

Triad Nepalese Community Center's e-Newsletter



Quarterly e-Newsletter
श्रावण १-असोज ३०, २०७२
(July 17-Oct 17, 2015)
Vol.1 Issue 2

Click and 
<http://www.nctncc.org>
Triad Nepalese Community
Center (TNCC) is on Facebook

TNCC President's Message

By Narayan Khadka

Dear Readers,
As our primary goal of preserving our culture and heritage, the newsletter is becoming a milestone to inform community members- Nepalese and friends of Nepal about our culture and heritage. As you know, we have recently purchased a property for our future Community Center named as Nepali Heritage Center of Carolinas (NHCC). We hope the community center will be a focal point through which, we ignite our community programs and services to our community. Thus, for next two years TNCC BODs' primary goal will be to promote efforts in advancing NHCC to the next level. We appeal to all TNCC members, Nepalese friends and others including Bhutanese friends to join us and help us making a difference in the community. Our organizational goals can be accomplished only through your support, and we will be able to make another history in our lifetime.

सम्पादकीय

नेपालमा गएको शक्तिशाली भुकम्प र त्यसपछिका ३५२ पराकम्पनहरूले अत्यन्त ठुलो र अकल्पनीय धन जनको क्षतिले हामी सबै दुखित र मर्माहित भएका छौं, तर हरेक खाएका छैनौं। देशविदेशमा बस्ने सम्पूर्ण नेपालीहरू र सहयोगीहरू मिलेर उदार, राहत र पुनर्निर्माणका साथै नवनिर्माणमा एक जुटभै बिनाशलाई बिकाश र शोकलाई शक्तिमा परिणत गरेर देशको उन्नति र प्रगतिमा लम्कनु र हाम्रो साझा संबिधान बनाउनु आजको आवश्यकता छ।

त्यसैले, हाम्रो आँगनमा हुन् लागेको NAsEA / ANMA Joint Convention 2015 मा सहभागी भएर "Help us to Rebuild Nepal: Save the Lost at Any Cost" लाई सार्थक तुल्याउनु हुन् हार्दिक अनुरोध गर्दछौं। धन्यवाद

Featured Article

TPS For NEPAL:
What is it and how do I get it?
-By Helen Parsonage

WHAT IS IT?

On June 24, 2015, the Secretary of Homeland Security announced Temporary Protected Status (TPS) for Nepal. TPS is designed to protect from removal nationals of certain countries that have been seriously impacted by natural disasters and political upheaval. During the period from June 24, 2015 through December 24, 2016 eligible nationals of Nepal may remain in the United States and may receive an Employment Authorization Document (EAD or 'work permit'). *Those Nepali nationals who qualify and who are not in lawful immigration status are protected from deportation during this period.*

The 180-day TPS registration period is from June 24, 2015 to December 21, 2015. (Cont'd 2)

Make a Donation

Every contribution makes a difference to TNCC.

tnccnewsletter@gmail.com

Cont'd from TPS for Nepal on page 1

To be eligible for TPS, you must:

- Be a national of Nepal;
- File between June 24, 2015 and December 21, 2015;
- Have been continuously physically present and residing in the United States since June 24, 2015

You may not be eligible for TPS if you have been convicted of any felony or two or more misdemeanors committed in the United States. If you have questions or concerns about criminal convictions, speak with an immigration attorney.

HOW DO I GET IT?

To register for TPS you must file:

1. Form I-821, Application for Temporary Protected Status
2. Form I-765, Application for Employment Authorization

Both I-821 and I-765 forms must be filed even if you do not want an Employment Authorization Document. These forms are available FREE from www.uscis.gov. Do not pay anyone for forms.

When filing an initial TPS application, you must submit with the forms:

- **Identity and Nationality Evidence:** to demonstrate your identity and that you are a national of Nepal, such as a birth certificate or passport;
- **Date of Entry Evidence:** to demonstrate that you entered the United States on or before June 24, 2015, such as an I-94 card or entry stamp in your passport;
- **Residence Evidence:** to demonstrate that you have been in the United States since June 24, 2015, such as bills, leases, medical records, school records, pay stubs etc.

