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NEWSLETTER

99th EDITION

WISH YOU ALL A VERY
HAPPY NEW YEAR
2074



Chicago Chautari Times

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Welcome to Chicago Chautari Times - 99th Edition



INSIDE THIS ISSUE:

Editor..	1
Summer..	2
Basketball..	3
Fathers day ..	3
Reading ..	3
CCT ..	3
Culture ..	4
Nepal ..	4

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For birthday
announcements, articles,
success stories,
quotations, poems, write
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Significance of Monthly Puja Activity

It will be no exception to say that the purpose of the first generation Nepalese immigrants to US were one or more among higher and quality education, economic opportunity, simplicity and comfort of living, personal freedom, future prospect for children, etc. The truth of the matter is that these were pretty well known motivational facts to us in striving to immigrate. We certainly know, all of these things are very important in our life and life in the US presents these things to all. This is a country with immense progress to provide all kinds of needs to its people as well as contribute to any other countries to help. Therefore, we naturally thought that it will be a happy life if immigrated to the US.

We know many people all over the world like to live here not just our Nepalese brother and sisters. So, most of us assumed, we can have anything we want when we can attain all the above things. Anything needed can be acquired. None of us ever imagined or delve deeper into more subtle but critical things in life that we may have to deal with later on, which we may feel missed dearly by leaving our own society where we grew up.

As time passed, week by week, then month by month and then year by year, we must say fortunately that most of us accomplished some degree of success to achieve the above things needed in our life, because of our persistence to work hard with honesty as we were driven by need for our wellbeing such as economic security and future prospect of our children.

If we look back in time for over all those years now, what we can realize is that this took almost all of our time, all those weeks, months and years to stand at this point in our life. We hardly found or could put any extra time to get deeply absorbed in anything else. Thereby, although there may be some exceptions among few of us, it can be safely stated that this is how majority of us are living our lives.

The rhythmic nature of events surrounding one's life over every year and pace of changes that comes in life overtime are generally predictable. Existing social, cultural and traditional systems provide and guide us for our support. We learn and adjust ourselves within it. In our own society and tradition, nobody will be fully independent and nobody will be completely uncared for. These matters were taken for granted as we grew up and were not in our primary focus and left overlooked at the time when we immigrated.

At the time of immigration, some initial short term help and support required when arriving to new place were under consideration and we were guided and helped by early comers support system available. Not surprisingly, our thoughts were overshadowed by the excitement of mostly the material success that we may gain to make our life easy and prosperous. Other facts equally or perhaps more important in life were never considered with the same sense of importance and intensity as for the focus to material success. In other terms, we did not paid much attention what pace and challenges in life will come when we are faced to live in an unknown place with unknown social, cultural and religious life styles.

The absence of social, cultural and religious activities, which were part and parcel of our everyday life in Nepal, begins to pinch every one of us in our heart every now and then even if we become satisfied with achieving material successes mentioned above. Such phenomenon or thoughts in our mind occurred as soon as we arrived and lived for a short period of time. Many of the things that are performed by ourselves and many other that we participated in our society, such as various festivals, weddings, religious events, visiting families, relatives and friends casually or in special events, etc. were largely absent here or hardly satisfactory even if a few of such events are found organized by some social or religious groups. None of them presented the same level of intensity and flavor as witnessed and enjoyed in Nepal. These things caused melancholy feelings to most of us every now and then.

What we realized most important was that we not only enjoyed by spending time in these activities, we also learned from them all the way from our childhood. We learned the significance of these things in life so that we can make our own life more useful and meaningful. We found that our society is just like a teacher to us as we found we need a society not only to make ourselves occupied and enjoyed, but also help learn ethical and moral chunks that we need to play in living our everyday life.

- Dr. Bishnu Phuyal (Continued on pg 2)

Significance of Monthly Puja - Continued

As we see our life here, we find our young children, who accompanied to immigrate with their parents or those new born generation, both become somewhat devoid from everything we obtained from our society due to the absence of such a society here, except very limited knowledge they learned from their parents or limited social gatherings in this fast-paced life style. As the time passed, more and more of us begin to realize and understand the importance of our society to enrich our life in many ways.

