



Namaste!

With the rainy weather rolling back in, the days getting shorter, and so many festivals, October has flown by for many of us. We've celebrated another happy Dashain, a beautiful Tihar, and Halloween, and with rising vaccination rates we've been able to enjoy all these holidays safely with friends and family. It was just as busy for us at the Nepal Seattle Society, and we are so excited to update our beloved community members all about our efforts!



Youth and Cultural Committee

The Youth Committee and Cultural Committee have been working side by side throughout the pandemic, bringing together virtual shows and events during our festivals. As they've worked so closely, they have decided to combine into the Youth and Cultural committee. Our co-leaders are Soniya Kunwar and Roshani Shiwakoti.

For Tihar, the Youth and Cultural Committee has put out two

A special thanks to everyone who made this possible:

videos in collaboration with some of the members of the committee. The first video was a dance performance choreographed by Anita Paudel and edited by Shubhechha Shakya. The second video was a celebration of Laxmi puja that includes a slide show of our community members celebrating past Tihars!

Era Budhathoki
Kajal Sapkota
Mitra Dahal
Reecha Sapkota
Roshani Shiwakoti
Sakar Shakya
Sita Basnet
Shubhechha Shakya
Smriti Dahal
Soniya Kunwar

Sports Committee and Health Committee Collaboration

During this year's Dashain cup, the Health Committee's NEYPVAL team set up a booth and displayed Nepali/English educational materials about the Pfizer booster shot. The team engaged with community members one-on-one and encouraged them to take a demographic survey.

The Dashain cup of 2021 took place in Covington, WA. Twelve soccer teams came from all over Washington to participate, and there were over 200 Nepali in attendance. A very good turnout! Seattle FC took home the championship title and won a cash prize of \$2000.

The NEYPVAL team honored one of the many Dashain traditions in Nepal by flying kites around the field with messages in Nepali.

The NEYPVAL Team also created a social media contest to promote posts that encouraged people to continue being safe during the COVID-19 pandemic. Seattle FC won the contest, taking home \$500 with over 200 likes!



Mental Health Team



A very big thank you to our Mental Health Team for organizing the “Kura Manasik Swashtya Ko” webinar during the busy Halloween weekend. Era Budhathoki and Palpasa Manandhar did a great job coordinating this event. We were very happy to have Dr. Nitin Thapa, Dr. Sudikdhya Baskota, Utsav Bajgain, Jagadamba Adhikaree, and Mitra Dhital as our panelists.

The webinar was a success with over 17 participants, and a lucky few won prizes for completing our survey afterward!

Our winners were:

- Angelina Karki
- Sujan M Manandhar
- Ishan Budhathoki
- Prakash Dhamala
- Cynthia Karki

Thank you all for your participation!

NEYPVAL TEAM



Our team participated in their first vaccination camp at the Kent Library! Two of our community ambassadors volunteered their time at the Fall Chili and Hot Cocoa Mixer, in collaboration with the Pacific Northwest Black Business Coalition. A big shout out to Abhi Kafle for driving Aayush Gupta to get his booster shot! Our public health officer also received her booster shot.

In addition to vaccinations, this event also helped provide the local homeless population with basic necessities such as towels, hand sanitizer, masks, and hot food. There was also candy for any trick-or-treaters that happened to come by!



Finally, our communications officer Rachit Raj Shrestha produced a video celebrating Tihar. Please take a look and enjoy!

The nights are coming earlier, and it's getting colder, but the team is still planning future events. Please follow our social media pages for all our most recent updates.

Thank you and stay safe,
Nepal Seattle Society



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