Any document that is not in English must be accompanied by a complete English translation. You should not send original documents to USCIS. They will accept copies. Also, be sure to make a complete copy of your application and documents for your records before you mail them.

HOW MUCH IS IT?

The Initial Filing fee total for those aged 14-65 is \$515.

WHERE DO I FILE?

U.S. Postal Service	USCIS P.O. Box 7555 Chicago, IL 60680
UPS/Fedex	Attn: Nepal TPS 131 S. Dearborn 3 rd Floor Chicago, IL 60603

WHAT IF I HAVE QUESTIONS?

- Check the free information at www.uscis.gov
- Ask an immigration attorney
- Beware of unlicensed 'advisors' or 'notarios' who are not permitted to give legal advice.

नेपाली विदा तथा पर्वहरू:

श्रावण २०७२

११ गते हरिशयनी एकादशी व्रत,
चतुर्मास व्रत आरम्भ, तुलसी रोप्ने
१५ गते गुरु पुर्णिमा

भाद्र २०७२

१२ गते जनै पुर्णिमा, रक्षा बन्धन
२९ गते तीजको दरखाने
३० गते हरितालिका तीज

असोज २०७२

२६ गते घटस्थापना, नवरात्री आरम्भ

Source:

<http://nepalicalendar.rat32.com>

Recent Earthquake in Nepal

By Bipul Khadka

On April 25, 2015 a 7.6 magnitude earthquake hit Nepal and another 6.8 magnitude earthquake hit Nepal on May 12, 2015 and continuous aftershocks.

The earthquake killed ~9,000 people and injured ~23,000 people.

Around 530,000 houses have been damaged across 39 of Nepal's 75 districts.

Earthquake-hit Nepal received pledges of aid worth \$4.4 billion on Thursday, or two-thirds of the amount needed over five years for reconstruction.

The earthquake also affected neighboring countries.

A MEET and GREET event with the Nepal Ambassador

By Dr. Rajan Dhaubhadel

TNCC organized A MEET and GREET event with the Nepal Ambassador to U.S.A., His Excellency Dr. Arjun Kumar Karki on July 12th 2015 at NHCC, High Point, NC. TNCC president Mr. Narayan Khadka presented a check of \$3982.58 to the ambassador to be deposited in the PM Disaster Relief Fund as a donation to rebuild Nepal destroyed by the massive earthquake on April 25th 2015. This donation amount was additional to \$3000 previously transferred to PM Disaster Relief Fund by TNCC.

TNCC was able to collect a total amount of \$17,043.50 from various donors in the Triad area. TNCC channeled the collected fund to the earthquake victims in Nepal through various organizations including NRN fund, America Nepal Medical Foundation, PM Fund and American Red Cross.



The program was chaired by TNCC President Mr. Narayan Khadka while TNCC Joint Secretary, Dr. Samir Guragain delivered a welcome speech. Mr. Dipak Ranabhat hosted the event as the Master of the Ceremony. Dr. Arjun Kumar Karki emphasized that all Nepalese living in the USA should unite and work in harmony such that a strong Nepalese Diaspora can be built and bring a meaningful impact in the society. NAsEA President Dr. Ram C. Baral presented his guest speech.

TNCC President thanked all donors and everyone who attended the program and requested to participate NAsEA/ANMA Joint Convention 2015 in Greensboro NC. The program was followed by a self-pay dinner at Agni Kitchen & Bar.



Venomous Snakes of Triad North Carolina - Their Importance and How to Avoid Them

-By Dr. Saubhagya Silwal

Summer is an excellent time to enjoy native flora and fauna at its best. Hiking, camping and walking are just a few ways that we can appreciate the beauty and gift of our natural surroundings. However, with it increases the chance of getting in contact with venomous animals and poisonous plants which needless to say are part of our natural habitat. Before assuming these plants and animals as bad actors, and attempting to get rid of them, it's important to remember that we depend on the bounty of our natural world not only to survive but also for raw materials to meet our daily necessities. The more diverse our ecosystem, the more stable and balanced it is going to be, and we are the ones to reap the benefits to enrich our lives. Therefore, it is extremely important to be well informed of our venomous wildlife. The information below helps readers identify venomous snakes of the Triad and different ways to avoid their contact.

