

MAY 2017
NEWSLETTER

98th EDITION

WISH YOU ALL A VERY
HAPPY NEW YEAR
2017

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announcements, articles,
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quotations, poems, write
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Welcome to Chicago Chautari Times - 98th Edition



बुद्धं शरणं गच्छामि। धर्मं शरणं गच्छामि। संघं शरणं गच्छामि।

Buddham śaraṇaṃ gacchāmi. Dharmam śaraṇaṃ gacchāmi. Saṅgham śaraṇaṃ gacchāmi.

I take refuge in the Buddha. I take refuge in the Dharma. I take refuge in the Sangha.

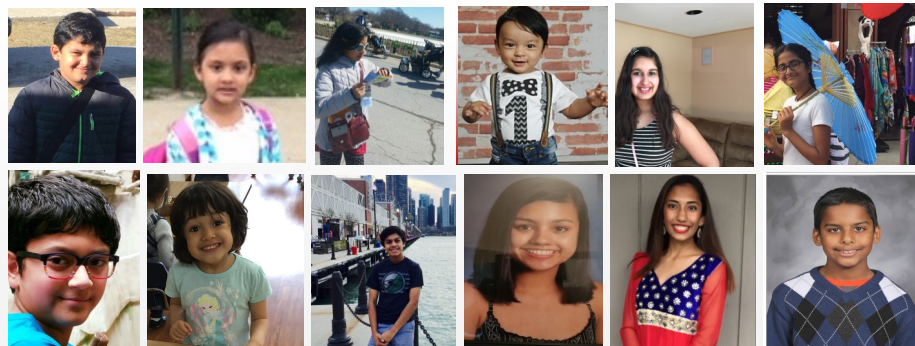
Significance of Buddha Jayanti ~

Born in Nepal 2560 years ago, Buddha Jayanti (Buddha Purnima) will be observed on May 10, 2017 this year. This day is celebrated by all in remembrance of Lord Buddha in Nepal and worldwide. Considered the ninth incarnation of Vishnu, Buddha Jayanti will be observed in Chicago on Saturday May 6, 2017 at Shree RadheShyam Temple 245 S. Bloomingdale Road, Bloomingdale, IL-60108 during the regular monthly puja to remind us of the simplicity of Buddha's teachings and their effectiveness towards knowing and gaining our potential by praying and worshipping for peace and compassion.

Buddha's noble eight fold paths are: Right View, Right Thought, Right Speech, Right Conduct, Right Livelihood, Right Effort, Right Mindfulness and Right Concentration. Buddha travelled and taught to liberate human beings from the misery and sufferings and attain Nirvana based in these principles. With is unwavering conduct in following these principles, Buddha attained *enlightenment*, to become free from all faults and mental obstructions, in 588 BC and attained Nirvana at the age of 80. His teachings and their effectiveness spread all over the world. He was able to bring peace and happiness to many in his life time and even today by showing the importance of the eight fold path and preaching meditation to be able to follow those paths

Each and every one of us today easily understand those simple eight principles. We simply think that those are simple to adhere in our life. Yet, if we sit down in a quiet room for some time and begin contemplating on many things we did or we didn't in our journey of life carefully day by day, slowly it will be obvious how many times we wavered and break those principles in our thoughts or in our actions. We also can know that they are actually not so simple to adhere to. What we also know for sure is that only Buddha and a few others in human history were able to understand the greatest power needed to follow these simplest principles. Some of those who followed his teachings were Mahatma Gandhi, Dalai Lama, Nelson Mandela, Mother Teresa, etc. They showed us that non-violence, peace and compassion to all sentiment beings to emerge from the meditation, study and adherence of his teachings. By following his teachings, they were able to bring all human of different faith, color, ethnicity and personal opinion closer to each other. Therefore Buddha teachings are universal, equally important today as they were in the past and will remain important for eternity. - Dr. Bishnu Phuyal

~ Happy Birthday and Congratulations ~



Top row:

Aaran Thapa
Adhista Rimal
Angel Pandey
Duvir Gurung
Ashna Rimal
Sita Kharel

Bottom row:

