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RED GUARDS

The opposition may have to go through with its show of force on Saturday, but should try to get it over with minimum fuss to resume negotiations on the constitution. The Maoists revived their Young Communist League and paraded them with sticks in a rehearsal for the big march on Monday (*pic, below*) blocking traffic and stranding commuters in the centre of Kathmandu.

IN AN AGITATED STATE

EDITORIAL PAGE 2

TABLES TURNED

Outnumbered in the CA and lacking numbers on the streets, the opposition is waiting for a face-saving way to return to the table.

BY THE WAY
BY ANURAG ACHARYA

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DEVAKI BISTA

NOT YET BOILING POINT

The people of the Tarai are angry, but not angry enough to join another protest movement led by Madhesi politicians

BY NAVIN JHA
IN NAWALPARASI

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Waiting for a Nepali Kejriwal

GUEST COLUMN
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EMPTY EVEREST

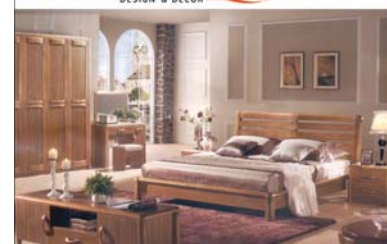
Big drop in mountaineering this spring leaves Nepali guides high and dry.

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IN AN AGITATED STATE

Saturday's show of force at the centre of Kathmandu will prompt many to ask who are behind it, and why. Let's try to simplify it for you: The NC-UML formed a coalition government after winning the 2013 elections. After trying in vain to come to an agreement on disputed issues in the constitution, the Constituent Assembly missed its 22 January deadline. The NC-UML led government then tried to use its numerical strength in the CA to push the agenda to a vote.

The UCPN (Maoist) and Madhesi parties, still smarting from their election defeat, tried to make a distinction between their 'revolutionary mandate' and the 'election mandate'. This is their way of saying, "we lost but we still want to have our say."

The CA has been in limbo for over a month now, there have been no negotiations on the constitution draft. The Maoist-Madhesi opposition alliance is determined to go through with its self-described 'make or break' protest on Saturday. It's a risky thing to do, to make public turnout the only indicator of its future existence as a force to be reckoned with. The Maoists have issued a threat to their own cadre that those who don't show up on the streets will be punished. They must be pretty desperate if one political rally is going to be a life-or-death issue.

In the run-up to Saturday, the Maoists have threatened to go on warpath, unleash another bloodbath, and warned of an Armageddon. "Prachanda, give us the order, we will pull the trigger," the newly-revived YCL shouted on the streets this week. They have used insurgency-era terminology to designate their top leaders to head the Eastern, Central and Western 'Commands' to prepare logistics for the protests. Their message to the people is: "We lost the election, but if the NC-UML don't agree to our demands and give us a share of power we will kill a whole lot of you again." It is like brandishing a gun and holding the Nepali people hostage.

As a warning, the opposition has used the excuse of the location of the land revenue and mapping offices in Kaliya

The opposition may have to go through with its show of force on Saturday, but should try to get it over with minimum fuss to resume negotiations on the constitution.

and Simara to try to foment unrest. This is playing with fire. They are warning Kathmandu that they are willing to unleash ethnic discord as a political pressure tactic.

From what we can tell, instead of galvanising public anger, the call to the streets has frightened the people about the possibility of anarchy. It has convinced even those who were pro-federalism that the whole formula is fraught. If a national trade artery can be blocked for a week on a political pretext, imagine the kind of blockades we will see in future disputes between provinces. This public mood must have seeped into the consciousness of opposition leaders who have been touring the districts to prepare for the agitation. They must have also seen that the fire they light could easily spread across the Tarai and spiral out of control.

To be sure, the last 12 months of the Koirala-led government has not exactly been a scintillating success. Despite the list of 'achievements' he presented this week, the prime minister has fumbled and not shown enough statesmanship to bridge the gap on the constitution with the opposition. Its governance record has been patchy, and even the improvement of the investment climate, for which Koirala tried to take credit, happened mainly because of the proactive role played by Indian Prime Minister Narendra Modi.

However, the NC-UML have backtracked from their demand for a CA vote, and they have put the process on hold. This was the demand of the Maoist-Madhesi alliance on 22 January, so we see no discernible reason why they should push through with their agitation now. It is time for



DEVAKI BISTA

them to reciprocate the gesture. The opposition has positioned itself into a corner, they cannot backtrack from the streets without losing face, so they must go ahead and try to paint the streets red for a day. Our advice to the Maoist-Madhesi combine would be to go through with their protest if they must, get it over with minimum fuss, and get back to the negotiation table. If there is one option left, that is it.

YOUR SAY

www.nepalitimes.com

CLEAN AIR

Don't pass a building permit without a chimney, set up neighbourhood watches who report on houses being built without chimneys: those reports which are true - reward them ('Clearing the air', Editorial, #747). Do something similar for factories. Neighbours, area residents, colony and community leaders need to stand up. Copy the 'community first' practices, which made Chitwan poaching free and built (one could say rebuilt) our forests and jungles. The more I read *Nepali Times*, the more convinced I am that community participation is the only way to go for Nepal.

Nam

PLAN C

Yes, Plan C = referendums on key issues, is the best solution ('Go for Plan C', Damakant Jayshi, #745). I'd much rather trust the Nepali people themselves to make these big decisions than the political leaders. It's clear that the netas make decisions based on their own selfish interests rather than thinking about long-term good of the country and the people.

Guest

Finally, ex-king Gyanendra and ex-army chief Katuwal have come forward to support the Nepali people. Both Gyanendra and Katuwal are very relevant players in Nepali politics. My appeal to both these men is to save Nepal from the clutches of the Communists.

Sabita Shrestha

TRUTH AND RECONCILIATION

The perpetrators should not be allowed to evade justice under any pretext ('Who doesn't want a TRC?' Om Astha Rai, #745).

Bibek Bhatta

Nobody apart from the murderers on either side or their cronies have faith on the new TRC.

Prem Dhakal

The TRC's role is to find facts and reconcile. But victims should have the right to either forgive or not.

Man Bdr Rai

Forgiveness follows penance. Where is the penance? Have perpetrators of violence publicly renounced their past path? Have they committed their wealth to their victims? Have they renounced active participation in public life? Have they abdicated any official posts which they might be holding today?

N

RE-EDUCATION

Exams test the lowest level of learning, memorisation ('Learning from experience', Beth Norford, #745).

Sixit Bhatta

Problem is lack of qualified and committed teachers, and decent salaries and prospects, and low government expenditure on education.

David Seddon

Great job Babita and all the other fellows ('Back to the village campaign',

Cynthia Choo, #745). This is such an important work by Teach for Nepal. But our education also needs a structural overhaul.

RT

@madhukaru

Time for a one year compulsory national (community) service in Nepal which will reduce unemployment and contribute hugely.

DS

THE HOLY ECONOMY

The fact that those going abroad are considered the 'villain', 'bad guy' is symptomatic of Nepali society ('The holy economy', Gunaraj Luitel, #745). I have met exchange students in the US from Japan, Germany, Chile, Korea. Which of these nations were/are Third World? There's nothing wrong with leaving home, forging your own destiny, learning new habits, about new customs. The real question is: what can the present government/civil society, etc. do to call these people back? They bring experience, money, know how. Many will form companies, hire Nepalis (and some foreigners as well - sure, why not?)

I do wonder, especially when the super rich like Upendra Mahato comment on their countries of origin with blanket statements like the one in the article - So what have you done to ensure class egalitarianism?

Namah

One of the factors could be our socio-cultural setup that limits critical thought process to surface in the society.

Nirmal Ghimire

I can only hope that the upcoming generation is flexible enough to agree on something that they have in common. We couldn't!

Nepal remains, for all the superficial changes, deeply patriarchal and authoritarian - real need for progressive transformation

@pigreen

KING

I would rather give the King the benefit of the doubt any day than believe the thugs who have been lying and cheating us for years ('Ex-King speaks', 18 February). The king had asked for just three years to solve the problems, but these monkeys denied him that, and they have taken 10 years to accomplish absolutely nothing.

Bairagi Khukuri

What a creep! He would do anything to ensure political chaos continues for an indefinite time to present his 'democratic' credentials. Mr G, you are history, accept it. Enjoy retirement in Nepal at GoN's expense.

N

ASS

This is so hilarious it actually brought tears to my eyes ('Great Leap Forward Year', Ass, #745). The sad thing is that this is not satire at all, those are actual words from Comrade Awesome Possum's speeches.

Sean

Times

THIS WEEK



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Back to the village campaign by Cynthia Choo (67 likes)



GOPEN RAI



Most shared on Facebook

Maha Shivaratri



Most popular on Twitter

Getting rid of soot by Helena Molin Valdes and Arnico Panday (69 retweets, 31 favourites)



Most visited online page

Back to the village campaign by Cynthia Choo (634 views)



Most commented

Go for Plan C by Damakant Jayshi

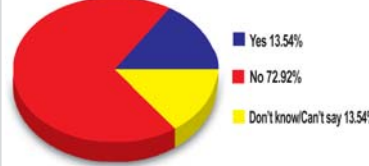


nepalnews.com

Weekly Internet Poll #747

Q. Will the Truth and Reconciliation Commission deliver justice for the conflict victims?

Total votes: 96



Weekly Internet Poll #748
To vote go to: www.nepalitimes.com

Q. How soon will the new constitution be promulgated?



Tables turned

Outnumbered in the CA and lacking numbers on the streets, the opposition is waiting for a face-saving way to return to the table

yet another ugly showdown on the streets of Kathmandu.

