

APRIL 2017  
NEWSLETTER

97th EDITION

WISH YOU ALL A VERY  
HAPPY NEW YEAR  
2017



# Chicago Chautari Times

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VOLUME 9, ISSUE 1

APRIL 2017 NEWSLETTER

## Welcome to Chicago Chautari Times - 97th Edition



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For birthday  
announcements, articles,  
success stories,  
quotations, poems, write  
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### Who is that and Where is that?

Take a long span of time of your life and begin to ponder over all the things that you have in memory from your past to the present, as much as you can, one by one.

Start with the first incident in your memory that you still can remember well. Try to discern any other possible visual impression you have in your memory, of all living or non-living objects related to this first incident. Now, reflect upon what you physically looked like back then, what you wore, etc.? Next, try to know all the content or state of your mind or feeling at that time for that incident, any feeling you may have in your consciousness as much as possible.

Similarly, bring the next incident to your consciousness from your memory. Begin visualizing the matter of the incident, content of the scene, physical appearance of objects, etc. including any material and non-materials things, the state of your mind and also your impression on the state of the mind of other related to this incident.

In this way, retrieve the content of your memory of your past into your consciousness one by one, and in chronological order as much as possible. For each of these incidents that you can recover from your memory, keep remember your own physical form, your own mental state and any other material and non-material objects of things related to these events. In each of these incidents, may you also recollect what influenced most to your mental state most at that time?

Now assume you have some super natural ability to put all those things of each of the incidents; the physical characteristics, the mental state, things that influenced your mental state and the one that influenced most in some forms and states in front of you lined in sequence of time and space, from the very first to the most current. Imagine it like a movie with snap shots of those events projected on a screen.

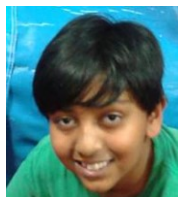
What you see? What you realize? And what could you conclude observing all these material and non-materials things? Will not it be extremely baffling that you can see yourself how much you have changed in shape, size and forms over time from that very first to the most current one? You can see your physical form changing continuously. Your physical appearance changed from a young baby to adulthood and then to your current age or old age. And it changed so vividly, whether you like or dislike.

Next begin analyzing how much changes occurred in your mental state as well from the outcome of how you react with things that surrounds you, then and now. How much consistency you upheld in things of similar matter and how much inconsistency you have become by reacting differently at different time even for the events of same or similar nature and things, things that are similar in nature, but occurred at different times.

You can see and realize that those non-material things, that means the things of mental nature, were also different at different time, hence the mental things are also changing like our physical thing that is our body. You will find that you have changed in your form and your characteristics. It is possible that what remained constant may be fully absent, not even scanty of trace. Furthermore what you also have seen constantly changing in both physical and non-physical forms of things in other person or other things.

Therefore it is our experience that things that are materials of physical types, seem to change over time. If we can understand each and every subtlety, it can be concluded that change is happening to all the things constantly, never stops. Nature brings the changes constantly.

- Dr. Bishnu Phuyal (Continued on pg 2)