Pramshu Parajuli
Aarya Rayamajhi
Kashish Bastola
Rhea Joshi
Mona Pudasaini
Ronit Jha



Shoe Drama — Alok Das

So recently I bought some new shoes because apparently it's not normal to be walking around in shoes that have 5 entrance points for water. Anyway back on topic, before I got these shoes I never realized how dirty our world actually is. Seriously with my old shoes I could walk through a 10 miles of mud and I wouldn't give it a second thought. But when I got my new shoes everything changed. Now I was less willing to walk through the muddy ground. It was as if I had bad eyesight and now I have finally put on glasses. Before I would walk into a grocery store and wouldn't mind at all if it was dirty. But now I can see every spec of dirt that is on the floor. Whenever I have to go shopping with my dad or mom I'm on a mission to keep my shoes clean. I slowly move from tile to tile in the grocery store because I know some tiles are dirtier than others. I bring books when I go shopping hoping to take my mind off the dirty floor that I will have to inevitably face. Instead of figuring out what food stuff I need to buy for this week I sit on top of the boxes of toilet paper inside the home cleaning section reading the books I brought. Sadly none of those strategies work. I still get my shoes dirty and I can never get all of it off. But funnily enough there is a very very simple solution. All you have to do is step into a puddle. Extremely simple right? When you step into a puddle it pretty much naturally cleans your shoe without having to spend any money. Enter the puddle with dirty 2010 shoes and exit with \$200 Jordan's. Pretty darn cool.

Flowers

- Arya Rimal

The bees buzz,
Around a bud of colors,
Yellow, Orange,
Red, and Pink.
The colors spread from paper and ink,
Like a rainbow on the ground,
Colors blossom,
Like a sound.
Bzzzz, Bzzzz,
The bees go 'round,
The flowers start to bloom,
All over town.
Months, and months pass,
As these beautiful flowers have blossomed,
Putting colors in our world,
Live bundles of joy, the bloom!
Petals fall,
Spring slips away,
And into Autumn,
We fall!



DC Trip and President Lincoln – Isha Mishra

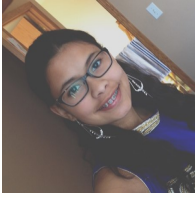


This spring, I went to Washington D.C. It was very fun. We went to the museums, the Washington monument, and the Lincoln memorial. The Lincoln Memorial was the highlight of the trip. I wanted to love the memorial because I really like President Lincoln. I know almost everything about President Lincoln--like how many sons he had, who his vice president was, and who the First Lady of the United States was, Mary Todd Lincoln. I know a bunch of fun facts about him, like the fact that he was born in Kentucky, and that he was very, very tall. Every time I get to choose a president to research I always pick President Lincoln. Anyways, when we got to the Memorial, my sister took some pictures of me with the statue of President Lincoln. Then, we read the Gettysburg Address, a speech President Lincoln gave a very long time ago. At first, I had no idea what it meant. But then, my sister explained to me what it meant. I thought it was very spiritual. I really enjoyed this trip. It was the absolute best trip I have ever experienced with my family. I hope that we can go on a trip as amazing as this trip sometime soon.

चरी भए उडी आउँथे... - बुलु जमकटेल



तिम्रो छत्रछायाँको वरिपरि नयाँ बर्ष कै दिन,
आफ्नो नयाँ उमंग र उत्साह बोकी
बितेका दुःखसुखको ढणलाई एक तर्फ राखी,
परदेशी जीवनलाई त्यागी
स्वदेश फर्कने आशा बोकी!
चरी भए उडी आउँथे...
तिम्रो छत्रछायाँको वरिपरि नयाँ बर्ष कै दिन,
नयाँ विश्वास र नयाँ अटोट राखी
ऋतुझै अनेकाँ उतावचडाबलाई पार गर्दै,
आफ्नो मातृभूमी, जन्मदाताको छत्रछायाँको वरिपरि
नयाँ संकल्पलिई नयाँ किरणको आशा बोकी!