We found it quite challenging to provide to our children what we obtained without any difficulties in Nepal. As we know, we are living far and apart. We are tied up with regular day to day chores and little time to rest, relax and prepare to resume weekday's activities on every weekend. There is too little time to get connected with family members, relatives and friends back in Nepal and elsewhere. Life is in full motion with not much time for anything else. What we become? How to change it?

We found that the social fabrics of Nepali culture missing from us, which provided us our SAN-SKARA. We want but are unable to offer opportunity to our children to develop our Sanskara. That is, we wonder how our own children will be able to learn the ethical and moral values that we learned back home in Nepal while growing up before we left. We also wonder how our children can fill the hole in their life that needs to be filled from our eastern ethics and morals such as respect, morality, humility, honesty, simplicity and so many other things. These things are not taught in modern educational institutions. We were fortunate to learn these from the environment that exists all around us all the time in Nepal. How can we be satisfied only from gaining modern knowledge taught in universities to make more earnings, but no educations for a moral living? Our children may succeed in material gains, but how to complement them with meaningful living that cannot simply be acquired by any amount of money?

These are our challenges and our anxieties for which we feel we are trapped, partly for us and primarily for our children. So we now begin to wonder and struggle and converse with each other for possibilities that we can create and offer them. What are different things that we can do so that our children are not left bare from these important things in their life? What they may think of us when they find out that money can buy material and pleasurable things but not the mannerism and happiness?

As you may agree with me, there are so many things we may need to do, but you may also agree that there are a few very critical things that can help much more than trying to do too many things and not been able to successfully provide any meaningful impact. Perhaps we can do something that they can see by their own eyes, they can experience by listening and engaging in some regular events and in a systematic way?

Among many other, one of the thing that is most important is to ensue them what it means by HOLY. In our own language and culture, it is the Dharma. It is to do with some activities individually and jointly in a common place accessible to all. It is to do with spending time in one or other way to think about something beyond matter and materialism. This is a place where everything is clean and quite, everything is in order, everything is pleasant, everyone are equally important, everyone respect each other, there is no ups and downs, no big and small, everyone is in harmony and peace with each other, no differences of any worldly things, nothing is more and nothing is less, less and more are all the same. What could be such a place? It is called a Church by some or a mosque by some other or a gurudwara or a synagogue and so one. It is the temple in our cultural and religious belief. In here, all the above facts are woven to make it more true, more beautiful, more pleasant and more enjoyable; the false pretense and personal ego all remain outside of it. This is what I feel and I am sure all of you feel the same in your own heart that we have to do if we want to avoid the possible void in our children.

Our children are young and curious. They like to know, they like to learn and they like to listen. We can significantly contribute to enrich their personal life if we continue to gather regularly in a temple like what we have done in the last 11 years together and hopefully expand it in frequencies and locations so that we can learn more and provide our children more of it. I am sure and I think you agree with me that it will help all our Nepalese friends and families to be more united, more successful and more happy as we will see how it can transform and transcends our own life and also of our own children as they will learn and complement with what they are learning in educational institutions with morality and ethics. We can certainly feel happy if we do so because this is the part in every body's life that helps us to be happy.

Happy 11th anniversary to all of us in our own efforts to make ourselves happy and helping to contribute it in our children's' life as well.

- **Bishnu Phuyal**

Summer



The warm sun glows,
On this summer June day,
From miles and miles away,
Far off in the galaxy,

We see,
The warm sun glow,
And make sunlight flow,
On this warm summer day.

The moon is like a shooting star high
up in the sky,
On this summer night it glows bright,
Giving us the glowing moonlight,
Closer than fun,

But farther than the sun,
The moon glows bright,
In the midnight sky,
In this summer night.

The degrees grow,
From 5 to 100,
Warmer and warmer it gets,
Making summer days in the sun,
A regret.