Snakes are perceived as a symbol of fear and hate because some venomous snakes have potential to kill. On the contrary, keep in mind that most snakebites occur when people try to kill or capture them. Interestingly, they pose little or no danger when left alone. Though snakes are the least popular of the animals, they are important components of the natural world. They keep pest population such as mice, rats at check and are food source to birds of prey and carnivorous mammals themselves. Of 27 different species of snakes that are found in the Triad Region, 2 species, *Copperhead* and *Timber Rattlesnake*, are venomous. Rest of the snakes only cause local inflammation at the site of bite. Widely distributed *Copperheads* are responsible for most venomous snakebites in our area, but these snakes are docile and usually bite only if stepped on or otherwise provoked. They have dark hourglass shaped crossbands with light center. Juveniles have greenish yellow tail tips. Being residents of dense forests, *Timber Rattlesnake* on the other hand, are rarely encountered around homes and farms. They are heavy-bodied with dark blotches and wavy crossbands. They signal their presence by rattling their tail and defend their territory vigorously when aggravated. Both have diamond shaped heads, but contrary to the belief, it is not a reliable way to identify venomous snakes. What is common between both of these snakes is that they are reclusive and blend in with their surrounding very well. Even if bitten, their bites are rarely fatal. This is because venomous snakes can't waste venom which is their important digestive juice on a large and inedible animal as human which they can't swallow whole. This type of bite is called 'dry bite' which most venomous snakes exert only to defend themselves. Regardless, all snakebite victims should receive prompt medical attention to rule out envenomation (injection of venom).



Photo: Copperhead (Left) & Timber Rattlesnake (Right)

There are several ways we can avoid getting bitten by snakes. First, snakes become active and resentful of intrusions when the temperature is above 74°F. If hiking outdoors on a warm weather, wearing long sleeves clothes and sturdy boots can decrease the chance of snakebites. Second, using common sense and being vigilant is also important when in nature because snakes are unobtrusive and have very good camouflage. Last but not

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least, it's very unwise to try to capture or kill a venomous snake unless you are a professional snake handler. Always seek professional help if there is need to remove snakes from your property.

Snakes are important part of our natural surroundings. Without them we may have to increase the use of harmful chemicals to kill pests such as rats, mice, termites, just to give a few examples. Learning about snakes helps avoid contact that could result in an injury. At the same, it helps uninformed people from carelessly destroying harmless and often useful animals such as snakes because we just assume they might be dangerous. Overcoming fear and understanding numerous benefits they provide can take us a long way in protecting this beautiful creature for generations to enjoy.

For question or comments, Contact Dr. Silwal at sausilwal@gmail.com.

References:

1. Foster S & Caras R. "Venomous Animals and Poisonous Plants" . Peterson Field Guides
2. Martof BS, Palmer WM, Bailey JR & Harrison JR. "Amphibians & Reptiles of the Carolinas and Virginia"

TNCC Hosting NAsEA / ANMA Joint Convention 2015

By Narayan Khadka

We proudly announce that TNCC is hosting the 11th NAsEA/ ANMA Joint convention here in the Triad area during the Labor Day weekend Sep.4-6, 2015. We all know about the devastating earthquake that hit Nepal on multiple days. There is a desperate need of support and it is our moral and solemn responsibility to extend our help towards our motherland. Thus, the theme of this year's convention is "Help us to Rebuild Nepal: Save the Lost at Any Cost" and devote the convention to rebuild Nepal. We heartily welcome you to the 11th NAsEA/ ANMA Joint Convention 2015. Your participation and active support is essential to make this convention a grand success. Thus, please join us to make the upcoming NAsEA/ANMA joint convention a grand success.



We request you all to obtain TNCC membership and participate in TNCC programs/activities providing us your helping hands. I also encourage our members to engage and participate actively in our set upcoming events and programs. Please visit our website www.nctncc.org for detail TNCC calendar events.