However, the public mood across the country remains uncharacteristically cynical. "People are not going to come out onto the streets just because the parties want to parade them for the show of their strength," I overheard a group of students chatting over a cup of tea near Patan Multiple campus earlier this week.

If this is the general mood, it will be a blow to opposition's plan of intimidating the ruling parties with their bamboo stick-wielding YCLs on the streets this Saturday.

But Pushpa Kamal Dahal may be looking just a little ahead into the future than most of his opposition comrades. With NC's party convention due in September, Dahal knows, pressure is building on Prime Minister Sushil Koirala from within his own party.

In the NC central committee meeting this week, a majority of the leaders, especially those from the rival Sher Bahadur Deuba faction criticised Koirala and advised him to get the opposition on board, even if it is to initiate the majority voting on statute. This should be reassuring for Dahal. The enemy of your enemy

is your friend, after all.


Losing the party presidency by a narrow margin last time, Deuba will be a favourite to win unless Koirala regains his stature in the party by delivering the statute. This will mean extending a compromise offer to Dahal, which seems unlikely at the moment given opposition's continuing protest. However, Dahal's recent one-on-one meetings with Koirala leaves that possibility open.

Another likely scenario is that there will be an internal arrangement between the leaders to hand over parliamentary and government leadership to Deuba, allowing Koirala to retain party leadership. The opposition will still fancy its chances negotiating with Deuba, who has come forth as more flexible and willing in the top leadership meetings. The only problem with this option is, KP Oli and UML are eying the next government leadership as well, as per their 'gentleman's agreement' with NC.

In any case, it's a tough call for Koirala, who, like his cousin GP, wants to have his cake and eat it too. Sushil Koirala has also received unsolicited advice from international community, who are understandably concerned

about deteriorating political environment, and have in all good faith urged the government to act in consensus. Although, the Prime Minister remains positive about their concerns, the Foreign Ministry headed by his coalition partner UML has been warning the diplomatic missions against 'interference in the internal affairs'.

Whether KP Oli and UML are more worried about national sovereignty or only trying their best to undermine Koirala's efforts to get the opposition back into negotiation, is a matter of perspective. An NC leader loyal to Koirala seemed very sure: "Oli wants to bring down this government by locking horns with the opposition and antagonising the international community, so that he can become the next PM."

Cornered within his own party and troubled by the coalition partner, Koirala will be eager to get the statute drafting process started again. But can he reclaim the leadership of the dialogue process from Oli, who has been dominating the past negotiations with his rabble-rousing idioms against the opposition? Let's see how Saturday's showdown pans out. 

@AnuragAcharya



BY THE WAY
Anurag Acharya



Tucson

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- Cracks in the Madhesi Front, #744
- A stir within, #745

Lifting modern Nepal

With Kathmandu's real-estate prices soaring, developers are investing in taller apartments, office blocks and shopping complexes. This means Nepal has suddenly become a booming market for elevators and escalators.

Till a decade ago, there were hardly any high rises in Kathmandu and there were almost no representatives here for companies manufacturing and installing lifts.

The Duisberg-based multinational ThyssenKrupp specialising in elevators is one of the first to realise the huge potential for growth in Nepal and has appointed Infratech as its authorised dealer to sell passenger and freight elevators, escalators



and moving walkways in the Nepali market. "Nepal is a growing market with a lot of potential and we hope to tap into that," says Bharat Vishnani, managing director of ThyssenKrupp Elevator (India). The company has already sold 20 units of elevators from ThyssenKrupp to housing

projects in the Valley since it established its presence here, and is moving aggressively to expand its market share.

During a recent visit Vishnani said Nepal was poised to show a spurt in economic growth and a surge in investment in infrastructure. This is expected to translate into a growth in demand for elevator products, escalators and moving walkways.

ThyssenKrupp says its German-engineered lifts are rugged and designed for countries like Nepal with power-cuts. Its lifts consume 40 per cent less electricity and have an automatic rescue device that ensures orderly evacuation of passengers in case of unexpected power outage.

ThyssenKrupp elevators and escalators are equipped with governors -- a safety mechanism for detecting over-speed and other malfunctions.

Infratech says maintenance and equipment safety are of paramount concern, and it will be carrying this out periodically with customers through trained technicians.

Istanbul stopover now easier for Nepalis



Turkish Airlines has announced the possibility for Nepali passport holders to apply for e-visa for Turkey so they can enjoy a stopover in Istanbul on the way to Europe or North America.

Earlier, passengers had to send their passports to the Turkish Embassy in New Delhi for processing. From this month, Nepalis travelling via Istanbul having a valid Schengen or OECD country visa or residence permit can now get a single-entry e-visa for up to 30 days.

This visa should be applied online and passengers should have their onward OECD or Schengen visas with them when travelling.

The visa will now make it easier for Nepalis flying on Turkish Airlines to spend the transit time in Istanbul instead of simply waiting at the airport. Tours, with English speaking guides, provide three timing options every day to see the city while in transit.

"We distinguish ourselves from other airlines by transforming a long wait into a delightful discovery of Istanbul, one of the world's premier destinations," said Celal Baykal, manager of Turkish Airlines in Kathmandu.

Passengers wishing to join the tours need to present themselves at the hotel desk in the arrivals hall of Ataturk International Airport at least 30 minutes prior to the departure of the tour. No advance reservation or booking is required and the tours are free to all eligible passengers.

However, passengers must have adequate transfer time to complete the tour. www.istanbulinhours.com.

prabhu BANK BIZ BRIEFS

Seat sale

Etihad Airways has announced a global seat sale with discounts up to 30 per cent. Customers travelling between 3 March and 12 December can book their tickets at a discounted price till 3 March.



E-visa

Turkish Airlines has announced the possibility for Nepali passport holders to apply for e-visa for Turkey so they can enjoy a stopover in Istanbul on the way to Europe or North America.



Profit shares

The 20th annual general meeting (AGM) of Bank of Kathmandu approved 10.41 per cent bonus share to its shareholders. The bank earned operating profit of Rs 363 million and net profit of Rs 254 million in the last fiscal year.

Cricket mania

CG has announced its 'Catch the Match' offer. Customers buying CG LED TV will receive gifts signed by Nepali cricket captain Paras Khadka and an opportunity to play cricket with him.

New GM

Radisson Hotel Kathmandu has appointed Janet Fitzner as its new General Manager. Fitzner has 26 years of international experience in hospitality.



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Paras Khadka

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Waiting for a Nepali Kejriwal

Nepal's grassroot communities also have anti-corruption crusaders waiting to come out and clean things up

On social media and on listservs like NNSD, all the talk this past week was about what effect Arvind Kejriwal's surprise landslide victory in New Delhi elections would have on Nepal.



GUEST COLUMN

Bihari K Shrestha

It rained in Delhi, and we are unfurling our umbrellas in Kathmandu.

Most commentators hope that, one day, we will get our own Kejriwal in a Dhaka topi, and that may not be so far-fetched because Nepali voters are sufficiently mature and such changes will emerge in their own time. But we must not forget the three main factors that made this anti-corruption crusader win big:

1. He was able to put together a critical mass of a dedicated political team with vision, commitment and visible integrity.
2. Kejriwal addressed concerns of Delhiwalas for clean government, free drinking water and cheaper

electricity.

3. The voters of the Delhi Union Territory are overwhelmingly urban, working in predominantly non-agrarian pursuits and living in sprawling slums or vast estates in the suburbs. They have no feudalistic loyalties to power centres.

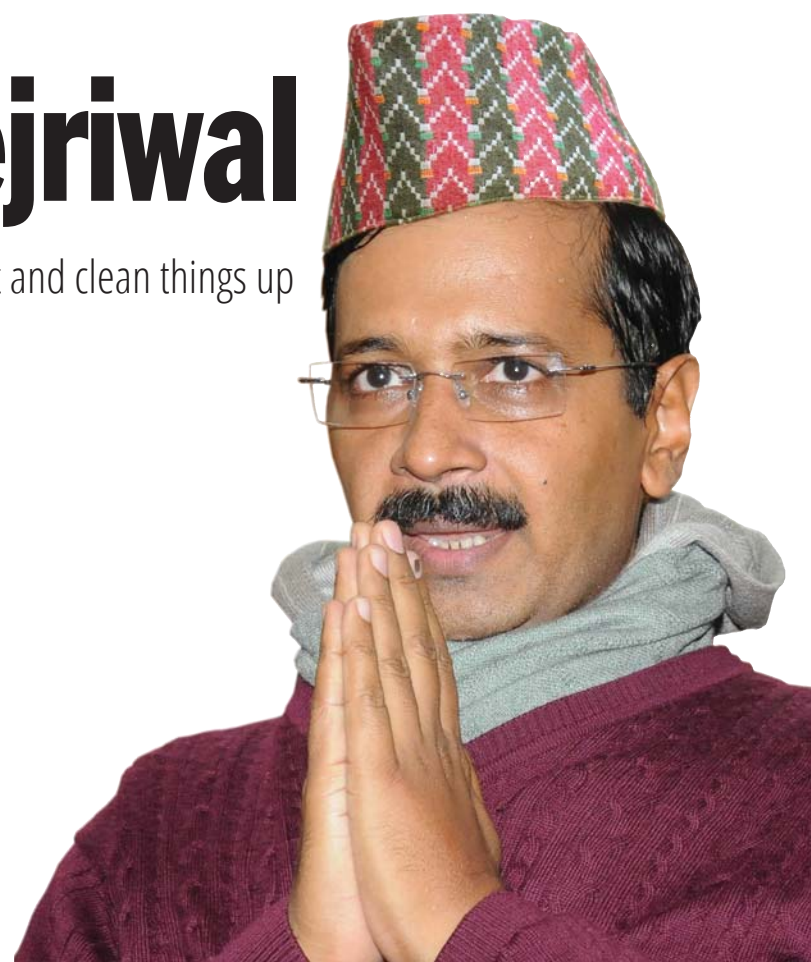
Having won the election, Kejriwal's challenge will be to deliver on his populist promises. That is where most opposition parties, particularly the BJP, are hoping the Aam Admi Party will falter. Kejriwal's challenge is to prove that this win was no fluke of history.