## The Mandela Effect

I came up with the idea of this article while in the shower. **What** a beginning hook line to this story! Today we are talking about the Mandela effect. Now all of you pro sports people out there who love visiting the great outdoors and don't spend 3 hours a day playing video games in their basement listen up because I have a good feeling you won't know what this is. The Mandela effect is basically the universe playing with our heads and constantly making us doubt ourselves or in the wise words of wikipedia, "psychological phenomenon in which a person recalls something that did not occur". Let's start with the most common example of this. The Berenstain bears. You know those bears who live in the tree and for some reason wear clothes? Ring a bell? Good, now moving on, did you notice anything odd with the word "Berenstain" in that sentence before my last sentence. No? Well some people including me believe that it should actually be spelled berenstein. Weird right? If the smart guys who came up with this theory are right, then this might be able to prove the multiverse theory where there are multiple universes each having slight changes between each other. So, in one universe you could have gotten your pizza delivered to you by a girl and in another universe your math teacher could have delivered your pizza. In one universe, you might have aced your test, while in another you completely failed it. In each universe whenever you make a choice there are multiple other universes created. Think of it like a family tree. Each "branch" represents either the alternate choice you made or the choice you had to make because of another choice. I'll give you a scenario to explain this more. Imagine I had 2 choices for what I wanted to eat on a Friday night. Either Cake or Pizza. If I chose cake, then in turn it would influence the choice I would have to make the next day. The same goes for pizza. Each of these choices create an alternate universe; each universe contains one of the possible choices that you could have made. Pretty cool right? To me it seems cool. Just think about the life in another universe. Imagine if you could travel between parallel universes. Wouldn't that be amazing?? Some people think that in another universe world war 1 never happened. They think that if this major event never happened then we wouldn't have major tensions with the middle east. In other words, no terrorist groups would have formed. I guess I have said everything I wanted to say so I wish you good luck and bid you farewell. - **Alok Das**

## Hope



Gray clouds cover the sky,  
A darkness falls over,  
Outside the rain falls,  
Slowly, slowly,

Drip, Drop, Drip, Drop,  
Splatter, Splatter, SPLASH!  
The water falls more rapidly,  
Hitting the ground with a crash,

Crash, Crash, Crash, Crash,  
Heavy rain splattering,  
In the dark sky sun passes light,  
Through a hole in the clouds,

Like hope in fear,  
A beam of sunlight,  
A spark of hope,  
Falling through the darkness,

Alone,  
The only light,  
In the sky,  
Spreading hope

- **Arya Rimal**

## Editorial ( Who is that and Where is that?) - Continued from page 1

However, things that are non-materials, that are of mental characteristics, which lie within us, also changed with time, beginning from our young age to the adulthood and to the old age, almost continuously. Our interest or taste and hence our mind also reacted differently with the change in space and time. So our physical and mental state and hence all other physical and mental states or all non-material things are completely influenced in space time and have the characteristics of impermanence, some sort of dynamism caused by some energy bringing changes in them.

Due to their changing nature, none of these things could have any control to know why and also any capability to record all these changes, because it would have changed already. But all those changes that we are able to perceive and recollect from our memory in this way, seems to be somewhere lying within us, that awareness or that consciousness is always there; and interestingly it seems it is there just inside ourselves, completely within our own body. Surprisingly profound is to understand the fact that nothing has influenced this consciousness to change; it was there as far as we can remember, it is there now and hence it has not changed at all. So, as it was there ever, never changed, and so should be there ever too? That is the way it seems to be, because nothing seems to influence it to change. Therefore in order to know these characteristics of changes in physical and non-physical things, there is this something present there and constantly knowing all the changes, recording it and keeping them intact. And this one certainly appears to have not changed at all. Therefore there is this thing that is never changing and that it must be the one which knows and sees all the things that changed and changed all the time. Who is that and where is that who observe these changes? - **Bishnu Phuyal**



## Reflexes

If you were to step on a pin, what would happen? First, you would jerk your leg up and step back. Only after this would you process what happened and realize that you put your foot on a sharp object. This is because when your sensory parts detect danger, signals are sent to your spinal cord instead of your brain. The brain, which is too far from the sensory nerves to react quickly enough to potentially save your life, has no say in these movements, for the spinal cord is closer and can, therefore, react faster. It fires out signals that tell your body what to do, as in this case, where it made the leg jerk up. Afterward, the brain receives these signals and processes what happened and how to react, which is why you scream in pain a few seconds after you experience it. Reflexes are involuntary because you can't think your way out of them. Since the spinal cord first receives these signals, they control what your body does before the brain can even process it. Because of this, there is no way to escape reflexes. They are a skill that humans evolved to have, for it is designed to get them out of harm's way. So the next time you do something that invokes an involuntary response before you have a chance to fully process it, know that it is a method of protection that your body just used to help you.

