



Kicha IsrM

The newsletter of Guthi Australia



Mission

To preserve and promote the Newari culture among all Nepalese living in Australia



The Concept of Newari Guthi

by Umesh Simnya

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The familiar organisation of the Newars is hard to appreciate without an understanding of the Guthi institution, which has significant socio-religious significance. Among the Newars, Guthi sets up a network of social relationship involving values, norms and social precedence based on age and generation.

The network of Guthi binds the Newars together at three different levels of caste, patrilineal grouping and territory. The sanction against a defaulting person or household results in a complete social boycott and deprivation of group events and services rendered by the organisation.

Of the Guthis, the important ones in the Kathmandu Valley are:

- *Sana Guthi*, and
- *Deya Guthi*

The primary function of *Sana Guthi* is disposing off the dead and assisting the family of the deceased. Its governing body consists of eight senior male members from different households. The chief is called the 'Thakali'. Feasts are organised by this organisation throughout the year and the members are required to participate.

Unlike *Sana Guthi*, the members of *Deya Guthi* are neither acquired nor based on the local groupings. The members are referred to by one another as 'Fukee,' meaning 'splitting from the common source'. Members consist of ancestors of the same patrilineal groups. Married daughters are excluded from this Guthi. Marriage among the fukee is not permissible. Its members may be spread across various regions, but at the time of feasts and worships they are expected to participate.

Special points of interest:

- What is the concept of Newari Guthi?
- How has Kathmandu transformed?
- What are the recommended immunisations before travelling to Nepal?
- Important dates to mark on your calendar!

Kathmandu Revisited: – The City (Part 2)

by Tara Shrestha

... (continued from previous issue)

Kew's wildest dreams (*Ruyard Kipling*) continue to be a reality in Kathmandu, a city propelled from scattered medieval townships to a major metropolis. It is a city of dichotomy. Old coexist with the new. Eastern culture survives amidst western influences. Cows and cars share the road. *Daura suruwal* vie for recognition among Levi-clad youth. Coco-Cola hoardings provide shade for *thelawalas* sipping thirstily

the caffeine out of the hallmark glass bottle. And beer is big, so big that the traditional drink *thoun* (jaand) is a distant memory. High rise buildings dwarf temples and shrines.

(continued on page 4)

In the first part, Tara described his observations when he arrived at the Tribhuvan International Airport in Kathmandu. In this article, he continues to describe his observations of the city.



Recipe (Aalu Achar)

by Ava Shrestha

Kitchen Corner

Editorial

The long overdue issue of Kicha is here, with news about Guthi and its pucha (group).

Thanks to all those who responded to the first issue of Kicha. We will continue to look forward to constructive comments and suggestions.

The initial plan was to make Kicha a quarterly publication. However, since the publication of the first issue, it has been felt that bi-annual publication will be able to successfully fulfil Guthi Australia's mission. Therefore, it has been decided to publish Kicha to coincide with Sithi Nakha and Mha Pooja celebrations.

Once again, best wishes to Guthi Australia.

Surendra Shrestha
Editor, Kicha

17 June 2000



Pashupatinath Temple
Kathmandu

Ingredients:

Boiled Potato 10 medium sized (each one cut into 8 even pieces), Roasted and Ground Sesame Seed 250 ml (1 standard cup), Lemon Juice 5 medium lemon (squeezed), Fresh Green Chilies 8-10 (slit into half at the middle), Coriander 1 bunch (chopped finely), Timmur Powder 1 teaspoon, Chili Powder 1 tablespoon, Turmeric Powder ½ teaspoon, Fenugreek Seeds (methi) ½ teaspoon, Vegetable Oil 2 tablespoon, Salt to taste, Soaked Dry Green Peas (optional), Sliced Onions (optional), Pieced Cucumber (optional)

Enjoy the hot and spicy
potato salad



Procedure:

- Mix together the boiled potato pieces with lemon juice, ground sesame seed, turmeric powder, chili powder, timmur powder and salt in a large mixing bowl with a flat wooden spoon.
- Fry the slit fresh green chilies for a short

time with a little oil, then add it to the potato mix.