Most factors that propelled Kejriwal to power in Delhi are abundantly present in Nepal. For one thing, corruption is now standard operating procedure seemingly condoned by the highest executive authority in the land. For instance, in the recent annual day celebration of the anti-corruption watchdog, the CIAA, Prime Minister Sushil Koirala had no qualms in publicly admitting that he received complaints about his own ministers having been involved in corruption. But he did not mention any action he took or intended to take against them. Instead, in the same breath, he accused the CIAA chief of

remaining preoccupied with corruption among junior officials, while he let the big fish free.

The CIAA itself has its hands full with a huge backlog of corruption cases against politicians, the most prominent of them being the one against Pushpa Kamal Dahal on the alleged siphoning off of billions of rupees paid by the government to non-existent Maoists fighters in the cantonments. Nepal's paradox is that the top politicians who are most corrupt seem to enjoy immunity from the CIAA.

While corruption remains endemic, the citizens grapple with daily shortages of everything: no cooking gas, no power, no water, and no jobs, no security, no health, no education. There should have been a thousand Kejriwals on the streets of Kathmandu already. Unlike Delhi, Nepal remains rural. In addition, a convergence of high caste status and economic power give rulers the license to extract resources from society. Since the feudalistic order is invariably attended by the chronic persistence of widespread poverty and all-pervasive lack of functional literacy, money effectively plays a major role



in elections and that provides a perfect alibi for a feudal elite masquerading as politicians to remain deeply enmeshed in corruption. As things stand, a successful politician in Nepal is necessarily a corrupt man.

To be sure, there are a few Kejriwals in the political parties, but are pressed down by the deadweight of corrupt aparatchiks. Take Gokarna Bista of the UML who performed superbly as an energy minister but was punished for his integrity. Nepal's democracy needs an

altogether new architecture under which concerned citizens are empowered to make their own decisions. Our success in forestry through forest user groups and in primary healthcare through mothers' groups are based on the same approach. Potentially, our grassroot communities are full of Kejriwals. So, the Gokarna Bistas in all the parties have to redefine their role and mission in life. The sooner they come out of their party cocoons, the faster our country can mass-produce Kejriwals. 🇳🇵

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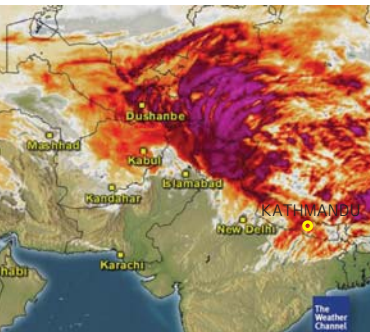


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CYNTHIA WEE

From Sanga Singapore

CYNTHIA CHOO

When German publisher Hans Hoefler decided to pursue his interest in organic greens by buying a farm in Kavre in 1993, he ended up growing more vegetables than he could ever eat. His wife - Cynthia Wee Hoefer (*pictured*) however had a plan and set up a business to export the farm's vegetables to her home country, Singapore. Organic Himalaya was born. Fast forward 21 years and more than 200 kg of organic salad vegetables and jams are air freighted from Sanga to Singapore every week. The vegetables are hand-packed as per order and delivered to Singaporean families and kitchens that wait eagerly for their weekly supply of



KENJI KWOK

organic Nepali greens. "Although the farm was thrown to me, I enjoy running it as a business," said Cynthia who oversees the entire production process single-handedly. The self-taught businesswoman swiftly established a marketing arm for the business by spreading the benefits of the healthy greens through word of mouth and social media, amassing close to 1,700 people on her mailing list since Organic Himalaya first started. She attributes the success of her venture to the allure of the Himalayan brand. "When I tell people that the greens are from Nepal, they immediately associate it with the purity and freshness of the Himalaya," she said. Employing and training local farmers was also a good decision, as it gave the brand a face. "My

customers seem to like it when they know local Nepali farmers are the ones growing the vegetables." Beans, lentils and salad greens are the best sellers, says Cynthia. She is also trying to introduce green garlic, yacon and leek — vegetables not commonly found in Singapore. Real Food, a Singaporean café chain that imports Organic Himalaya Greens, attested to the quality of Nepali greens. "One main item we import is lentils. We use it to make our lentil soup which is amazing," said Jee Yang, co-founder of Real Food. Besides supplying produce to individuals and restaurants directly, Cynthia also sells the farm's produce in a weekend farmers market called Loewen Gardens in Singapore. However, everything was not always smooth sailing. The seasoned traveller had once thought of ending the business venture when her wanderlust struck. "Having a booth at the farmers market is a commitment and it doesn't allow me to take any weekends off," she said. Her dilemma was also between growing the business and keeping it a boutique venture. "There are times when a certain vegetable is not in season and we cannot deliver as promised. But as a small business, customers are understanding because we interact with them personally," said Cynthia. This personal touch to her business has also made her grow a fond attachment to the farmers and customers, which was why she ultimately continued the business. "Whenever I consider closing shop, I think about the farmers losing their jobs, and disappointing my customers," she said. The satisfaction she gets from personal interactions with her customers is what keeps her going. The 63-year-old said: "I love it when they tell me how much they loved the fresh vegetables or give me feedback to improve my service." Jee Yang said that Real Food Singapore will continue to order supplies from Cynthia, because they prefer small and ethical suppliers. Cynthia said: "By remaining small, I'm confident of the products that we produce because I know the customers, the workers, and most importantly, I know the farm." 🇳🇵

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Birdwatch,
A bird watching event organised by Bird Conservation Nepal.
28 February, 7.30 am, Jalvinayak Parking Spot, Chobhar, 9841330576, 9801024777, bcn@birdlifeneपाल.org, www.birdlifeneपाल.org

Photography grant,
Applications open for a Rs 100,000 grant to produce in-depth photographic work on social, political, and climate change issues.
Deadline 28 February, (01)5013501, photocircle.com.np, mail@photocircle.com.np

Online realm,
An interactive workshop with UK Curator, Rachel Entwistle to explore curatorial practice online.
28 February, 10am to 1.30pm, Yala Maya Kendra, Patan Dhoka, 9849519933, nischal.oli@gmail.com

Trash-free Tundikhel,
Say no to littering in public, join the movement.
28 February, 8am to 10am, Tundikhel, (01)4226471, info@cleanupnepal.org.np, www.cleanupnepal.org.np

Sports movies,
A film festival dedicated to sports films.
27 and 28 February, 11am to 5pm, Nepal Tourism Board, Exhibition Road, (01)4256909, mediacenter@ntb.org.np

Lady luck,
Send a photo of you and the special lady in your life, with a brief description to gro@clubhimalaya.com.np. Must 'like' Club Himalaya on Facebook to qualify. Winner gets free accommodation for a night at Club Himalaya, Nagarkot.
Deadline 5 March, (01)4442726/27 gro@clubhimalaya.com.np

Conservation
Screening of *Pavilion of the Eight Corners: Reconstructing the Chyasilin Mandap in Bhaktapur, Nepal, 1987-1990* by Goetz Hagmuler and Niels Gutschow.
Rs 400, 27 February, 9.30am, Hotel Shanker, Lajimpat, (01) 4410151, sgninkathmandu@gmail.com

Tangal Wood Estate,
The official opening of Tangal Wood Estate. Performances by Circus Kathmandu, DJ Tshering Sherpa and more.
27 February to 1 March, 5pm to 9pm, Tangal, 9851178070, nivida.writeweavers@gmail.com



Nippon cinema,
A two-day Japanese film fest organised by the Embassy of Japan in association with Japanese Language Teachers' Association of Nepal.
27 and 28 February, Tribhuvan Army Officer's Club, Tundikhel, (01)4426680, cultural-emb@km.mofa.go.jp