Was Joseph Stalin A Good Leader? - Shikha Adhikari

We all know Stalin as a ruthless person who went through any means necessary to ensure his position in the Russian government. He led the Soviet Union with blood on his hands through World War II. Although today he is a known villain in history, there is still a debate on whether or not he was a good ruler.

To be an effective leader is to think of the country as a whole and lead with the desire of the people in mind. Stalin did both while also not doing either. He drove Russia to industrialize and become modern while slaughtering the people of a nearby country to do so. Many Ukrainians were killed so Stalin could take their farms to feed Russian people. This made Russia easy to antagonize, but mostly it contributed to leading the country into a devastating war. Most of the Russians in this point in time did not care whether they became modern or not, but Stalin, being a mastermind of persuasion (along with the occasional convictions of people who disagreed with him), convinced them that this is what needs to happen for the country to be able to compete with Europe. This would have been his main goal even if the people didn't agree, but luckily for him, this time of devastation felt worldwide after World War I meant that people are accepting of new ideas to move them out of depression.

Throughout the period of his leadership, Russia gained a civilized society that went from unindustrialized to a leading country in industries. However, none of the achievements washes away the blood that Stalin shed or the lies he fed to make this possible. So was he a good leader? It's up to you to evaluate that.



The Tortoise and the Hare

Long long time ago there was a race that will be remembered. The race had two competitors the hare and the tortoise. The tortoise was a slow fellow and then we

have the hare fast, lightning speed and he has a room full of gold medals not even one silver medal in that room. Hare called that room the quick room because all of the medals were won in races nothing else. Then tortoise has a room full of last place things like a bronze trophy or a bronze medal, but after the one race the tortoise had he was rich. Hare and tortoises had a fight over who was the best. The mayor of the town said they will find out by a race. The mayor put a map up. It had a picture of the track. It around the woods and back were they started. The race began!!! The hare went with a dashing start and was a quarter in the track in 1 minute and the tortoise 10 minute away from the finish line. The hare was bored and he wanted a challenge so he takes a rest, but he didn't know that after 3 seconds that he was sleeping. When the hare woke up the tortoise had won he had slept the whole race. The hare was sad. There was a deal that if the hare won the tortoise was needed to go out of the city. If the tortoise won he would switch houses with the hare!! After that the hare learned that don't judge the person by the speed it is by the way!! - Aarogya Regmi



Addicted Danger - Boy Dies Playing Too Much Video Games



A boy who was playing a game died after reportedly playing the game for 22 DAYS straight. The 17-year-old, who had broken his leg and was bored at home, so he played video games, He saw his character die on screen before he passed away at home. He was playing this game and only stopped to sleep and eat. It is stated that the addicted gamer spent more than 2,000 hours playing the game in the last year-and-a-half. It's a schedule which works out at around six-and-a-half hours a day non-stop sessions over 22 days leading to his death.

According to Kids' Health.org, Kids and adolescents who play more than 2 hours a day can become overweight, have bad stamina, lose friendships, have blood clots, dehydration, deep vein thrombosis, blurry vision, eye irritation, light sensitivity, neck and shoulder pain, and many other health risks.

So what's the main cause for video game addiction, anyway? Well, there are two main reasons. One of those reasons is that we like to be in control. Lots of people like to have control because they don't have control over a lot of things, but when they got a taste of it, they wanted more. The second reason is that we like to feel that we're good at what we do. When you not good at something, you have the urge to not like it and vice versa. So being good at video games makes you like it more and want it more.

So, what's the point of this, anyway? This is to tell people that you should never play video games more than 1 hour a day. It also shows what happens if you do play more or if you get addicted.

-Simran Adhikari

Women are as strong as men

In this modern age, the practice of gender discrimination has almost ended in the developed countries. It is still in practice in the developing countries like Nepal. The women of the rural and western districts of Nepal are still discriminated in the society.



