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WE'RE ON THE WEB!
www.helpinghandsusa.org

Happy Nepali New Year 2062

May this year bring more joy and prosperity to all.

May this year bring peace and hope in Nepal

And

take the Country to the path of development and unity.

Another Way to Lend a Helping Hand

Whether you have volunteered with Helping Hands in the past, are hoping to volunteer in the future, or are unable to journey to Nepal this year, we want you to know that you can assist us in our mission all year round. Helping hands is introducing three levels to their membership program: A Helping Hand, Two Hands and A Golden Hand. Each level entitles you to receive this quarterly newsletter, keeping you up to date on the ways that we are expanding, restructuring and improving our programs. But which ever membership you choose, remember that you will be doing your part to help people of Nepal.

Fill out this detachable portion and return it to us today !

- \$30 A Helping Hand
 \$75 Two Hands
 \$150 A Golden Hand
 Other _____

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Helping Hands Health Education

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Hands-On Health

Special Nepal Day Edition

A publication of **HELPING HANDS HEALTH EDUCATION**

Hands - On Health
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Nepal Day Celebration in Boulder, Colorado April 17th 2005



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The Nepali Community living in Colorado and American friends of Nepal celebrated Nepal Day on April 17th, 2005 in the city of Boulder, Colorado. The City of Boulder had declared this day as NEPAL DAY in recognition of the contributions to the city and its people by people from Nepal. All Nepalese living in the area took this as a pride to be able to represent Nepal in the diverse community of United States of America.

More than 500 people attended the Parade. Children dressed up in various Nepalese Ethnic costumes were lined up in the front rows of the parade followed by the NEPAL DAY CELEBRATION banner. These children further carried auspicious flower vase signifying good luck for the event. Others followed the children with huge flags of Nepal and USA. The Parade was attended by Children as young as 3 years to elders as old as 74 years.

The Parade was further honored by the presence of His Excellency the Ambassador of Nepal to the US, Mr. Kedar Bhakta Shrestha, who flew all the way from Washington DC for the event. People from all walks of life attended the parade with joy.

People assembled at the Band Shell located in the crossing of Broadway and Canyon in City of Boulder. Then the parade went via 11th and Pearl, through Pearl Street in downtown Boulder back to the Band Shell. Then the crowd dispersed to reassemble at the St. Andrew's Presbyterian Church at 3700 Baseline Road. The respected delegation including Congressman Mark Udall's representative Ms. Carter Ellison, President of Rocky Mountain Friends of Nepal, Mr. Ajoy Pradhan, County Commissioner of Boulder County, Dr. Will Toor, President of Helping Hands Health Education and His Excellency the Ambassador of US to Nepal, Mr. Kedar B. Shrestha shed light on the event by saying few words, which added to the inspiration of the crowd. The evening program was followed by a Nepali Cultural Program and a free dinner sponsored by various local Nepalese Restaurants of Colorado. The sponsoring Restaurants included Sherpa Restaurant, Taj Restaurant, Yak & Yeti Restaurant, Narayan's Nepal Restaurant Avon and Narayan's Nepal Restaurant Boulder.

Special Thanks from HHHE President Mr. Narayan Shrestha

Nepal Day Celebration was a special celebration for all Nepalese living in Colorado. I am overjoyed that many Nepali families took this as a pride and joined us in the Cultural Parade. The turnout of more than 500 people in the parade was very inspiring.

To see children dressed in various Nepali ethnic costumes and to see the flags of both the countries, Nepal and the US, fly high in the skies through the parade was a wonderful moment. This year's celebration has been a huge success. I am thankful to all the people who contributed so much towards the organization of this event. This event was a success because each and every person present at the Event took it as their own celebration and joined hands to represent Nepal in the huge and diverse community in the US.

A special thanks goes to His Excellency the Ambassador of Nepal to the US, Mr. Kedar Bhakta Shrestha, for having accepted our invitation to the Event and for having joined the parade. Mr. Excellency, because of your presence at the event all Nepalese are inspired and more encouraged to participate and take pride on this type of an event. From the coming year, we plan to invite people from other States as well, to join us in this celebration and we hope to make this event huge. I am assured that Mr. Excellency will definitely mark this day in your calendar to come to Boulder, Colorado and join us in the celebration. Thank you once again for your time and participation in the Event.

My special thanks goes to all the local Nepali restaurants who contributed food for the event dinner, which made us possible to serve dinner free of charge to all the participants of the event. The restaurants, namely Sherpa Restaurant, Boulder; Taj Restaurant, Boulder; Yak & Yeti Restaurant, Westminster; Narayan's Nepal Restaurant, Avon and Narayan's Nepal Restaurant, Boulder are all worthy of special thanks from all of us.

My very special thanks goes to all the children who dressed up in ethnic Nepali costumes and walked against the heat of more than 75 degrees temperature through the downtown. I owe deep gratitude to all the parents who dressed up their children and brought them for the parade. Had not it been for their efforts the Parade wouldn't look as colorful and representative of Nepal. Also, I would like to thank everyone who participated in the Parade with enthusiasm and represented Nepal in one way or the other.

The evening's program would not have been as enjoyable had not it been for the Nepali Cultural Program. I would like to thank all the participating artists for their wonderful presentations. The program was very well organized and represented various Nepali ethnic groups and cultures. I am very proud that we could put together such a wonderful program.

Last, but not the least, I am indebted to all the volunteers who made this event a huge success. Volunteers who worked from day one towards organizing the event to volunteers who worked tirelessly on the day of the event owe special thanks from us. Coordinators and



HHHE President Mr. Narayan Shrestha with HE Ambassador Mr. Kedar B. Shrestha in front of the NEPAL DAY Banner just before the parade began.



HE Ambassador Mr. Kedar B. Shrestha participating in the parade with local Nepali community.

Volunteers of all the committees, namely, Advertising Committee; Cultural Program Committee; Food Organization Committee; Procession Volunteer Committee; Procession Preparation Committee and Program Moderators Committee owe very special thanks from us for their tireless efforts and contributions towards the event.

Thank you once again to one and to all and we hope you will continue your interests and your enthusiasm to celebrate NEPAL DAY in the coming years.

Narayan Shrestha
President
Helping Hands Health Education

Glimpses of the Parade and the Evening Program