- Add the part of the finely chopped coriander.
- Add cucumber pieces, sliced onions and soaked dry green peas if you decide to use these ingredients.

• Let it stand for about ½ an hour to ensure that all the spices and juices seep in thoroughly.

• Make sure that the salt, chili, lemon juice and sesame seed meet the right level for the required palate.

• Finally heat the rest of the oil and fry the fenugreek seeds until they turn dark and pour it into the potato mixture. This will give a lovely flavour and aroma.

• Use the rest of the coriander to garnish the **aalu achar**.

• Now it is ready to be served with rice or with chewra at lunches and dinners.

Medical Tips: Hepatitis

by Dr. Umesh Sinnya

There are many types of Hepatitis. The most common ones are:

Hepatitis A

Mode of transmission - faeco-oral contamination, very common in Kathmandu, vaccination available, costs around \$75 and immunity lasts for around 5 yrs.

Strongly recommended before leaving for Nepal.

Hepatitis B

Mode of transmission - percutaneous, such as needle stick injury, blood transfusion and contamination with body fluids such as saliva, breast milk, urine, sexual intercourse etc. Common in Kathmandu. Chronic infection may lead to cirrhosis and liver failure and cancer of the liver, vaccination available and is recommended.

In the event of accidental needle stick injury, eg. in the beach report to a hospital as soon as possible as you may require HepB immune-globulin injection to prevent infection.

Hepatitis C

More common among the IV drug users and transfusion of the contaminated blood, no vaccination available, cirrhosis, liver failure and cancer of liver are long term complications.

Hepatitis E

Mode of transmission - contamination of water supplies, common in Kathmandu, particularly among the pregnant women, could be fatal if not looked after properly, vaccination development in progress.

Dr. Umesh Sinnya is a
practising medical
doctor in Sydney

Recommended immunisations before travelling to Nepal

1. Hepatitis A vaccination
2. Meningococcal meningitis
3. Typhoid (injection or tablet)

Injection form

- two weeks prior to travel
- offers protection for 3 yrs
- not recommended for children under 5 years old

Tablet form

- 1 capsule each day (1st, 3rd, 5th and 7th days) - 4 capsules

REMEMBER: MALARIA PROPHYLAXIS IS TRAVELING TO THE SOUTH

News: Guthi Australia & Its Members



In terms of Guthi Australia and its members, 1999-2000 has been very active. This year we have seen continued growth in Guthi Australia, in terms of its member numbers – both new families and new additions to the existing member families.

The following are the new Guthi Australia members:

- Chetan & Kanti Bajracharya
- Shree Chandan & Pratichya Napit
- Jabin & Babita Shrestha
- Sanjaya Man & Shreela Shrestha

Guthi Australia would like to formally welcome all these new members to the organisation. We would also like to take this opportunity to congratulate all new parents and welcome all new babies, specifically,

- Shree Chandra & Binita Shrestha's baby
- Kabin & Shama Joshi's baby
- Umesh & Lynda Sinnya's baby
- Yuva Raja & Madhavi Upadhyaya's baby
- Shree Chandan & Pratichya Napit's baby

Guthi Australia and its members are proud to be a part of the welcome ceremonies to all the new babies. The program, which started in 1999-2000, has been very successful as was evident from active participation by all its members in all these ceremonies.

Here are some images of the proud parents and grandparents with their precious new additions.



And, here is an image of Mha Pooja 1999 (Nhu-Dan 1120) celebration.

Guthi Meeting – Briefs

The latest executive committee meeting of Guthi Australia was held at 14 Bunda Place, Glenmore Park on 29th May 2000. The meeting was attended by all 1999-2000 executive committee members. The discussions focussed on the organisation of Sithi Nakha 2000 celebration. The following decisions were made.

- Sithi Nakha 2000 celebration will take place on Saturday, 17th June 2000. The gathering will take place in Simmos Beach at Macquarie Fields.

- A welcome function for Shree Chandan and Pratichya Napit's newborn baby will be organised on the same afternoon
- The Annual General Meeting (AGM) of Guthi Australia will be held during the Sithi Nakha gathering.
- All 1999-2000 Executive Committee members are to step down from the team to pave way to new 2000-01 members. A new executive committee for 2000-01 will be elected on the same day.