- *Shikha Adhikari*



## Holi (The festival of colors)

Holi is the festival of colors and having fun with your friends and family. There is explanation why Holi is Holi. Long long time ago King Hiranyakashipu was given a boon that he had almost immortality he can't die on the water, air or land, he can't be killed by any weapons, can't die from humans or animals. Can't die day or night and last he can't die inside so outside. With that he thought he was the most powerful human on the galaxy. He was so crazy that he was powerful than God. So he said to the world that he is the one to be prayed. So then after many years Hiranyakashipu had a son Prahlada. Prahlada was a god supporter. Hiranyakashipu was mad and tried to kill his son. After many tries he got an idea. His sister Holika had a cloth that if she wears it she is resistance to any kind of fire. Hiranyakashipu made a fire and set his sister and Prahlada in the fire and Holika died. After that day the festival Holi was made. There are some parts to Holi the first one is family's gut wood for the fire to light and stock one food next they light up the fire and set his sister and Prahlada in the fire and Holika died. After that day the festival Holi was made. There are some parts to Holi the first one is family's gut wood for the fire to light and stock one food next they light up the fire and celebrate the victory is good against evil. Then they play with colors with family. Last they would take a bath and wear nice clothes and eat sweets with relatives and friends. Holi is celebrated by many cultures. I hope you have a happy Holi.

- *Aarogya Regmi*



## The Calling

(To Commemorate Earth Day and Arbor Day—Apr 22nd and 28th)

Imagine a world  
Where winter was freezing cold  
In spring, the birds sang lovely tunes  
Summer was warm with a shimmering sun  
And fall would be filled leaf piles  
In the lovely afternoons

That's what the world should be like  
That's what the world was  
Until one day, we decided Earth didn't matter  
enough  
And that mother nature would always provide  
for us

But that has not been the case  
Because we're destroying our only home  
The land that we've been evolving with  
Has stopped letting us roam

The animals that have helped us out  
In our early years of civilization  
Are now being killed by us  
Their homes being replaced  
With our selfish desperation

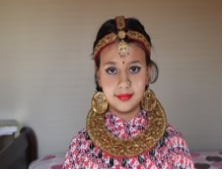
The plants that have worked hard  
To provide all they can  
While reaching our unimportant demands  
Have suffered unnecessary dying  
At our extremely careless hands

Earth needs our help  
And since we're causing the falling  
We have to do everything  
To answer the calling

- *Deepa Phuyal*

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active  
contributor.**



## Hello Spring

I would like to watch the flowers grow  
I would like nature do its thing  
I would like the gentle breeze to blow  
Hello, Spring

Hello, Spring  
The sun is shining  
I like what nature will bring  
Animals aren't hiding

The bees are buzzing  
The birds are chirping  
If there's anything bad it's nothing  
The birds are chirping  
The bees are buzzing

Animals aren't hiding  
I like what nature will bring  
The sun is shining  
Hello, Spring

Hello, Spring  
I would like the gentle breeze to blow  
I would like nature to do its thing  
I would like the flowers to grow

-Simran Adhikari



## बाटो देखाऊ सत्यताको

मेरा गल्लीहरुलाई, प्रष्ट देखाई दिन ।  
तैं चुप मै चुप संस्कारलाई, सधैं बिदा दिन ॥  
आऊ आऊ सबै आऊ, दिल उघारेर ।  
बाटो देखाऊ सत्यताको, ढिलो नगरेर ॥

ठुला महल चिल्ला गाडी, ऐस आरामको ।  
सपनाले भ्रष्ट पार्यो, बाटो सत्यताको ॥  
आत्मासात् गरौं अब, बाटो सदाचारको ।  
गलत सपना देख्नु छैन, पथ भ्रष्टाचारको ॥

