

10TH TEMPLE
PUJA
ANNIVERSARY

CONGRATULATIONS

TO ALL THE
DEVOTEES AND
VOLUNTEERS

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Welcome to Chicago Chautari Times - 87th Edition



Monthly Puja and pace of our progress

Among many Nepalese living in Nepal or elsewhere or other men and women in the world, those of us living in the United States of America are very fortunate. This is very satisfying to us, our children, our parents, our relatives and our friends. Most of us are very educated, skillful, accomplished and successful. These are very significant matters not simply to us but to our community here, the American society and to our motherland. This is the outcome of our own hard work and diligence, inspiration and contribution of our parents and to some degree our own luck. We must feel very happy. Even so we desire for stronger friendship among ourselves, try to find time to participate in social, cultural and religious events and functions and also contribute for to the diverse community here like we have in Nepal. To create the environment and engage ourselves in various activities we are interested in or have obligations to perform, there is additional demand of our contribution and sacrifice in the form of time and attention so that we put ourselves for more care for our community and satisfy its needs and demands. This is more essential in our case, because we are recently immigrated and a small group of people with much more things to do.

Since nothing is impossible if we want. This is truer in this country. Over time we have understood how other communities have become successful. We are beginning to follow that or even better path for our future. To accomplish success and fulfill our needs, we are taking different steps along the way. We have established social organizations, conducting various social and community events, organizing social service events, and so on.

In Chicago we also have various social programs such as celebrating New Year and national festivals, conducting cultural and religious functions, regular Satsang in temple, charitable and community events, and so on. The Satsang program, commonly known as Monthly Puja, was started in June 2006. This program can be viewed in many different ways. Because it has produced many benefits. Primarily it is thought of as a religious function. But it is more than that. It includes puja, bhajan/kirtan, community news/updates, Prasad (launch) and children school program also.

On the completion of the tenth anniversary of this program, it is truly a moment for us to think its many dimension by which all of us are benefitted. Everyone who organize and participate in this program regularly or attends sporadically or for a first time visitor can see its value and its influence in our community and beyond. We developed this into a program that always happens on the first Saturday of every month. People know it so well that one can come in this event to meet many Nepalese and enjoy our religious, social and culture values. The event as a whole have united all of us like one family. Our children can see and learn some glimpses of our age old culture that respects every living beings and view all are equal. We must congratulate ourselves for this success, continue to make progress in it and celebrate this day with joy.

- Dr. Bishnu Phuyal

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आरोग्यता र सार्थक जीवनको सरल बाटो

करिब आधा शताब्दी अघि सम्म विशेष ज्ञान भएका स्वास्थ्य विज्ञानका ज्ञाता डाक्टरहरु, कविराजहरु तथा योगगुरुहरु जस्ता सिमित मानिसहरुलाई मात्र जीवन कसरि निरोगी बनाउन सकिन्छ भन्ने ज्ञान थियो र त्यही ज्ञानको उपयोग गरि रोग लागेका मानिसहरुको उपचार गर्ने तथा रोगहरुबाट बच्ने उपायहरुको सल्लाह दिने गर्दथे । यी स्वास्थ्य विज्ञानका ज्ञाताहरु पनि सबै सर्वसाधारणका लागि उपलब्ध हुने अवस्था थिएन । त्यो समयमा केहि मानिसहरु निको हुने घातक रोगबाट ज्यान गुमाउन बाध्य हुन्थे भने केहि मानिसहरुको मृत्यु के रोग लागेर भयो भन्ने कुरा समेत थाहा हुँदैनथ्यो । त्यतिबेला युरोप अमेरिका तिरका विकसित मुलुकहरु वाहेकका धेरैजसो स्थानहरुमा शिक्षाको राम्रो व्यवस्था भैसकेको थिएन । तसर्थ त्यस समयका मानिसहरुको ज्ञानको स्तर आफू बसेको समाजमा उपलब्ध हुने ज्ञान भन्दा बढी हुने सम्भावना कमै थियो ।

