



Nepalese Canadian Society of Edmonton

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NECASE NEWSLETTER

January 2024 | Quarterly Bulletin # 4

MESSAGE FROM THE PRESIDENT



After COVID-19, the community's expectations changed in various ways and NECASE used this opportunity to tune its programs and services to suit the new normal. NECASE focused more on health and wellness, seniors support, along with supporting programs to promote Nepalese Cultural Heritage. The NCCHC project is still one of our major priorities and I hope the new Board will continue the work to achieve this goal. The NECASE Board is indebted to the support from its community members during its tenure.

WOMEN'S DAY

NECASE took the initiative to organize a walk in commemoration of International Women's Day 2022. The event, held on March 6th, 2022, unfolded at the iconic Alberta Legislature building located at 10800 97 Ave NW, Edmonton. Participants covered a distance of 2.4 kilometers, engaging in a meaningful and symbolic gesture to honor the achievements and ongoing struggles of women worldwide. The walk provided an opportunity for our community to come together, and reaffirm our commitment to gender equality and empowerment.



JUNELI SCHOOL'S UPDATES

Juneli School has been dedicated to preserving and celebrating Nepalese cultural heritage with a diverse curriculum that includes Nepali language, dance, and music classes since 2004.

ADMISSION TO JUNELI SCHOOL

Open to students aged 6 and above.

ACADEMIC CALENDAR

Runs from September to June, and is divided into three terms:

- Term 1 (September to December)
- Term 2 (January to March)
- Term 3 (April to June)

NEPALI LANGUAGE CLASSES

Classes are taught by teachers Laxmi Lohani, Liza Ghimire, and Sarmila Gautam. There are two 1.5 hour shifts every Sunday:

- 1st Shift: 10 AM - 11:30 AM
- 2nd Shift: 11:40 AM to 1:10 PM

There are 3 levels of classes:

- Level 1 Junior - 17 students
- Level 2 Senior - 13 students
- Level 2 Junior and Senior - 9 students
- Level 3 - 7 students

LANGUAGE COORDINATORS

Balu Dhital & Sabita Poudel

PRINCIPAL

Indu Dahal

Website: <https://junelischool.necase.ca>

DANCE CLASSES

Nishrita Baniya teaches dance classes. Currently, there are four classes that run every Sunday.

MUSIC CLASSES

These classes are led by music coordinator/teacher Deepesh Shrestha in collaboration with Music Box (Student volunteers from the University of Alberta). Every Sunday at 1:30 PM, students are immersed in the world of music, honing their skills and discovering the joy of artistic expression.

CBC MUSIC INTERVIEW

Juneli School was interviewed after using a grant from the TD MusiCounts Program to purchase Nepali instruments and promote music heritage to Nepali youth.



BHAJAN

On September 6th, we celebrated the auspicious occasion of Krishna Janmashtami with a soulful Bhajan kritan. The event was led by Krishna Aryal and Krishna Adhikari and is a harmonious blend of devotion and cultural richness. Following this, on October 15th, our Bhajan Group sang Nava Durga Bhajan. Seniors' participation added a special touch to the celebration, making it a memorable and spiritually enriching experience for everyone involved. We extend our heartfelt gratitude to the Bhajan Group for their dedication in fostering a sense of unity and spirituality within our community.



SENIOR AND NEWCOMER MEET AND GREET

NECASE organized a Senior and Newcomer meet and Greet program on December 27th, 2022.



TEEJ

NECASE hosted a Teej event on August 27, 2022, and September 27, 2023, featuring traditional dance and food.



DASHAIN

NECASE hosted a Dashain event from September 26 to October 9, 2022, and from October 15th to October 24, 2023, featuring a delightful lineup of events and rituals throughout the festival. Devotees cultivated their own Jamara, adding a personal touch to the celebrations. The highlights of the pooja included Ghatasthapana, Navadurga Bhajan, and Durga Visarjan, making the event a spiritually enriching experience for all participants.



COMPLETION OF LIBRARY PROJECT

As a part of the CIP-project based grant for the implementation of the resource sharing app, the application was launched for public and community use.

(<https://bookexchange.necase.ca/>)

The Community Book Exchange Application was designed, developed and deployed by Deepesh Shrestha, Lance Adhikari and Sudeep Manandhar.

Under this project, a total of 40 tablets were distributed on two separate occasions, specifically on July 29 and October 15, 2023.



BHANU JAYANTI

The NECASE (Nepalese Community Society of Edmonton) and Nepali Literary Club of Alberta (NELCA) came together to joyously celebrate the virtual "Bhanu Jayanti" on July 24th, 2022 July 19th, 2023. This auspicious occasion brought poets from all corners of the globe together in a virtual gathering to share their verses, celebrating the rich literary heritage that binds our global Nepali community.



