-beginners depending on their skill level. This year we have two past students Unnati Kayastha and Swekshya Ghimire to volunteer for weekly meetings.

Objective of Nepali class is to familiarize children of Nepali diaspora to speak and read Nepali language which will enable them to build connections with Nepal and Nepali culture. Besides learning Nepali, class also organizes fun activities like trips to zoo, monthly birthday parties, movies, visit play centers etc.



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## INA held First Blood Drive

On the auspicious occasion of Vijaya Dashami and Deepawali, Iowa Nepalese Association in collaboration with Blood Donors of America (BDA) held its first blood drive on Saturday, October 4, 2014. There were many first timers as well as regular donors. Everyone who donated or tried to donate had to go through series of questions and assessments. The score determined if one could donate or not. Though there were many interested individuals but only 10 could donate their blood that day. The staff at LifeServe were elated to see the swarm of enthusiastic people, not just for blood donation but also for supporting each other. They were very much excited to learn about our Dashain festival.

On a concluding note, blood drive was a successful event and everyone was happy to have contributed to community on festive season.



## Satya Narayan Puja at Hindu Temple



Like every other years, Des Moines Nepalese Community hosted Shree Satyanarayan Puja at Hindu temple on October 12, 2014. Puja turned out as grand success, thanks to the great participation from community members of Greater Des Moines, Ames, Iowa City and nearby cities.

For lunch, potluck was arranged where families volunteered for some dishes and brought it at the venue. Few other dishes were prepared at the temple. With the tremendous help from community members, free lunch was served to approximately 200 people present at the temple that day. 25 families contributed for potluck and more than 20 families contributed cash for donations.

Total amount of \$915 was collected as donation where \$758 was donated to the temple, \$101 to the priest as dakshina and \$56 reimbursed for expenses incurred for various expenses.

Through these kind of socio-cultural events, we believe it not just helps us to preserve and maintain our culture and religion, but also educate our younger generation about our religious and moral values.



## Dashain and Tihar 2071 Celebration

We hosted Dashain and Tihar 2071 celebration party on October 18, 2014 in West Des Moines Community Center, Iowa this year. The objective of this event was to celebrate our biggest festival as well as to bring the Iowa Nepalese family together to share the joys and take blessings from the elders. Many Nepalese friends from Des Moines, Iowa City, Ames, Cedar Rapids, Fairfield and nearby cities gathered to celebrate this event.

We inaugurated our evening celebration with Durga Bandana and Aarati from our respected seniors of Des Moines and got the blessings with red Tika and Jamara. During the ceremony, newly elected INA Executive Board Members for 2015 were introduced. The guests were then entertained with various cultural programs like Nepali songs live performance and folk dances. The event was made more spectacular by the echos of "bhailini" song and dance performed by the Des Moines ladies group.

The attendees also enjoyed our traditional dishes including selroti and khasi (mutton curry). The fun continued with various group games for kids and adults.

Overall the event was a great success. It was extremely well received by visitors who expressed great enthusiasm and acknowledged the team effort. We hope to continue the trend and be able to host these kind of events in nearby cities in days to come.



## DSM vs NNS Annual Soccer

Nebraska Nepalese Soccer Club beat Des Moines Nepalese Club by 4-1 in the annual friendly match at the Omaha Soccer Complex continuing their extended unbeaten run to 5 years. Soccer tradition between Des Moines Nepalese Soccer Club & Nebraska Nepalese started five years earlier and the tradition continues annually extending the friendship and sharing the passion for the beautiful game.

Des Moines Nepalese Club played their best game and competed head to head against multi-talented packed Nebraska Nepalese Soccer Club. Despite the defeat, Des Moines Nepalese Club played their heart out and competed for a draw until the final minutes of the game. Forward Pujan Lama scored the only goal for Des Moines Nepalese Soccer Club and bagged the Man of the Match award during the friendly game. Bimal Adhikari, President of Nebraska Nepalese Soccer joined Nebraska Nepalese Soccer Club to cheer for their home team and also arranged the potluck to serve the soccer players after the game.

### TRIVIA, SOME INFO

Nepal is about the size of Iowa but slightly bigger. Iowa's area is 56,272 sq miles while Nepal's area is 56,827 sq miles.

Mount Everest also known as Sagarmatha which translated from Nepali to English would mean "Forehead of the sky".

Did you know that the literal meaning of Nilgiri is "Blue Mountain" which is a range of three peaks in the Annapurna region in Nepal.

Nepal is the only country with a non-quadrilateral flag. The flag is a simplified combination of two single pennons (pennant). Its crimson red is the colour of the rhododendron, the country's national flower. Red is also the sign of victory in war. The blue border is the colour of peace.

Capital of Nepal once was known as Kantipur "City of glory"

## Two years with Iowa Nepalese Association

Wow, it's been two years since we first started out as registered organization. It's beyond my comprehension to describe how far we've come from the point of start. From ad-hoc committee meetings for by-laws to our very first newsletter publication, we have crossed several milestones and it would not have been possible without everyone's support and dedication.

Remembering back those old days, when we had difficulties assembling members for our regular meetings to this day, where we have all enthusiastic and diligent individuals volunteering for the community. In these two years, we conducted various programs here in Iowa as well as in Nepal - we were able to donate for flood victims in Nepal and also teamed up with local organization to help under-privileged kids and women in rural Nepal. We were also able to host meeting for Nepalese in Midwest America (ANMA) and got an opportunity to share our vision and objective with their executive board members.

One most recent milestone for INA being successful completion and submission of application for 501(c)(3) for the purpose of Federal Tax Exemption. With the approval of 501(c)(3), a non-profit organization can receive donation with tax break, conduct various humanitarian projects for needy around the world. We are very much thankful to Thomas Kutz and Bryan Loya from Drake University Law School for providing help and support for our organization.

I believe we are in right path and INA will continue its good work in days to come. I am very much thankful to everyone who helped me during my tenure and wish the very best for the new executive board. Thanks to Nilgiri team for providing me this opportunity and wishing everyone Happy New Year 2015.

Sanjay Ghimire  
Former President, Iowa Nepalese Association  
2012-2014





# Glimpses...



## Congratulations! parents for newborns.



Kian Paudyal  
Parents: Kushal & Pooja



Vritti Thapa  
Parents: Jeewan & Suveksha



Simran Khadka  
Parents: Shishir & Sumitra



Griwan Khadka  
Parents: Basanta & Muna