Women are as brave as men. There is a lot of example related to this. In every sectors women are as strong as men. In politics, management, literature, adventure, sports and other professions like doctor, pilot, chef, etc. Even in the urban and developed areas of Nepal, women are respected. They are given more priorities and opportunities. Bidhya Devi Bhandari has been elected as the President of Nepal. It has helped a lot in women empowerment of our nation. **Hillary Clinton**, Queen Elizabeth are some more examples. In adventure, Nepalese ladies, **Mira Rai** and **Pasang Lhamu Sherpa** are famous throughout the world. Mira is an ultra-runner whereas Pasang Lhamu is the first Nepali woman to climb the Mt. Everest. Jun Ko Tabei is the first lady in the world to climb Mt. Everest. **Anuradha Koirala** is the leading example too. She has also inspired others for social work. I am also inspired by her work. **Puspa Basnet** is same kind too. They are working for women empowerment in Nepal and rescuing the victimized girls from India. Many women have been famous through sports too. There are more examples like this, in Nepal only.

Nepalese women have to struggle a lot to do anything. Some of them really work hard to achieve their dream and succeed too. Now, almost every lady in Nepal is self-dependent. Still women of some of the places are not aware about the women rights; which take them backward from the society.

Rather than any other high post professions, my one and only dream is to make the Nepalese society free of gender discrimination. I will make my nation developed. I will make all proud on women and their work. I will enhance women rights too. All the young talent girls will come up and make the nation proud and famous. The above mentioned names are my inspirations. I will work very hard to make my dream come true.

- Sanskriti Phuyal, Kathmandu

मेरो आमा - डा. श्रुती खड्का मिश्र

सजिलो हुन्न रहेछ आमा

तिम्रो बारे कविता कोर्न

तिम्रो अशिम ममताको कथा

दुइ चार शब्दको मालामा उन्न

तिम्रो म सहस्र हर्षको बारे लेखौं कि

लेखौं तिम्र अनन्त मायालु हृदय बारे,

तिमीले दिएका खुशिहरु मूरी मूरी छन

लेखौं कता खुशीका शिखरहरुको बारे,

की प्रेस गरौं तिम्रा क्षमादानको नमूनाहरु

या माया बादेर मायामा बाच्च दिएका सिख बारे

अनुशासन तिम्रो अनि कर्मशीलता

अबिरल उर्जाकी खानी तिमी,

जता जान्छौं उतै सौहाद्र अनि ममता

परिवार र मित्रगनकी मनकी रानी तिमी

शुद्ध मनले तनले धनले सेवारत रहन्छौं सदा तिमी

सबैलाई परीश्रम, समृद्धि, र खुशी तर्फ लम्काइरहने

निस्चल निस्कपत सारथी तिमी

पाइलामा केहि तिम्रा हिंडन सके कहिले भने

हुनेछ पुरा जीवनको धोको मेरो



Bhakta Prahlad - Event Note

The drama "Bhakta Prahlad" was presented at Shree Radheyshyam Temple on Saturday, March 4, 2017 on the occasion of Hindu festival "Holi" and at Elk Grove Village Pavillion on Friday, April 7, 2017 on the occasion of "Celebration of Cultures," an 11th annual multicultural event. "Bhakta Prahlad" is a Hindu myth that depicts the triumph of good over evil.



The idea of drama was successfully transformed into reality in a short amount of time thanks to consistent dedication of active parents and hard working children. It was a terrific opportunity for young Nepalese participants to showcase their talent. All the participants amazingly handled both shows like champions and held the audience spellbound. The audience applauded for awesome performance of talented young actors in both shows. Below are the names of children who represented Nepalese culture in a foreign land and created a memory to cherish.

Name of Play Character	Corresponding Role
Narad	Ronit Jha
Hiranyakashipu	Alisha Pokharel
Holika	Aanya Kunwar
Prahlad	Pramsu Parajuli
Sevak	Tara Pokharel
Khayadu	Isha Mishra
Sukracharya	Arogya Regmi
Student	Aryan Kunwar
Narashimha/Vishnu	Rohit Joshi

This event is a quick and successful effort of the following dedicated community volunteers.

Sarana Parajuli, Samana Bhattarai, Lina Joshi, Mala Jha, Rewa Pokharel, Shruti Mishra, Pooja Kunwar, Anima Regmi and Jyoti Adhikari.

Engaging our children in this type of activity plays a great role in helping our them learn our cultural and religious values. Their work is highly praised and we hope more such activities will be organized in the future.