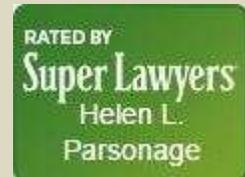
We would like to extend our appreciation to each of you who have shown strong commitment and willingness in spending his/her valuable time to promote the mission and best interests of our community.

Helen Parsonage Immigration Attorney, Winston-Salem



- Temporary Protected Status
 - Asylum
- Immigration Court
- Deportation Defense
 - Bond Motion
- Criminal Charges
- Deferred Action
- Family Petitions
 - Work Visas
- Permanent Residency
 - Citizenship
- Motions to Reopen
- All Immigration Matters

Elliot Morgan Parsonage,
PLLC
426 Old Salem Road
Winston-Salem, NC 27101
Tel: 336 724 2828



***Please join us to congratulate
newly nominated
TNCC's Executive Board member
Dr. Rajan Dhaubhadel***



Volunteer and Make a Difference to the community we live in

One of the best ways to serve the community is volunteering.

**Volunteers are badly needed for NAsEA-ANMA Joint convention hosted by
TNCC**

Please sign up to volunteer by contacting tnccnewsletter@gmail.com

Pathshala Graduation Ceremony

Venue: Piedmont Environmental Center, 1220 Penny Road, 27265

Date and Time: Sunday June 21st, 9:00am to 12:00am

Program

- 9am Opening note by TNCC president Narayan Khadka
9:10am Graduation Speech by Ajit Karki
9:20am Student Showcase: Play **फट्याङ्गा घुम्न जाँदा**
by all students and parents
9:40am Presentation of Certificates, Recognition of Volunteers
10:00am Closing Remark by Nepali Pathshala Chair Sau Silwal
10am to 12 noon Graduation Brunch and father's day celebration.
*Master of the Ceremony: Dipak Ranabhat



Photo Credit: Saubhagya Silwal

नेपाल फर्कदैछु बाबा

गीता कंडेल

बाबा मलाइ तपाइहरु संगै बस्न मन छ ।

मलाइ तपाइहरु संगै रहन मन छ।

अब धेरै बाचिदैन क्यार, बिपत्तिले सताइ रहेछ।

त्यसैले नेपाल फर्कदैछु बाबा ।

मलाइ तपाइ हरु संगै हास्न मन छ।

आमा अनि तपाइ संगै नहिडेको पनि बर्षो भयो ।

अब सबै रहन पुरा गर्नु छ ,हास्नु छ ,रमाउनु छ ।

त्यसैले नेपाल फर्कदैछु बाबा ।

मलाइ तपाइहरु संगै घुम्न जाने मन छ।

पृथ्वी सुरु भयो अब अन्त्य पनि हुदैछ रे ।

हल्ला हरु धेरै आईरहेछ ,डर ले यो मन खाइरहेछ।

कतै एकलै पर्ने त होइन भनि ?

त्यसैले नेपाल फर्कदैछु बाबा ।

मलाइ केही समय भए पनि तपाइ हरु संगै रहन मन छ।

समय थोरै भए पनि धेरै रहन हरु पुरा गरौला ।

सबै संगै बसौला ..निर्धक्क संग हासेर बाचौला।

त्यसैले नेपाल फर्कदैछु बाबा ।

मलाई मरे पनि तपाइ हरु संगै मर्न मन छ ।

बाबा मलाइ तपाइहरु संगै बस्न मन छ ।

मलाइ तपाइहरु संगै रहन मन छ।

अब धेरै बाचिदैन क्यार, बिपत्तिले सताइ रहेछ।।

त्यसैले नेपाल फर्कदैछु बाबा ।

मलाइ तपाइ हरु संगै हास्न मन छ।

**Come, meet, greet, enjoy and
learn in Nepali Pathshala
every week
from August 2**

**Next issue of TRIVENI (त्रिवेणी) is
scheduled to be published on
१- कार्तिक, २०७२ (Oct. 18, 2015).**

Thank you all.