The Laramie Project
Directors Deborah Merola and Divya Dev bring to stage the famous docudrama about the story of American Matthew Shepard who was beaten to death in 1998 because of his homosexuality. The play raises important questions about prejudice, hate, exclusion and draws relevance of the incident to modern Nepal. Produced by One World Theater, the play stars celebrated Nepali theatre artists Rajkumar Pudasaini, Divya Dev, Shanti Giri and Sulakchyan Bharati. Premiere show on 27 February, Rs 2000, proceeds go towards funding the play.
Rs 500, 28 February to 15 March, Theatre Village, Lazimpat, 9808041124, oneworldtheatreinnepal@gmail.com

Video challenge,
A short video contest on 'Gender Equality in Nepal' by UNDP and UNFPA. Videos should be no longer than 4 minutes and can be in any language spoken in Nepal. Deadline 1 March, (01)5523200, (01)5523880, kamal.sigdel@undp.org, schhetri@unfpa.org

Story Telling,
Movement, rhythm and music come together in this performance featuring Kathak, Baratanatyam, and Nepali dances.
Rs 250 for students, Rs 500, 1 March, 5.30pm to 6.45pm, Army's Officers Club, Bhadrakali, (01)4015643, sushilaartsacademy@gmail.com

Journeying for art,
Painting exhibition by a promising young artist-Dhwoj Gurung.
Till 12 April, Park Gallery, Pulchowk, Lalitpur, www.parkgallery.com.np



Going digital,
A crash course on digital filmmaking.
1 to 6 March, Bikalpa Art Center, Pulchowk, (01)5013524, bikalpaartcenter@gmail.com, www.bikalpaartcenter.org

Video collective,
Artists Anil Subba and Ritesh Maharjan put on a collective performance.
7 March, 4pm, Gallery Mcube, Mitra Marg, (01)5260110, gallerymcube@gmail.com, www.gallerymcube.blogspot.com

Why volunteer,
Shailendra Raj Giri of Mero Job talks about the benefits of having volunteering experience on your resume.
7 March, 11am to 1pm, Café & Shop Mitini, Lajimpat, (01)4226471, info@cleanupnepal.org.np, www.cleanupnepal.org.np



Masculism,
An exhibition by Gopal Das Shrestha Kalapremi.
Till 15 March, Siddhartha Art Gallery, Babar Mahal Revisited, (01)4218048

Call for artists,
Local visual artists, sound artists and writers are invited to an open call for residency at Gallery MCube.
Deadline 7 March, Gallery Mcube, Mitra Marg, Patan (01)5260110, gallerymcube@gmail.com, www.gallerymcube.blogspot.com

Physical theatre,
Learn to use your body as an instrument to tell stories without words in a workshop by theatre director, Nikki Manuputti.
Rs 750, from 7 March, 11am to 4pm, SPAK, Ekantakuna, (01)5000101, 9813930688, www.spaknepal.com

Numafung,
Screening of the acclaimed Nepali film by Nabin Subba.
27 February, Nepal-Bharat Library, Nepal Airlines Building, New Road Gate, Free entry.



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॥ ब्रजेश सुवेदी ९८०३००५८९१ ॥ अनन्त गुरागाई ९८५९९२९९५९

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DINING

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Eco-café,

Opening of Leela's Eco Cafe, an undertaking of the Kevin Rohan Memorial Eco-Foundation. Live concerts by Rudra Band and Sakchyyam.
28 February, 3pm, Chalnakhel-5, Khahare, 985043710, krishna@krmef.org, www.krmef.org

Social café,

An afternoon of music for the opening of Sisters Café & Beauty, a social enterprise promoting equality and dignity to Nepali women through training and employment.
7 March, 3.30pm, Sanepa, Patan, Nepal 44700sisterskathmandu@gmail.com



Lal Durbar Restaurant,

Authentic Nepali dinner with cultural shows.
Hotel Yak & Yeti, Darbar Marg, (01)4248999, reservation@laldurbar.com

Bhojan authentic,

Bhojan – Authentic Nepali cuisine for the satisfied travelers with wholesome 100 % Nepali farm fresh vegetarian and non-vegetarian dishes in Radisson's new wing.
Rs 850 and Rs 950 plus taxes, The Coffee Shop, Radisson Hotel, Lajimpat, (01)4411818, outlets@radkat.com.np



Mike's breakfast,

Huge breakfast and an endless supply of coffee amidst a lush garden setting characterise this cafe, popular among tourists and locals alike.
Lakeside, Pokhara, (61)520151

Holi buffet,

Rangoli, a Holi special lunch buffet, to celebrate the festival of colours.
Rs 1400 plus tax per person, 5 March, 12pm to 2.30pm, The Fun Café, Radisson Hotel, Lajimpat, (01)4411818, outlets@radkat.com.np

MUSIC



Album launch,

Nepali rock band, Monkey Temple launches its third self-titled album.
27 February, 7pm, La Grange, Thamel, 9818258855

Black history,

The final night of Black History Month where Jazz musicians from Kathmandu will pay tribute to Jazz legends like John Coltrane, Miles Davis, Dizzy Gillespie and Charlie Parker.
Rs 250, 27 February, 8pm, House of Music, Thamel, 9851075172, sanzey@hotmail.com



Promo gig,

Progressive rock metal band, Kamero pre-launch their debut album *The Absence Paradox* with friends, Tumbleweed Inc, Vomiting Snake, Social Nerve and Horny Monks.
28 March, 1pm onwards, Purple Haze Rock Bar, Thamel, 9803719781



Outallectuals collective,

A night of electronic bliss with Amin Payne's hip-hop, Baxtak's ethnofusion, GnirehsT's chillwave, and Cultivation's dub.
28 February, 7pm, Places Restaurant & Bar, Thamel, (01)4700413, sanjukun7@gmail.com

Improvise,

Improvisation lessons for various instruments facilitated by Manoj Kumar KC and Rajat Rai.
Rs 499 pre-registration, Rs 699, 28 February, 11am, Kathmandu Jazz Conservatory, Jhamsikhel, foreducationfoundation@gmail.com, www.foreducationfoundation.com.np

GETAWAYS



Barahi Jungle Lodge,

The first eco-jungle lodge of Chitwan directly overlooks the Chitwan National Park. Spa, boutique guest rooms, individual and two-in-one private villas, including a suite with a private swimming pool on offer.
Andrauli, West Chitwan, (01)4411113, bjl@barahi.com, www.barahijunglelodge.com

Shangri-La Village Resort,

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Gharipatan, Pokhara, (61)462222, (01)4410051, booking@hotelshangrila.com, www.hotelshangrila.com

Jhule mountain resort,

Resting 2050m above sea level, the eco-resort boasts a farmhouse that stretches across a hill covered in fresh pine. Enjoy an organic home stay experience.
Shivapuri-Nagarjun National Park, Jhule, (01)6212399, www.jhuleresort.com.np, www.jhuleresort.com

Mango Tree Lodge,

Culture walks, rafting in the Karnali, wildlife exploration, and jungle safari at the Bardia National Park.
Bhetani, Bardia, (084)402008, info@mangotreelodge.com

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OM ASTHA RAI

Many of those killed were his friends, and Pasang had decided that this profession was just too dangerous. But with no other jobs available, he changed his mind and was ready to join an expedition. However, negative international publicity of the avalanche and confusion about government policy has prompted most companies to cancel their expeditions this year.

More than 300 Sherpas are directly employed during the average Everest season as so-called 'icefall doctors', guides, porters and support staff. For most of them,



The Present

'Yesterday is history, tomorrow is a mystery, but today is a gift and that's why we call it the Present'.



'Yesterday is history' is a good place to start. I first came to Nepal

'Tomorrow is a mystery' but you may see it need not be so. Not so in Nepal because whatever happens here has happened in the 'West' previously: the spread of the mobile phones, power taken from kings. Political regimes, some good and many bad have come and gone. Russia: the home of communism has abandoned it as a 'bad job', a system that never benefitted anyone in a voteless, powerless society.



हिमाल

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ग्राहक योजना

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१ वर्षे

ग्राहक शुल्क रु १७५० मा नगद छुट रु ५०

मिड्यासको आकर्षक उपहार



२ वर्षे

ग्राहक शुल्क रु ३५०० मा नगद छुट रु १५०

गोल्ड स्टार शू को रु.१००० बराबरको गिफ्ट भौचर र साथमा पाइल पेन सेट



३ वर्षे

ग्राहक शुल्क रु ५२५० मा नगद छुट रु २५०

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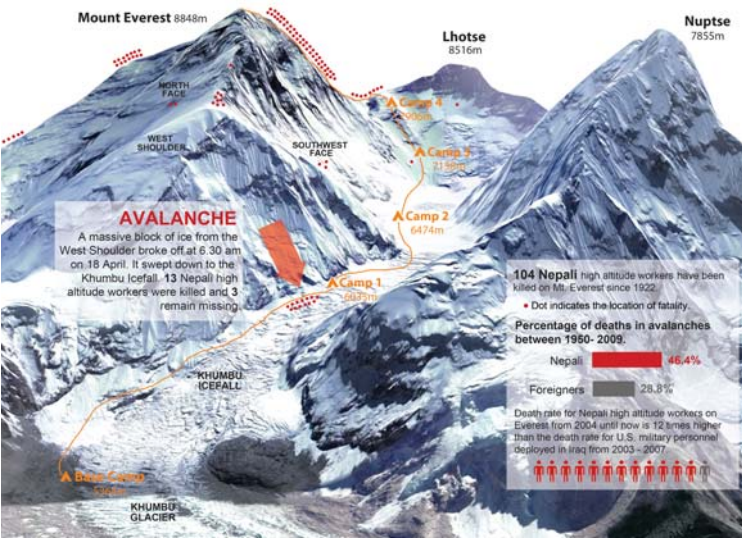
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the Everest avalanche



the Everest season from April-June is an opportunity to earn enough to take care of their families for a year. Every climbing client employs at least five high-altitude workers on Everest, so if there are no expeditions hundreds will be out of jobs. Industry insiders say the main reason for the mass cancellations is the Ministry of Tourism's inability to decide whether

cancelled, but despite this some climbers reportedly took helicopters to Camp I and actually summited Everest. The government had then assured those who had to abandon their expeditions that they could climb Everest anytime up to 2019. However, it was never clear whether members could climb individually or by forming or joining other groups. Tourism