आजभोलिको समाज माथि उल्लेख गरिएको भन्दा धेरै धेरै विकसित भैसकेको छ । रोग पत्ता लगाउने बिधि, उपचार पद्धति र औषधि विज्ञानको क्षेत्रमा पनि अकल्पनीय प्रगति भएको छ । सूचना तथा संचारको क्षेत्रमा भएको क्रान्ति र विश्व भरि फैलिएको हवाई यातायातको संजालले अरवौंको संख्यामा भएका मानिसहरुलाई एउटा परिवार जस्तो बनाईदिएको छ । यो चाहिँ क्षेत्रमा ठुलो प्रगति हुन सकेन भन्ने कुरा नै बाँकि रहेन । मंगलग्रहतिर वस्ती वसाउने वारेमा अध्ययन अनुसन्धान हुन थालेको छ । यस्ता कैयौं अकल्पनीय उपलब्धिहरुको विश्लेषण गर्दै जाँदा " कुनै दिन शिकागोबाट न्युयोर्क हुँदै एटलान्टिक महासागरभित्रको किर्तिम सुरुङ्गमार्ग (काल्पनिक) बाट जर्मन (टर्की/अफगानिस्थान) भारतको नयाँ दिल्ली भएर -काठमाडौँ सम्मको कार वा रेल यात्रा सम्भव हुन्छकि झैं लाग्न थालेको छ "।

चौतर्फी विकासको पराकाष्ठा यो बिन्दुमा आईपुग्दा मानिस भने हिजो भन्दा आज र आज भन्दा भोलि किन झन् झन् रोगी, दुखि र आक्रान्त हुँदै गइरहेको छ त ? यो नै हाम्रो अगाडी उभिएको सबै भन्दा ठुलो र डरलाग्दो प्रश्न हो ।

के को कमिले हो त यस्तो भएको ? ज्ञानको कमीले हो ? होइन ! अर्ति उपदेशको खाँचो आज छैन किनकि टेलिभिजन र रेडियोले जीवनलाई सजिलो सुखी र स्वास्थ्य कसरि बनाउन सकिन्छ चौबिसै घण्टा प्रसारण गरिरहेका छन् । त्यति मात्र होइन मानिसहरुको हातहातमा मोबाइल फोन र कम्प्युटर छन् जसको एउटा बटन थिन्ने बित्तिकै अपार सूचना र ज्ञानको भण्डार खुल्दछ । पहिलाको तुलनामा आवासमा, यातायातमा, खानेकुरामा, लगाउने कुरामा आदि सबैमा सुबिधा बढेकै छ, यी पनि समस्याका कारक होइनन ।

त्यति ठुलो समस्याको कारण सबैले जानेको सबैले बुझेको कुरा " थाहा भएर पनि नगर्ने वा हेल्चक्रयाँई गर्ने बानी हो " । कसरि यस्तो बानीले मानिसलाई रोगी, दुखि र असक्षम बनाउछ भन्ने कुरा लाखौं मध्ये तलका केहि उदाहरणले प्रष्ट पार्दछ ।

चुरोट तथा लागु पदार्थको सेवन गर्नाले विभिन्न रोग लागि करोडको संख्यामा मानिसहरु लामो समय सम्म दुखि जीवन बिताई रहेका छन् भने उत्तिकै संख्यामा प्रति बर्ष मृत्यु वरण गर्न बाध्य छन् । यो कुरा दाउरा चिरेर जीवन चलाउने निम्न स्तरको मानिस देखि विश्वविद्यालयको प्राध्यापक सम्मका सबैलाई राम्ररी थाहा छ । यीनै मानिसहरु रक्सि वियर चुरोट सेवन गरि बाँकि जीवन दुखमा बितायर मृत्युको मुखमा धकेलीई रहेका छन् ।

- सत्यदेव न्यौपाने (Continued on page 4)