Guthi Australia and its growth.

Sithi Nakha 2000 gathering to take place in Simmos Beach at Macquarie Fields.



To contribute in **Kicha**, please contact,

The Editor
Kicha

E-mail: Guthi_Australia@hotmail.com

URL: www.catmando.com/guthi/guthi.htm

Guthi Pucha

Chetan & Kanti BAJRACHARYA
Kabin & Shama JOSHI
Kiran & Beena MANANDHAR
Prasanna & Beauty MOOL
Shree Chandan & Pratichhya NAPIT
Pukar & Suchita PRADHAN
Rajendra & Hima RAJBHANDARY
Puran & Kalpana SAYEMI
Padam & Christine SHAKYA
Bijay Lal & Neena SHRESTHA
Jabin & Babita SHRESTHA
Kabindra SHRESTHA
Leader Man & Mona SHRESTHA
Narendra & Ava SHRESTHA
Rajendra Prasad & Tripti SHRESTHA
Sanjaya Man & Shreela SHRESTHA
Shree Chandra & Binita SHRESTHA
Surendra Prakash & Sulekha SHRESTHA
Tara Prakash & Bijuma SHRESTHA
Pradeep & Suchitra SINNYA
Umesh & Lynda SINNYA
Yuva Raja & Madhavi UPADHYAYA

Formed with the mission of **preserving and promoting Newari culture among all Nepalese living in Australia**, Guthi Australia is an extension of the Guthi concept among the Newars of Nepal. The aims of the organisation include, but are not limited to, assisting in cultural and social festivities (e.g., bratabandha, bel-vivah, marriage), celebrating with Guthi members in times of happiness (e.g., birth, marriage) and providing assurances to Guthi members in times of crisis (e.g., sickness, death).

For further information on Guthi Australia and its activities, please contact:

Narendra Shrestha
8 Citroen Place
Ingleburn, NSW 2565
Phone: (02) 9618-0203
E-Mail: Guthi_Australia@hotmail.com

Executive Committee (1999-2000)

Narendra Shrestha Surendra Shrestha
Tara Shrestha Umesh Sinnya

Planned Activities – 2000

Saturday, 17 June 2000

Sithi Nakha 2000 Celebration

Saturday, 28 October 2000

Mha-Pooja (Nhu-Dan 1121) Celebration

Kathmandu Revisited

(continued from page 1)

Satellite discs grow out of *jhingatey* tiled roofs. It is a city in transformation.

I harbour fond memories of my childhood in the city. It was a time when the streets were truly a public domain encouraging social interaction among its residents. I remember the many Newar festivals, *khyalas* and musical processions.

Children played in sunlit courtyards. There was an inhabitant-friendly scale to the city and pervading sense of security. Now every inch of city core has been invaded, vertically by concrete and horizontally by hawkers. Metal rolling shutters front all ground level shopfronts. The city's infrastructures continue either not to cope or crumble. The old *hitis*, Sundhara, Maruhiti are mere trickles. The bright, sun drenched *bahals* are damp and

rubbish dumping grounds. Public *sattals*, *maths* and other urban artifacts are in a state of disrepair. The receding shores of Bagmati and Vishnumati have been taken over squatters. A perpetual haze blocks off the views to the surrounding hills and snow-capped mountains.



Rampant rubbish dumps – one of the major challenges facing Kathmandu Valley

At the beginning of a new millennium it is a time for resolute change. A dynamic city continually evolves and transforms meeting new needs and incorporating new technologies. As the lifestyles of the inhabitants change the city reshapes itself.

Management of growth and change can only be possible with a political will. Regulation and enforcement have to be simultaneously administered. And an understanding and appreciation of the city's history and its people will shape the vision for the future of Kathmandu preserving both the natural and built environment. Perhaps Kipling's dreams will continue to be a reality.

We will continue to watch.

(to be continued in the next issue of Kicha).



Important Dates – 2000

8 October Monhi (Vijaya Dashami)
28 October Mha-Pooja, Nepal Sambat 1121