Minister Bhim Acharya promised to sort this out, but was soon replaced by Deepak Chandra Amatya. Both are from the UML, a partner in the ruling coalition. Ministry officials realise that it needs to revise Mountaineering Expedition Regulation (2002) to allow individual members of the abandoned expeditions to climb Everest individually, or as parts of other groups. Bureaucratic red tape has delayed a decision, which is being reviewed by the Law Ministry before it is forwarded to the Cabinet. "Realising that it would not be practical for members of the abandoned expeditions to be in the same groups, we recommended revision of this regulation," Gyanendra Shrestha of the ministry confirmed to us. In January, the Canada-based Peaks Freaks cancelled all its Everest expeditions for spring 2015 citing 'fickle posturing of the government'. Although no other company has followed suit, they have not confirmed their expeditions, either. Ghimire of Sangrila Treks says, "I would have received a list of clients from my agent by January in previous years. Not a single one has confirmed their expedition this

year." Krishna Aryal, secretary of Expedition Operators' Association (EOA), says the delay has already affected tourism with cancelled hotel bookings, flights and porter hiring. "The longer the government takes to decide, the more expeditions we lose. No one is prepared to wait, they will just go and climb Everest from the north side," he told *Nepali Times*. Expedition companies say they are also receiving queries from clients in the US and Europe to seek assurances that they will not be abandoned by their high-altitude guides like they were last year after the avalanche. Pemba Gyalje Sherpa, president of Nepal National Mountain Guides Association, admits that the Sherpas' behaviour in the aftermath of the avalanche was not 'professional' but says it would be wrong to only blame them. "It was our collective failure, even foreign climbers did not contribute to managing human crisis that ensued the avalanche," says Pemba, a six-time Everest climber. "And they did not try to diffuse tensions later, they just acted like onlookers." 🇳🇵



KENJI KWOK

So where does this take us? There will be a day when Kathmandu has clean air when I may be able to bring my son here. If you can think of a way to either: make it happen or benefit when it does, then you will be ahead of the game. Remember the long game, and start playing now. Imagine if you could walk through Thamel without motor bike exhaust being sprayed in your face or how every season I get hit by one while walking. You might think it is strange, but tourists don't like this. Tourists often choose to visit pleasant, clean and safe places. If you are being poisoned by the very air, if you see the police wearing smog masks then you might not feel safe. Imagine if you could sit on a street in Thamel and drink coffee under a tree, next to pedestrianised cobble stone streets. The vehicles needed to bring supplies when no one is

around, after 0100hrs. So here is another clue: what I would not do. I would not build an underground car park in the centre of Thamel. I could be tempted to invest in a bicycle rack though. I wrote in a previous column about the terrible situation with Everest permits, and writing to the ministers concerned. I did not get an answer, did I expect one? I wrote to the Nepal Embassy in London, no reply. I also wrote to the British Embassy in Kathmandu because the interests of both Nepal and British tourists are involved. The British Embassy arranged a meeting with the authorities involved who made positive noises, but too late, I fear. An open thank you to the British Embassy for trying to help Nepal's tourist industry and the people who use it. I will be arriving in Kathmandu again next month. Let us see how The Gate is then - the international airport, the gateway to Nepal. This

is the first impression anyone arriving will get. Will it still smell of urine, will I still have to queue for an hour for the privilege of a visa that actually gives me nothing? I will give though. I will bring work and I will spend money. More to follow in future columns in this space. I am not expecting to see an improvement. Someone is responsible for the airport, come on surprise me, surprise us all. It's your job. It's an interesting concept and may fit with my 'future theme'. Usually managers and others who fail in their duties, who do not perform as expected for the salary they receive actually get fired. They are sent home, no more pay, no job, no perks; no chance. 🇳🇵 *Ted Atkins is a former RAF Chief Engineering Officer and now a partner in four international companies. He writes this exclusive column, Outside In, for Nepali Times.*



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Oscar snubs and good TV

Once again the Oscars have come and gone, disappointing many in the wake of the seemingly arbitrary decisions that the Academy voters tend to make in say, awarding Alejandro Gonzalez *(pic, above in green coat)* Innaritu's *Birdman* the



MUST SEE
Sophia Pande

Best Picture award over Richard Linklater (*pic*) for *Boyhood* - a heroic 12-year cinematic journey that deserves recognition for its bravery.

While I was disappointed with the selection of films this year, especially in the Best Picture category (there was a great deal


of uproar over *Selma* not being selected and a dearth of women and diversity in the nominations), I would like to draw attention to the increasing number of television shows that have started to captivate audiences with their excellent writing, inclusive casting, and range in subject matter.

Let me start with the most frivolous of the lot: *Gotham*, which just started this season and is a throwback to the days when Bruce Wayne was a little boy dealing with the aftermath of witnessing the brutal shooting of his parents. This series succeeds primarily because of its stellar ensemble cast and the inclusion of clever origin stories regarding most of the villains we now know from the Batman comics and films, including Catwoman, Poison Ivy, and Penguin.

Flash too, which just began, has saved itself from banality by its range of characters, including

strong female leads (well, almost leads), and no real sappy love story to bog it down with. The characters in *Flash* sometimes, and to their advantage, overlap with those of *Arrow*, another comic book based show that is now in its third season and was terrible in the beginning but has started to move towards becoming watchable - having finally decided to concentrate on character development.

This year there were also a few strong stand alone mini-series', one of them being *The Affair* - a 10-part show that chronicles, in a 'He says/She says' manner, the torrid affair between a married man and a waitress, and set in the lush Hamptons. The series is a study of psychological complexity, family ties, and human motivations which while sometimes a bit slow paced, is, nevertheless, very compelling. It has just been announced that the show will return for a second season - also in 10 parts.

There are a number of other ongoing shows that I can only mention in passing but which should not go unwatched. Namely *The Newsroom* which now in its third season has finally settled into Aaron Sorkin's insanely fast paced dialogue. Finally, *The Good Wife* in its sixth season continues to delight, becoming more and more complex both in character psychology as well as in the legal and ethical questions it raises. 



nepalitimes.com



HAPPENINGS



DEVAKI BISTA

BIZ WOMEN: Chief Secretary Leela Mani Poudyal with entrepreneur Ambica Shrestha at the first South Asia Sub-Regional Meeting organised by Federation of Business and Professional Women in Nepal (BPW).



KUNDA DIXIT

AIR TALK: ICIMOD's Arnico Panday and David Molden (*middle*) at an international conference on pollution in Kathmandu on Tuesday.



BIKRAM RAI

STOPVAW: Protestors demand action against the culprit of the recent acid attack on two teenage girls at Basantapur in Kathmandu on Tuesday.



DEVAKI BISTA

INDIGENOUS BEAUTY: Limbu women pose in their traditional attire at the Industrial Goods and Technology fair in Kathmandu on Sunday.

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CREONT

The *Laramie Project* tells the true story of 21-year-old gay student Matthew Shepard, who was beaten and left to die in Laramie, Wyoming in October 1998.

The One World Theatre (OWT) group will stage the play at the Theatre Village in Kathmandu from 28 February to 15 March. The docudrama raises questions about intolerance and hatred.

"It's not reserved to the gay issue," says Deborah Merola, who co-directs the play with Divya Dev, "hatred can be related to caste, class and nationality."

The text of *The Laramie Project* comes from 200 interviews conducted over 18 months by the Tectonic Theater Project with the locals of Laramie. The play tells the story of how the company collected information to create it.

The Laramie Project doesn't push a single point of view. The docudrama format is powerful as it calls out to the audience who become an engaged part of the reflexion.

This reflexion started among the OWT during rehearsals. Some actors admitted they had preconceived notions about homosexuality due to ignorance. But most of them strongly believe the play can change the mindset of the Nepali society.

Amrit Dahal is proud to be part of *The Laramie Project*. "This play has the power to break prejudices on homosexuality in Nepal," he says with determination. Indian actress



Kurchi Dasgupta at a rehearsal of *The Laramie Project*

INTOLERANCE FOR HATE

BIKRAM RAI

Kurchi Dasgupta (pic) says her presence on stage is her small contribution as an attempt to make advancement on social rights in the region.

The Laramie Project has received an unprecedented support from local and foreign organisations in Nepal. UNAIDS brought together UNDP, delegation of the European Union, British Council, embassies of Norway, France, USA and the Blue Diamond Society for the play.