A World without Rules – Simran Adhikari

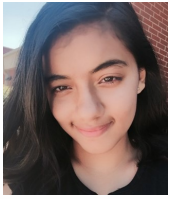


If you're a kid and you already read the title you're probably thinking "that sound AWESOME!" Because a world without rules allows you to goof off and have fun all the time, not go to school, and much more. But I'll give you an example of what the world would look like. In this world there is no speed limit so there are lots and lots of accidents, but there'll be doctors to save the drivers, right? Wrong, without any rules doctors wouldn't come to work so no one could save the drivers or if there was a thief and he stole the most precious thing in the world and you saw the thief you could contact the police and show them the evidence with the video cameras in the store, right? Wrong, firstly the people who own the store wouldn't put cameras or anything and secondly the police wouldn't go to their jobs because they didn't need to. You get my point here? Be glad we live in a world with rules, so the next time you get in trouble for breaking the rules you should probably remember that the rules are to makes sure you're safe and breaking them wouldn't be safe.

NEWSLETTER CONTRIBUTIONS -Apr 2015 thru Mar 2016

Kids - Max no. of Contributions	No. of Articles	
1st	Simran Adhikari	11
1st	Shikha Adhikari	11
2nd	Kunjil Bastola	10
2nd	Aarogya Regmi	10
Contribution by Kids		No. of Articles
1	Shikha Adhikari	11
2	Simran Adhikari	11
3	Aarogya Regmi	10
4	Kunjil Bastola	10
5	Aarya Regmi	8
Most Creative Writing Award		
Rhitom Mishra		

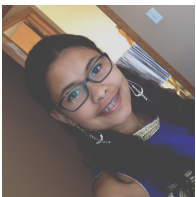
Contribution by Kids	No. of Articles	
6	Deepa Phuyal	4
7	Rhitom Mishra	3
8	Isha Mishra	2
9	Arya Rimal	1
10	Ashna Rimal	1
11	Rohit Joshi	1
12	Sanskriti Phuyal	1
13	Sasu Tuladhar	1
14	Utsav Joshi	1



Ninety Eight

It's 3:46am on a Tuesday, and you finally get into bed. Your phone is in your hand, and seconds later, you're on Instagram, thinking, "I've deserved it. I've been working hard all day. It'll just be ten minutes." Right. You start scrolling through your Instagram feed, double-tapping as one does and you stop at one girl at the beach, and just stare. God, what I wouldn't give to be her, you think. Then you shake your head, remember you're an atheist, and shut off your phone to sleep. It's 6:28am on a Wednesday, and it's taking you way longer to decide what to eat. You're looking at the Nutrition labels wondering why the numbers are printed so small when they have values so large. You decide not to go for the cereal you wanted, because it has way too many calories, and you really should think back on that diet you've been meaning to start anyways. You don't remember that you know nothing about how many calories you should be consuming. It's 11:19pm on a Monday and you hope your friends don't notice that your lunch was an apple and a granola bar. Boy, they'd be mad. They have too much to worry about anyways, and you wouldn't want to give them more to think about. It's 8:03pm on a Thursday and you're suddenly not as hungry as you normally are. You're body's finally getting used to eating like a normal person. Good job, you think. Maybe in a couple weeks you'll look good enough to actually post something on a beach. You don't remember the picture, you don't even remember that night. It doesn't matter. It's 12:02am the next Friday, and you're standing on a scale. 98.

- Rhitom Mishra



The Reality of Inequality

It's near the middle of 2016 in the United States, one of the most developed countries in the world. We are among the smartest generations yet we can't seem to solve a simple issue that has been a problem in the human race for generations—gender inequality.

Although people don't act like it, women are not completely equal to men. This is evident in the very places that determine the future of the world, schools. Even now, most students are practicing rules such as those in the dress code that are clearly enforced more toward girls. Male students are constantly breaking these rules, and most bystanders have reported that not once have they seen any of them get into even a fraction of the trouble girls would have encountered in that situation. What kind of a world will the future hold if it was run by the same minds that were taught that the education of men is more imperative than that of women?

But this is not the only thing that suggests males are of more importance. Huffington Post states, "By the time a college-educated woman turns fifty nine, she would have lost almost eight hundred thousand dollars due to the gender wage gap." The fact that there even is a wage gap shows just how unfair the United States is to women.