RADIO KATHMANDU

Embarking on a cultural journey, Radio Kathmandu's Sunday Brunch, broadcasted on CJSR FM 88.5MHz, officially commenced on September 24, 2023. The talented team of eight minors enthusiastic RJs steering the show. The objective of Radio is to promote and transfer nepali culture and heritage in Edmonton and around



ON AIR

EVERY SUNDAYS, 12:00 PM - 1:00 PM
HOSTED BY COMMUNITY TEENAGERS

LIVE STREAM

WWW.CJSR.COM

NECASE MEMBERSHIP BENEFITS

- Eligibility to enroll in Juneli School and its classes.
- Ability to participate in sports activities run by NECASE, such as Table Tennis, Badminton and Volleyball.
- Ability to participate participating in inter-provincial sports tournaments through NECASE
- Ability to volunteer/participate in the NECASE run programs such as Mentorship Program.
- Career-building resources for dedicated Nepali Canadian young professionals.
- Ability to participate in cultural activities like...
 - Bhanu Jyanti, Saraswoti Puja, Dashain / Tihar (Deusi Bhaili), Nepali New Year, Edmonton Heritage Festival, Teej
- Eligibility to enroll in Taekwondo and music lessons from professionals.
- Reduced rental rate on NECASE Hall for events.
- Able to get involved/contribute to the Nepalese Canadian Cultural Heritage Center project in Edmonton.
- Debates and discussion through Edmonton Chautari.
- Involvement and collaboration with NESA (Nepalese Scholar's Association).
- Ability to get involved/contribute to our Last Rite Planning Project.
- Understanding our community learning and social building.
- Seasonal activities such as preparation of will, senior engagement such as tablet distribution.
- Book exchange program among the members.

SENIOR BENEFIT TALK PROGRAM

NECASE organized a "Senior Benefit Talk Program" on November 5, 2023. Presenter Jagadis Chapagain provided detailed insights into various financial support programs available in Canada.

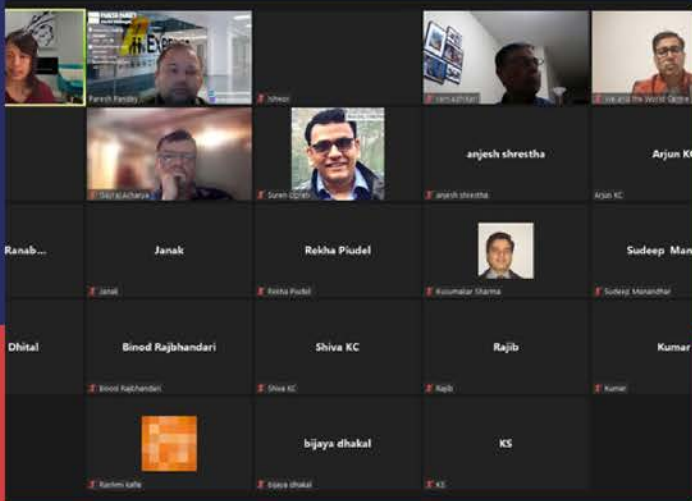


NECASE DAY & NEPALI NEW YEAR

On April 9, 2022, and May 13, 2023, NECASE celebrated the Nepali New Year, featuring the presence of Mayor Amar Jeet Sohi and Councilor Jennifer Rice. On May 13, 2023, life member plaques were distributed, and volunteer appreciation took place. The venue was more beautiful with a display showcasing the Last Rites Project Completion poster, a newsletter, and various artifacts related to ongoing projects.



LAST RITES PLANNING – PHASE II



In an effort to provide crucial support for will and estate planning, a comprehensive workshop series was organized. The initiative began with a webinar on January 16, 2023, which aimed to introduce the importance of legal documents such as Wills, Healthcare/Personal Directives, and Enduring Power of Attorney. Following the webinar, a community survey was conducted to assess the level of interest among community members. Subsequently, three in-person workshops were conducted on June 3, 10, and 17, 2023, where participants received guidance and assistance in preparing their Wills, Healthcare/Personal Directives, and Enduring Power of Attorney documents. Remarkably, approximately 50 individuals actively engaged in these workshops, availing themselves of the opportunity to secure their future and ensure their wishes are legally documented and respected. This initiative not only provided valuable information but also empowered community members to take proactive steps in planning for their estates and healthcare preferences. Stay tuned for updates on this project (tentative in March 2024). Special thanks to Paresh Pandey, Bimal Panthi, Bhuwan Devkota, Kusumakar Sharma and Prabodh Regmi.

EDMONTON HERITAGE FESTIVAL

NECASE participated in the Heritage events of 2022 and 2023. The exhibitions showcased digital images portraying Nepal's beautiful places, rich cultural dances and delicious foods. In 2023, the Nepal Pavilion proudly received the prestigious 1st place Main Dish award.