"It's fantastic to see broad support on

The Laramie Project," says Marissa Polnerow, Cultural Affairs Officer at the US Embassy. "It has a role in contemporary discussions around the importance of education and social justice in Nepal."

Lena Hasle, counsellor at the Embassy of Norway says that Norway works internationally on the protection of LGBTI rights. "*The Laramie Project* can contribute to start ongoing discussions about what the 2007 Supreme Court verdict, establishing the right to non-discrimination, means in

practice," says Hasle. Manisha Dhakal of Blue Diamond Society points out the importance of *The Laramie Project* in Nepal as the Ministry of Law and Justice has proposed a new civil and criminal code containing discriminatory clause against LGBTI people.

"We invite policy makers at the special performance on 2 March for the 'Zero Discrimination Day'," says Dhakal. "We hope they will understand the intolerance that LGBTI people face from their own family and even from the state."

Because *The Laramie Project* is in English, questions have been raised about the limited audience targeted. The OWT responded that this production gives an opportunity to explore how statements could be written into docudramas related to Nepal.

"Our next step is to stage plays about issues relevant in Nepal that reach deep in Nepali societies," says Divya Dev. Stéphane Huët

The Laramie Project
The Theatre Village, Lajimpat
28 February to 15 March at 5pm; except on Mondays and on 5 March.
Rs 500 per adult, Rs 200 per student
7 and 14 March at 1pm
Rs 200 per adult, Rs 100 per student
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PICS: KENJI KWOK

Tamarind Restro and Bar



What used to be a car dealership nestled at the end of Jhamsikhel is now a lively eatery for food, drinks and entertainment.

Sit under the verandas in the patio to catch up with old friends, cheer on your favourite football team as they screen live matches, sway along with jazz music in the indoor lounge called 'The Oath Room', or set up a

business meeting in the brightly lit restaurant space 'Empress Dining' adjacent to the lounge.

While you're at it, don't forget to order up an array of delectable dishes that Tamarind has to offer.

For starters, go with the Chicken Wings (Rs 350). The fried pieces of chicken marinated in a sauce, similar to a Korean red hot pepper paste dip, made for the perfect blend of sweet and spicy. Appetisers like this are good for two or three, but the snacks platter (Rs 680) would be a better fit for a family.

It is easy to get spoilt given the array of options from Intercontinental to Thai and Mexican: Tamarind can do no wrong.

The Pork Chop (Rs 600) was well-seasoned and grilled till perfectly charred. Although it was slightly overcooked, the layers of fat left to render on the slab of pork balanced out the toughness of the meat. Though the dish was served beautifully on a bed of mashed potatoes and baked vegetables, Rs 600 seemed like a hefty price to pay for a dish that was relatively small in serving size.

If you're looking for something delicious yet filling, opt for the Pad Thai or Chinese rice dishes. The Chicken Pad Thai (Rs 375) was a big serving with generous slices of chicken that made it well worth the

price. The glass noodles were fried well, every strand was coated with a distinct Thai fish sauce making the dish very aromatic.

Though fragrant, a little kick of chilli could make the dish more savoury and perhaps more palatable to most Nepalis.

Wash down the hearty meal with your beer of choice or a Tamarind cocktail. Happy hours last from 4pm to 7pm on weekdays, with special promotions for Ladies' Night on Wednesdays. My advice is to go on Tuesdays, where you can watch salsa dancers take the dance floor.

Despite so much going on, the restaurant still feels spacious. You won't get the feeling of other diners at the other table encroaching on your space or eavesdropping on your conversation. The whole restaurant has a relaxed vibe - waiters don't rush you to order, diners are mostly young adults or families having a casual dinner, or groups of men catching their favourite football team while chugging beers.

If you're looking for a chilled night out, Tamarind is the perfect place to be. Cynthia Choo

How to get there: Tamarind Restro and Bar is located on Jhamsikhel Road, opposite Southern Comfort.

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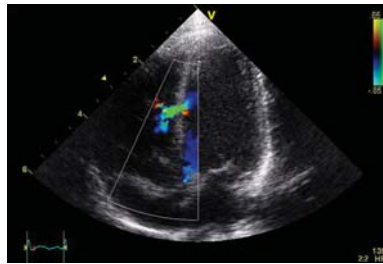
Detecting heart murmurs

Krishna Kumari, 24, from Palpa arrived at the hospital complaining of palpitations. She felt her heart was racing. When she was 12, Krishna had fever and developed uncontrolled movement of her limbs and tongue for a

echocardiogram (*pic, right*) or an ultrasound of the heart. Findings from the echocardiogram revealed the patient was suffering from rheumatic heart disease, one of the most common heart problems in the country.

Like many diseases in Nepal, Krishna's illness has an infectious etiology. It generally starts out with fever called acute rheumatic fever (ARF), which is almost universally caused by a well-known bacteria called streptococcus, more precisely group A streptococcus that leads to pharyngitis or sore throat. Approximately three weeks after an episode of sore throat, rheumatic fever with joint pain may begin.

In about 70 per cent of patients who suffer from the fever, joint pains are the predominant symptoms. Chorea (uncontrolled flailing limb



movements that Krishna endured) is much rarer, experienced by only 20 to 30 per cent of patients.

Around 60 per cent of those with ARF develop rheumatic heart disease. ARF is prevalent largely in developing countries because of poverty and over-crowded settlements.

In medical schools in Nepal, listening to heart murmurs caused by rheumatic heart disease is an important part of training. The most commonly affected heart valve by rheumatic heart disease is called the mitral valve and narrowing in the region of this valve (mitral stenosis) causes a

typical murmur. Students are extensively tested on their ability to pick up this murmur on examination of patients.

The skill of carefully listening to heart sounds with the stethoscope and determining the kind of murmur and which heart valve it may be originating from is gradually disappearing. This is because it is so much easier to do an echocardiographic study and generally come up with a precise diagnosis. It would be ideal if doctors today carried out physical examinations with the same rigour as their predecessors and used echocardiogram to confirm the diagnosis. But the good news is that ultrasound technology is developing so rapidly that small, portable, and user-friendly echocardiogram machines are available for use even in remote corners of Nepal.

What is most important in the treatment of rheumatic heart disease is monthly injections of penicillin. A sore throat caused by streptococcus bacteria is a very common cause of pharyngitis, which can easily

exacerbate the heart condition of a patient with rheumatic heart disease. Monthly injections will hence be useful in preventing further valvular damage which sometimes requires surgery.

Thanks to the immense and exemplary work of cardiac surgeon Bhagwan Koirala, who initially headed the Shahid Gangalal National Heart Centre in Bansbari, many Nepali patients now have access to proper heart surgery necessitated by complications of rheumatic heart disease. Prevention is better than cure, so proper, judicious treatment of sore throat with appropriate antibiotics will help avoid the problem in the first place. 🇳🇵



This is the last of Dhanvantari column by Buddha Basnyat. Next week, we introduce a new column Ask Anjana Anything by Anjana Rajbhandary who will answer your questions on everything from careers to raising adolescents. Send your questions to askanjanaanything@nepalitimes.com or tweet them to @AnjyRajy

DHANVANTARI
Buddha Basnyat, MD

month although she never lost consciousness. In her adolescence she also had painful joints and the pain migrated from one large joint to the next, such as her knees. But this too subsided over time with aspirin.

Upon examination at the hospital, the doctor detected abnormal heart murmurs and asked Krishna to undergo an

GIZMO by YANTRICK

ALL ABOUT THAT BASS



The days of the gigantic music system with 5-CD or 7-CD changer may be gone, but there is always a place for a decent stereo system in Yantrick's living room. Sony has always delivered quality audio products, ranging from earphones to Bluetooth speakers and full-surround sound systems. The Sony MHC-ECL77BT is made with the same commitment.

Sporting a bold black angular design and weighing a solid 10 kg, the new compact stereo music system with wireless capabilities is something you would want to show off to your friends. An LCD display displaying source playback information, volume level, sound settings and time, and an array of buttons sit on the front of the system, while the back of the system makes room for speaker connections.

More than just the aesthetics, the MHC-ECL77BT's sound system is what you will want your friends to be jealous of, with the system capable of thumping out a maximum of 470

watts of bass sounds. For those of us that crave some extra bass, the MHC-ECL77BT's Bass Boost is more than well-equipped to satisfy. Its music enhancement settings also allow users to dial in the sound by setting their own EQ curve or to choose from one of

the preset EQ settings: R&B, Pop, Rock, Salsa, Electronic, Country, Hip-Hop and Jazz.

Convenience is the name of the game with Sony's MHC-ECL77BT, and the system's wireless streaming capability leads the way. The MHC-ECL77BT allows you to wirelessly stream

music from any Bluetooth device, and it easily connects with all your Bluetooth-enabled devices so you can enjoy music without the hassle of wires, from a distance of 30-feet.