The Constitution says all men are created equal, and it seems this does apply *only* to men since society refuses to put men and women on both sides of the equal sign.

- Shikha Adhikari



यहाँ यस्तै छ॥

अरूका झोला बोकेर
अमेरिका छिर्नेहरूको
अहम्कारको सिमा छैन
झोला बोकेर फिर्नेहरूको ।

आफुलाई महान ठान्छन
अरूको झोला बोकेर छिर्नेहरू
आफुलाई बादशाह ठान्छन
अरूको झोला बोकेर फिर्नेहरू ।

आफु सानो छदा बाउ बाजेले
माटोले पोतेको घरमा बसेको
भुल्छन छिमेकीको झोला बोकेर
महान ठान्छन अमेरिका छिर्नेहरू ।

बाउको कमिजको टाँक चोरेर
पल्लो गाउँमा खोप्पी खेलेको
साँच्चै नै भुल्छन झोला बोकेर
पाहुना बनी अमेरिका छिर्नेहरू ।

यहाँ यस्तै छ॥
अरूका झोला बोकेर
अमेरिका छिर्नेहरूको
अहम्कारको सिमा छैन
झोला बोकेर फिर्नेहरूको ।

घरका थाँगा टाला टुली बटुली
गाउको चोरीमा भलिबल खेलेको
भुल्छन अरूको झोला बोकी
बिद्धान ठान्छन अमेरिका छिर्नेहरू ।

आफ्नै घरको पाखा बारीमा
दिनभरी हलो जोतेको पल
भुल्छन अरूको हात समाउदै
सुसारे बनी अमेरिका छिर्नेहरू ।

थाहा छैन नैतिकता पतन भएको
तर पनि आफुलाई महान ठान्छन
भुली हाल्छन अरूको झोला बोकेर
शणार्थी बनी अमेरिका छिर्नेहरू ।

यहाँ यस्तै छ॥
अरूका झोला बोकेर
अमेरिका छिर्नेहरूको
अहम्कारको सिमा छैन
झोला बोकेर फिर्नेहरूको ।

- मिन दर्लामी

आरोग्यता र सार्थक जीवनको सरल बाटो (Continued)

राजमार्गमा सवारी साधन चलाउने सबै चालकलाई सवारीसाधन चलाउदाचलाउदै मोवाईल फोनमा टेक्सट गर्दा वा कुराकानी गर्दा दुर्घटना हुन सक्छ भन्ने कुरा राम्ररी थाहा छ। तर यहि कारणबाट हुने दुर्घटनाले वर्षौं पिच्छे लाखौं मानिसहरुले अपाङ्ग हुन ,रोगी हुन र ज्याननै गुमाउन परि रहेको छ।

आजभोलि सबैजसो मानिसलाई व्यायाम गर्नु पर्छ भन्ने कुरा थाहा भैसकेको छ । घन्टौं घण्टा फेस बुक र कम्प्युटरमा बिताउन टाईमले छेक्दै न तर मानिसहरुलाई योगा तथा व्यायाम गर्ने आधा घण्टाको टाईम उपलब्ध हुन सकेन भन्ने गरेको सुनिन्छ। योगा तथा व्यायाम नगरेका कारणबाट लाखौं मानिसहरुको शरीरमा रोगसंग लडने क्षमता कमजोर भई रोग बेसाउन बाध्य भएका छन् ।

बिजुलीको सुबिधा भएको घर खोलाको किनारमा भएको मानिसलाई बिजुलीको करेन्ट खोलामा लगाएर माछा मर्ने काम गर्दा ज्यान जान सक्छ ,तुलो धन जनको क्षति हुन सक्छ भन्ने कुरा राम्ररी थाहा हुन्छ तर त्यसै गरेर दुर्घटना भएका खबर बेला बेलामा सुनी रहेका छौं ।