MEDIATION AND YOGA

On March 17 and October 6, 2023 NECASE hosted a Meditation program coordinated by Rabindra Shrestha. The event welcomed all interested youth and adults within our community, under the guidance of Venerable Monk Suseela, participants had the opportunity to delve into mindfulness, inner peace, and self-discovery. The program served as a valuable resource for those seeking a moment of tranquility in their busy lives, fostering a sense of well-being and connection within our community.



MINDFULNESS FOR DAILY LIVING

"Wonderful, indeed, it is to subdue the mind, so difficult to subdue, ever swift, and seizing whatever it desires. A tamed mind brings happiness."

What is mindfulness?
Why do we need it?
Where can we apply it?
How can we improve it?

Mindfulness practice is a great stress reducer. This session will introduce mindfulness methods according to the original teachings of the Buddha. All are welcome.

DATE: 6TH OCT, FRIDAY
TIME: 6:30 PM (PLEASE ARRIVE 10 MINS EARLY)

LOCATION: NECASE BUILDING
ADDRESS: 5624 53 AVE, NW
EDMONTON, AB, T6B 3K1

Led by Bhante K. Suseela

Bhante Suseela is a Sri Lankan Buddhist monk who has trained over 25 years and currently resides at the Alberta Insight Meditation Centre (AIM Centre) in Spruce Grove.





EDMONTON CHAUTARI

The Edmonton Chautari has been providing a learning forum for the Nepali Community members and friends in Edmonton since 2020 where speakers from the Community or outside deliver presentations on relevant topics of interest to the Community members. In the past two years, there were eight presentations made in the 2021/2022 season in which two speakers were from the Edmonton Nepali Community members and the remaining were speakers outside the Nepalese Community from both inside and outside Edmonton.

In the 2022/2023 season of the Edmonton Chautari, there were eight presentations made by speakers primarily from community groups and individuals within the Edmonton Nepali community. Only two speakers delivered their presentations from outside Edmonton. Edmonton Chautari is still looking for volunteers. Please visit the Edmonton Chautari page on the NECASE website (<https://edmontonchautari.necase.ca>) or email us at edmonton.chautari@necase.ca for more information or to provide feedback.

Edmonton Chautari
2022-2023 Program

Edmonton Chautari proudly announces the season #3 presentation starting from September 2022. Please register the presentation of your interest.

Register Now

<p>Community Book Exchange Program A Community and Initiative Dr. Anand Shrestha Ms. Laxmi Subbar September 28, 2022</p> <p>Community Book Exchange Program aims to bring community together by sharing their own personal knowledge base for the well-being of others. This program will allow users in the community to be able to leverage the available books, send requests for borrowing, and provide the possibility for lending them to the requester.</p>	<p>The Fundamentals of Yoga, Pranayama Dr. Anand Shrestha September 28, 2022</p> <p>Pranayama, yoga, pranayama, and yoga are the pillars of yoga. This program will provide an overview of the fundamentals of yoga, pranayama, and yoga. This program will provide an overview of the fundamentals of yoga, pranayama, and yoga.</p>
<p>Resilience Through Service, Education and Technology Ms. Anand Shrestha Ms. Anand Shrestha September 28, 2022</p> <p>The purpose of the talk is also to connect & share the knowledge for the professional development of women in the healthcare industry through the application of the SCARLETON and BURNHAMMER model.</p>	<p>Speaking Language: 20 Nepalese Perspectives Dr. Anand Shrestha September 28, 2022</p> <p>Nepalese is a beautiful name in Nepal, India, and in Canada. It has been understood as a native language and model for the cultural system understood as a source of identity. This presentation investigates the Nepalese perspective on the language of Nepalese and it will suggest the language to be used about the topic like Nepalese practices.</p>
<p>Nepalese Culture and Gender Roles Dr. Anand Shrestha September 28, 2022</p> <p>As a group we will explore the ever-evolving gender roles within our community. Through the use of personal stories and experiences, we will explore how families and society function to maintain and sustain these roles.</p>	<p>Community Interaction #1: Introduction to the Nepalese Community in Winnipeg Dr. Anand Shrestha September 28, 2022</p> <p>This presentation will provide a brief history of Nepalese community in Manitoba, the establishment of the Nepalese Language and Cultural Centre and focus on where the Community is now and what challenges it has faced while growing and what challenges it expects to face in the future.</p>
<p>Presenting Your Future: A Guide to Scholarship Dr. Anand Shrestha September 28, 2022</p> <p>Learn all the same scholarship opportunities and practical tips on receiving your education and business. This presentation will focus on scholarships and practical tips for becoming a successful applicant. It will include applying and submission techniques along with a focus on networking and social media.</p>	<p>Essential Nutrition for the Elderly, Women and Their Families in Manitoba Dr. Anand Shrestha September 28, 2022</p> <p>This presentation discusses and explores health care services and benefits for the senior and women in long-term care facilities. The presentation provides information regarding health care funding for chronic disease management, stability and seniors.</p>