With NFC (Near Field Communication) connection just a tap away, you can instantly connect and start streaming your music in seconds. A conveniently placed front USB port is also extremely handy and can be used to record from CD, as well as connect, control, charge and playback a wide range of compatible audio devices. A 3.5 mm audio input on the front of the music system allows for connectivity and playback of music from a range of audio devices. Furthermore, the MHC-ECL77BT also plays audio (music and MP3) via the CD slot, and gives you the option to tune in to your local FM stations. 🇳🇵

Yantrick's Verdict: The Sony MHC-ECL77BT has all your audio needs covered. Retailing at the Sony store for around Rs 25,000, this compact stereo system promises to deliver a rich sound, thumping bass, and a myriad of connectivity options.

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TLC FOR YOUR HAIR

SNEH RANA

Let's talk about hair conditioners and how important they are for your hair. Conditioners made with natural, nutritious ingredients that add moisture to your hair, make it smooth and protect it from breakage, and even repair split ends. Conditioners contain ingredients that have the potential to cleanse your hair and help rinse away dirt and bacteria. Don't use just any conditioner available in the market: while they might make your hair look shiny and well-maintained, they could also be coating your hair with harmful chemicals. Using the right conditioner can make your hair look more natural, prevent breakage, and help seal and lock in colour. There are three types of conditioners - the normal conditioner, the leave-in-conditioner and the deep conditioner: each of them targeting to soften your hair. Always choose the right conditioner for your hair type. The normal traditional conditioner is applied every time

you shower and after you rinse your shampoo out. This type of conditioner works to repair the damage done to your hair by chemicals and heat styling damages. For long hair apply the conditioner from the middle to the tips of your hair and try to apply it to every strand. Your conditioner should be applied mostly to the ends of your hair, as this is the part that is most damaged and oldest. Do not put conditioner near your scalp and roots as it can clog your hair follicles, slow hair growth and increase oil production. Depending on your needs, there are many varieties of leave-in-conditioners. There is the spray on and the cream kind. Leave-in-conditioner does not need to be rinsed out but it needs to be applied to damp hair. For normal hair, leave it in for a couple of minutes and if it's dry you can leave a little of it all day. It helps your hair remove buildup and help limp hair get back to normal. Deep conditioner repairs dry damaged hair. Scoop some conditioner and apply a thick coating to your entire head focusing on the ends of your hair, by separating large chunks of your hair so that each strand

gets a coating. Feel free to spread it all the way to the roots. Wait for it to set by putting a shower cap for 20 - 30 minutes for it to work its magic. Use cold water to rinse it out thoroughly. Always choose the type of conditioner that is advised for your hair type whether you have curly, straight, frizzy, damaged or limp hair. If your hair is frizzy, dry and damaged choose a conditioner that is rich and thick, labeled for dry and damaged hair. If your hair is limp, straight and fine then look for a conditioner for fine, thin hair as these conditioners will make your hair bouncy and look thicker. If your hair is healthy with shine and body look for a conditioner which says for 'Normal Hair'.



SNEH RANA IS A PROFESSIONAL MAKE-UP ARTIST BASED IN KATHMANDU.

5 HAIR CONDITIONER FACTS

- 1 INVEST IN SILK OR SATIN PILLOWCASES**
Cotton pillowcases can cause more breakage while silk and satin are more gentle on the hair.
- 2 USE CONDITIONER BEFORE YOU SHAMPOO FOR THIN, FINE HAIR**
As conditioner doesn't completely wash out, leaving conditioner in after shower may weigh down your hair, leaving your hair 'flatter'. Reversing this habit is a smart trick to create extra bounce and body.
- 3 KEEP A CLARIFYING SHAMPOO**
Every two weeks wash your hair with a clarifying shampoo to clean the residue left by conditioner or other hair products.
- 4 YOU DON'T NEED TO SHAMPOO BEFORE CONDITIONING**
Daily shampooing will make your hair dry, but skipping frequent conditioning can leave your hair dry, frizzy and prone to breakage.



'NATURAL' CONDITIONER
You can use eggs (all hair types), plain yogurt (dull hair), honey (dry-sun damaged hair), beer (fine hair) or avocado (frizzy hair) as DIY conditioners every two weeks.

3

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RUPEES FROM RUBBISH

Private companies are stepping in to manage and make money from Kathmandu's garbage

SAHINA SHRESTHA

Six years after announcing a tender to sub-contract the management of Kathmandu's waste to private companies, the government finally gave its nod to two firms this month, the first time garbage disposal has been given to private firms.

Nepwaste and Clean Valley Company are preparing a feasibility plan to collect, recycle and dispose the nearly 1,000 tons of trash that Kathmandu Valley residents throw away every day. The rubbish can be turned into a viable business because 60 per cent of it is organic, which the companies can turn into commercial fertiliser, and recycle the rest of the plastic and metal.

"Kathmandu's garbage situation has reached a crisis stage and we now need to start planning for the long term, and involving the private sector is key to achieving that goal," says Sumitra Amatya of the Ministry of Urban Development's Solid Waste Management Technical Support Center.

Nepwaste, a joint venture of Finland-based Communication, Poyry, Bioste and the Dutch-Nepali enterprise The Organic Village will be involved in Kathmandu. The Nepali-Indian joint venture Clean Valley Company will focus on Lalitpur, Kirtipur and Bhaktapur. If the Detailed Project Report shows that the firms are technically and financially feasible, project development agreements will be signed to manage solid waste.

The 2011 Solid Waste Management Act sets regulations and fines for transgressors and requires every household to sort waste, but enforcement has been weak largely due to unclear guidelines.

Lasse Laaksonen of Communication says, "The most common problem in Kathmandu is segregation of waste. Very few households do it themselves, but with our technology waste can be sorted mechanically." At present, only half of the Valley's biodegradable waste is turned into compost.

Once the companies finish their feasibility, they hope to show that the cost of garbage collection and disposal can be reduced, and the amount of garbage that ends up at the landfill site will also be lessened. At present the Kathmandu Metropolitan City (KMC) spends 10 per cent of its annual budget (Rs 500 million this year) in transporting waste from its collection centre at Teku to the landfill site in Sisdoles (see box).

Companies like Nepwaste and Clean Valley know there is cash to be made from trash, and the Finnish group has experience in managing waste profitably in countries including Germany and Sweden.

Glass and metals like aluminum and iron can be reused and recycled while 90 per cent of plastic and paper can even be converted to diesel. The organic waste can be turned into compost.


Without a mechanism to segregate waste at source, most of the organic, recyclable wastes at present ends up in landfills. The only form of segregation is done by scavengers who collect plastics and other resalable materials from the site.

"Maximum material reusability is the key. Everything will be used optimally and turned to electricity, fertilisers, oil through environment-friendly processes," explains Laaksonen.

With increasing per capita waste production, the current mechanism of

collect and dump is not going to work for long. The only functioning landfill in Sisdoles is almost full, and the long-term disposal site in nearby Banchare Danda has not been completed even a decade after it was started.

"The general trend seems to be to dump everything into the landfill and forget about it," says Sanjaya Nath Khanal of Kathmandu University's Department of Environmental Science. "Proper handling of the waste is necessary and maintaining and upgrading landfill is important."

However, the only long-term solution is the public's attitude must change, he adds: "Individuals must take responsibility for the waste they generate by following the 3R's: reduce, reuse, recycle." 

 nepalitimes.com

- Recycle, reuse, reduce, #702
- Waste should not be wasted, #710



KENJI KWOK



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DEVAKI BISTA

Refusing the refuse

"I suffer from a cold now and then, I don't know if it is the garbage that does it," says Tamang. "We need the money from recycling, we'll move once we earn enough." She earns Rs 4 per kg of everything that is sent for recycling.

Neupane tells us: “All I know is that the landfill has to be moved elsewhere,” A yellow garbage lorry comes up the road, he flags it down and hitches a ride into the city. 
Sahina Shrestha in Nuwakot

E-waste

"With every individual now owning two to three electronic devices, e-waste is emerging as a problem. Without a proper mechanism for disposal, they can be hazardous," says Sanjaya Nath Khanal, professor at the Department of Environmental Science and Engineering at

Dumping has become controversial because of some e-waste being 'exported' to African and Asian countries as 'second hand computers' that are actually being dumped for disposal.

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Challenges for new governor

Ashish Gyawali in *Annapurna Post*, 25 February

अन्नपूर्ण पोष्ट

With Nepal Rashtra Bank (NRB)’s governor Yubaraj Khatiwada’s five-year tenure coming to an end next month, the government has announced its search for a new candidate. On Tuesday, the cabinet formed a three-member panel led by Finance Minister Ram Sharan Mahat to recommend two names for the post.

Many aspirants, from bank CEOs to former finance secretaries, have begun lobbying for their candidacy. A host of challenges however awaits the new governor.

Immediately after assuming office, the new governor will have to decide whether to release businessman Ajaya Raj Sumargi’s

money which is currently withheld by NRB. After news that Sumargi’s company has not been registered with the Department of Industry came to light, the NRB withheld around Rs 3.5 billion, which was deposited in Sumargi’s bank accounts by unknown sources in the British Virgin Islands.

How the new governor deals with Sumargi’s case will be an early indicator of his political alignment.

Another decision that the new governor needs to make is whether to allow Ncell from repatriating Rs 8 billion in dividends to its foreign promoters which has so far been barred by the NRB. How the new governor acts on this issue will partly determine the future of foreign investment in Nepal.