दुई दिनको चोला हाम्रो, सोच विचार गरि ।  
मनको मैलो फाल्नै पर्छ, कोसिश गरि गरि ॥  
मनको मैलो फाल्न सके, सुरु हुन्छ ध्यान ।  
ध्यान गर्न सक्यौं भने, आफैं मिल्छ ज्ञान ॥

अर्ति उपदेश भन्दा, बनौं आफैं ज्ञानी ।  
असल बानी सिक्नु पर्छ, जसको भए पनि ॥  
यो बानीले हिडाउनेछ, सत्यताको बाटो ।  
मित्रताको गाँठो कस्तै, हटाउनेछ फाटो ॥

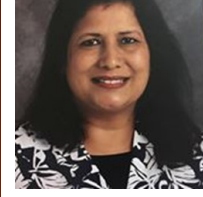
पराईका आनीबानी, खराब भए जति ।  
छोड्ने प्रण गरौं आजै, देवी देउता भाकी ॥  
लप्पन छप्पन त्यागौं अब, झेली खेलको दुलो ।  
सादा जीवन उच्च विचार, सबै भन्दा ठुलो ॥

- सत्यदेव न्यौपाने

## Pencil Sharpener

When my pencil is dead,  
I bring it to the shed,  
It fixes my pencil right up,  
I never knew it did that stuff!  
Sometimes my pencil gets broken,  
On the other hand it gives me a pokin.  
Buzz Buzz Buzz Buzz  
Sometimes it gets all FUZZED up!

-Koyel Bastola (2nd grade)



## म के नामले संम्बोधन गरू तिमिलाई

म के नामले संम्बोधन गरू तिमिलाई  
आमाबुवा भनु कि गुरुआमा, गुरुबुवा  
रामसिता भनु कि शिवपाबती  
राधाकृष्ण भनु कि लक्ष्मीनारायण  
सानीआमा, सानोबुवा भनु कि  
ठुलीआमा, ठुलोबुवा

म के नामले संम्बोधन गरू तिमिलाई!!!

डगमगाएका ति मेरा साना खुट्टाहरुलाई  
हाथका साहारादिई उठाउने मेरो बुवा  
भगवान विराट स्वरुप हो तिमि भनु कि  
जस्तो परिस्थितीमा पनि धैर्य राख्न सक्ने  
सदैव प्रफुल्लताको आभास दिने  
नवदुर्गाको आभास हो मेरी आमा भनु कि  
म के नामले संम्बोधन गरू तिमिलाई!!!

अतिसय भएपछि पृथ्वी जस्तै एकैछिनमा  
भुक्मपको रूपमा देखापरि शान्त र स्थिर  
भइदिने धर्तिमाता भनु कि मेरी आमा  
गड्याङ्गुडुन भइ आकाश गर्जिए जस्तै  
गर्जिए पनि आफ्नो कर्तव्य पालन  
गराइराख्ने कहिल्यै नथाकेको जस्तो  
प्रतिबिम्ब देखाउने धर्तिलाई ढक्कमक्कपारी  
ढाकिदिने छातारुपि आकास भनु कि  
म के नामले संम्बोधन गरू तिमिलाई!!!

एकै फोनकलले मरुख परिदिने  
पवित्र ममताको खानी भएकी मेरी माता  
तिमि हारथीमाताको रूप हो भनु कि  
पवित्र किरणको प्रकासले सदैब अंगालीरहने  
शिवको रूप हो भनु कि मेरो पिता  
म के नामले संम्बोधन गरू तिमिलाई!!!

जे नामले संम्बोधन गरेता पनि  
तिमि दुवै एक रथका दुई पाङ्गुरा हो  
आमा जो आँखा नचिम्लनजेल माया गर्ने  
बुवा जो बाचुन्जेल बाटो देखाउने  
कहिलै आशिरवाद दिन नथाक्ने  
सदैव निस्वार्थ माया ममताले ओतप्रोत गरि  
अंगालोमा बाधिरहने तिमि मेरो जन्मदाता  
म के नामले संम्बोधन गरू तिमिलाई!!!

- बुलु जमकटेल