एउटा विद्यार्थीलाई समयमै राम्ररी अध्ययन नगरे परिक्षामा असफल भईन्छ भन्ने कुरा पुरै थाहा हुन्छ तर राम्ररी अध्ययन गर्दैन, असफल हुन्छ ।यहि कारण बाट विद्यार्थी आफैले आत्मा हत्या गरेका वा आमा बाबु धेरै ठुलो शोकमा परेका थुप्रै घटना पनि सबैलाई थाहा छ।

माथिका दृष्टान्तबाट यो कुरा छर्लंग हुन आउँछ कि आफैले दैनिक जीवनमा गरेको सानो भुल वा गलत कामले नै मानिसलाई दुखि असक्षम र रोगी बनाउँदो रहेछ।

“तसर्थ समाजमा घटीरहेका घटनाहरुलाई राम्ररी मनन गरि दैनिक

जीवनमा गरिने साना देखि ठुला (पानि पिउने देखि , अरु मानिससंग

कुराकानी गर्ने ,घर निर्माण गर्ने ,हवाई जाहाज उडाउने सम्मका आदि)सबै

काम गर्दा त्यो कामले कस्तो परिणाम निम्त्याउँछ भन्ने कुरालाई ध्यानमा

राख्दै असल खानेकुराहरुको पहिचान गरि खाने नियम ,निन्द्रा पुग्ने गरि ठिक

समयमा सुत्ने नियम र प्रत्येक दिन व्यायाम गर्ने नियमको पालना गर्नुको

साथै आफ्नो सामर्थ्य अनुसार केहि निस्वार्थ सेवा गर्न सके नियमको

पालनाले अमेरिकाको सडकमा गुडने करोडौं सवारी साधन हरू सन्तोष

जनक ढंग बाट संचालन हुन सम्भव भए झैं हाम्रो जीवनलाई पनि धेरै हद

सम्म सुखी निरोगी र सार्थक बनाउन सम्भव छ” । सबैमा चेतना भया

- सत्यदेव न्यौपाने



Luminous Dreams

I paint your portrait with the brush of light.
I am showered with the flowers of delight.
Gazes locked to search the mystery of love,
Are more beautiful than the heaven above.

The warmth melts the glaciers of gloom,
There comes the spring full of joyous bloom.
The liquid joy flows in the distant wild streams,
The love lives in everlasting luminous dreams.

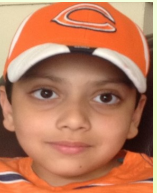
- Tilak Joshi



Jupiter

Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, and Neptune. Those are the eight planets in our solar system, from the closest to the sun (Mercury) until the farthest from the sun (Neptune). Jupiter is the fifth planet away from the sun, or 483.8 million miles away from the sun. Jupiter is also the largest planet in this solar system. The mass of Jupiter is one thousandth (1/1000) that of the sun. Jupiter's orbital period, or the time it takes for Jupiter to orbit all around the sun is twelve Earth years. And the length of each day on Jupiter

is nine Earth hours and fifty-six Earth minutes. Jupiter has over forty moons, Jupiter also has a great red spot. This is a gigantic storm that has raged Jupiter for hundreds of years. Jupiter has three rings, two outer rings and one inner ring. The inner ring is called the halo, and the two outer rings are called the gossamer rings. Humans have been researching all the planets for years and have seen much change. So, even if you only look at Jupiter tomorrow it could be different than what you read about, heard about, or saw today. - Arya Rimal



If we don't have money \$

If there was no money in the world people might do some things. They would trade items so that each person wants the thing they want the thing they want to get.

Like if I need a light bulb and my neighbor has one he will give me it unless I give him something for return. If he needs a battery and I have an extra I will give it to him for the light bulb. People did jobs to get the thing that they need. Like if I did the laundry for someone they will give me small things like one piece of candy, 1

gram of rice, one potato and more. If I did the laundry, make dinner and water the plants I would get a lot more long lasting objects. Lucky we have money so that means that we can get things that we need. A house, table, chair, car, Windows and many more. There are more things that we can get since we have money!!! - Aarogya Regmi