During Khatiwada’s tenure,

nearly a dozen financial institutes were declared ‘problematic’. Khatiwada had also stopped issuing licenses to new banks and financial institutes. But, there are many development banks and financial companies still sailing through rough water. Will the new government introduce stringent policies to save problematic financial institutes?

CEOs of some private banks are already lobbying for issuance of new licenses. It will be a challenge for the new governor to withstand this pressure, apart from continuing with the NRB’s bank merger policy. Bankers will also exert pressure on the new governor to withdraw his predecessor’s decision to restrict chiefs of banks and financial institutes from serving more than a certain period

The NRB is now in the process of revising some key acts, including NRB Act-2002, but, bankers are opposed to some provisions in the revised acts. Whether the new governor will defend revisions of acts or give in to pressure by bankers will define Nepal’s future financial policies.



Himal Khabarpatrika, 22-28 February

हिमाल खबरपत्रिका

Somea Baraili is only 19 but was thrust into cyber celebrityhood last month when her duet *Jaalma*, with Kali Prasad Baskota for the upcoming movie *Resham Filili*, went viral on YouTube. The catchy lyrics and colloquial singing style made the song hugely

Somea gets 1 million views

popular, and by this week had nearly 1 million views. Surprisingly, the official video of the song hasn’t even been released yet.

Baraili landed the gig when producer and actor of the movie, Vinay Shrestha, heard her singing at a restaurant. She loved singing since she was a little girl and has not taken any professional music lessons. It shows talent can be appreciated with or without formal training.

While Baraili is ecstatic about her new-found fame, the overnight popularity has also put her in a dilemma. A first year undergraduate student, she had plans to go abroad to study before she became an overnight singing sensation. “Now that I am getting good offers for songs, I don’t know whether to go or not,” says Baraili.

Apart from *Jaalma*, other songs from the movie including the title song *Resham Filili* and *Let’s get lucky tonight* have gathered much accolade. The audience is eagerly waiting for the movie to be released 24 April only based on the popularity of the songs.

nepalitimes.com

■ Watch music video of Jaalma





Loudspeaker:
negotiations, negotiations

Close your ears, comrade! It’s a conspiracy to sabotage our agitation

कान्तिपुर
Abin Shrestha in *Kantipur*, 23 February

QUOTE OF THE WEEK



“ Are our lives worth only 8000 rupees? ”

Maiti Nepal Founder Anuradha Koirala at a protest program demanding stricter action against the culprit of an acid attack in Basantapur, 25 February



Pension woes

Tufan Neupane in *Himal Khabarpatrika*, 22-28 February

हिमाल खबरपत्रिका

In 1958, Indra Bahadur Thapa from Palpa joined the Indian army like hundreds of other Nepalis. In the army’s records, instead of his wife’s given name Dil Maya, he put down her nickname Krishna Maya Thapa. In those days, documents proving identity or educational background were not considered as important when one was physically capable.

Back in Nepal, Indra Bahadur’s wife got her citizenship under her given name Dil Maya. The discrepancy in her names has been the cause of her woes for 25 years. After the death of her husband in 1998, she has not been able to collect pension of IRS 4500 due to the difference in name in the citizenship versus army records.

Tirtha Shrestha from the same district had changed his last name to Rana to join the Indian army. He registered his wife Jham Kala Shrestha’s name as Chandra Kumari Rana. After Shrestha passed away in 2003, the pension camp in Pokhara asked Jham Kala to ‘correct’ her name and surname. “My mother collected the pension when my father was sick, but she was refused the money after his death as the name in citizenship and the records don’t match,” says her son Bishnu Shrestha. “We don’t know where to go or whom to talk to,” he adds.

According to Kul Bahadur KC, secretary general of a committee for the welfare of Ex-Indian Army Servicemen, there are around 13,000 people who have not been able to collect the pension due to difference in name in the records and ID.

Under the Indian government’s regulations, the pension of an ex-serviceman transfers to his widow upon his death. But many families are facing problems as the name in the army’s official records and their citizenship do not match.

In a meeting between the foreign ministers if India and Nepal on 25-26 July 2014, a consensus was reached to aid the collection of pensions for the pensioners whose names, date of birth and address were different on the record. For this the district administration office will have to provide the proof along with the photo. But the Government of Nepal is yet to issue any instructions regarding the matter. Says KC, “The problem would be solved if the government issues a circular for the matter but that hasn’t been done yet.”



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Show of farce

Saturday's rally is supposed to be opposition sabre-rattling to scare the sheets out of the unruling coalition, but it looks like all our Young Commies are going to be doing is some bamboo-rattling. The party has ordered 100,000 batons and many bamboo groves on the city outskirts have sacrificed their existence in recent days to further the glorious proletarian revolution.

Meanwhile, the Ministry of Interior Design has acted promptly and effectively by classifying bamboo sticks as lethal weapons under the rules of warfare of the Geneva Conventions, and declared that anyone found carrying them on Saturday will be arrested on the spot. However, burning buses, vandalising shops and beating up motorcyclists are all ok, and police will not intervene because those are deemed legitimate forms of free expressionism in our democracy.

Comrade Awesome Possum's intention is to give one of his fiery 2-hour speeches, promise fire and brimstone and threaten to turn K-Town into Sodom and Gonorrhea if he is not taken more seriously henceforth and heretofore. He has chosen Saturday because it is a holiday so there will be a bigger attendance of people watching and waiting from the overhead bridges to see if he will once more break into tears while remembering the ultimate sacrifice of his comrade-at-arms. Baddies have threatened fellow-Baddies of unspecified punishment if they don't join the long march, and Chairman Lotus Flower is showing his own commitment to take the revolution to its logical conclusion by not staying home over a bottle of Blue Label to watch the England vs Sri Lanka cricket match at the ICC World Cup on Saturday.

In fact, it will be Nepali patriotism and our historic aversion to cricket that will make the rally a grand success. We in Nepal have to thank our patron deity that we fiercely resisted all attempts by the East India Company 200 years ago to get us to learn to play cricket, which is why we were never colonised by leg spinners and were never under the imperialist yolk. From Nalapani to Kalapani the English tried to catch us out in deep square leg with two wickets and nine balls to spare in the final round-robin match, but to no avail. Over the last two centuries, we Nepalis steadfastly refused to get hooked to cricket as a matter of national pride. We stuck with our national game: Leg Pulling.

But things are changing. It is an indication of how much our sense of ultra-nationalism and pseudo-patriotism has eroded that we Nepalis have forgotten our history and

geography and are now cricket fans. This is an imperialist plot and a grave conspiracy to undermine Nepal's sovereignty and independence. Why else would the ICC, under the influence of Indian expansionists and running dog comprador of international capitalism, time its matches to exactly coincide with the UCPN-(M)'s glorious show of farce?

In large parts of Nepal people would rather eat cricket than play it. And there are still patriots among us who can't make head or tail of the game. But, we have to move with the times, and if Nepal is going to make it to the next World Cup we better brush up on cricket. And the YCL can start by wielding cricket bats instead of bamboo sticks. After clocking an average of 12 hours a day carefully watching the ongoing ICC Cricket World Cup I have become somewhat of a pro, if I may say so myself, and can now explain the nuances of this complicated game to fellow Nepalis:



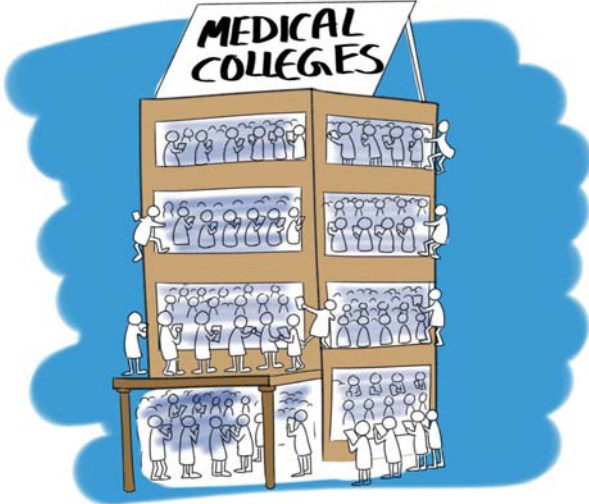
1. Cricket is actually a very simple game: a bowler throws the ball at about 550 mph at a guy holding a bat to try to knock off both his tentacles from a distance of 50 ft.
2. Like in all sports, there are some simple precautions that need to be taken so no one gets hurt. Therefore all cricketers who value their crown jewels wear groin guards to prevent themselves from being inadvertently castrated by a beamer.
3. Cricket players take food and drinks seriously, and every game has a Luncheon Break of a 40 minutes and two Tea Breaks with Samosas of 10 minutes each.
4. Under Section E, Chapter VII, Verse 235 of ICC Rules: Where an innings concludes within 10 minutes of the scheduled or rescheduled time of the Tea Interval, or it falls at, or after that time, or when less than two minutes remain, play will continue but only if it doesn't start raining, in which case play will be suspended until the sun comes out tomorrow, which is only a day away.
5. As in Nepali politics, Fair Play and a Level Playing Field are the hallmarks of cricket. Players can hurl racist epithets at each other, throw tantrums and chairs from deep square leg and/or silly point and even kick the umpire in the gonads. Which is why the umpire should also wear proper cricket attire, including groin guards.



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