- **Arya Rimal**

Best Wishes to our JUNE Birthday Stars



Binay Maharjan, Arya Rimal and Simran Adhikari (From
Left to Right)

Submit your birthday information with the pictures by via
email to

peopleofnepal@gmail.com by 20th of the month, to be
included in our next edition.



How Basketball Originated

There are plenty of sports that are popular in the United States. One of these sports at the moment is basketball. Basketball is a sport where there are two teams. You need to dribble or bounce the ball to move. You can pass the ball to your teammates to get close to the basket. Then you shoot the ball and try to get it into the basket. These are the basics and there are several other rules have been put into place a time as gone on. This in my opinion, this is a very creative and cool sport. But who came up with this idea? How did basketball become a sport? It took place in Springfield, Massachusetts where a Canadian physical education instructor by the name of James Naismith. His main purpose was to condition young athletes during the cold winters. There were only thirteen rules in basketball at the time. As I have already stated, many more were added on later. But it was only until 1906 when metal hoops, nets, and backboards were actually put into place. The game was first established in college sports when the first ever game where two college teams played against each other was when Minnesota A&M played Hamline University. Minnesota ended up winning 9-3 in February 9, 1895. If you follow the game now you may realize the score lines were much less back then. Later, international and professional leagues were created most notably, the NBA or the National Basketball Association. The modern NBA has grown rapidly with amazing players captivating audiences all over the world like Michael Jordan, LeBron James, and many more. Now teams like the Golden State Warriors and Cleveland Cavaliers are using a more fast paced style and putting up to 140 points in a single game. Basketball started out as a way to condition young athletes during winter. Salaries are given and you could earn a living playing on a professional basketball team. It is pretty hard to deny that the beginning and the rise of basketball is a long and amazing journey. - **Pares Pradhan**

Father's Day

Father's Day is the best day to thank your father for all the positive/good things your father does to you. He is always is at your side and encouraging you to do good stuff. Father's day is celebrating many ways. One way is that you give your father a gift. You can go out for the day or maybe you can go a place to travel. Of course you can celebrate by just having time with your dad. In Nepal, we do it different way. They do it in mid August and September. In Nepal they call it "Buwaa ko mukh herne din". It means to way see your fathers face day. They respect their fathers and go to temples that day. So that's way temples are crowded in Father's Day in Nepal. Traditions all around the world celebrate Father's Day on different days. Americans celebrate in June. Netherlands people celebrate it on June also. Indonesia celebrates it on November. People all around the world celebrate Father's Day. Rich and poor, Big and small. And all kind of different cultures celebrate this time of the year. Father's day is the best time of the year. - **Aarogya Regmi**

Reading



Word by word
Page by Page
Chapter by Chapter
A book goes by

Words stick in my mind
Like an insect to a web
Eventually fly away
As a new page emerges from behind

dun, Dun, DUN!
Something happens
Though nothing happens next
I'm on a cliff

Just waiting
Until I read another book
I read and I read
And then

I'm
On
Another
Cliff

I'm back
To square one
Or page one
Again

- **Simran Adhikari**

NEWSLETTER CONTRIBUTIONS -Apr 2016 thru Mar 2017

Winners	No. of Articles
1st Aarogya Regmi	12
2nd Shikha Adhikari	11
2nd Simran Adhikari	11
3rd Arya Rimal	10

Contribution by Kids	No. of Articles
1 Aarogya Regmi	12
2 Shikha Adhikari	11
3 Simran Adhikari	11
4 Arya Rimal	10
5 Rhitom Mishra	7

Most Creative Writing Award
Alok Das

Contribution by Kids	No. of Articles
6 Alok Das	5
7 Isha Mishra	5
8 Sanskriti Phuyal	4
9 Aarya Regmi	3
10 Kunjal Bastola	3
11 Biswo Maharjan	2
12 Deepa Phuyal	2
13 Kajal Jha	1
14 Rohit Joshi	1
15 Sita Kharel	1



Nepalese Culture

Nepal, a landlocked nation in South Asia, lies tucked at the base of the Himalayas between China and India. Perhaps most well-known for the world's highest mountain, Mount Everest, this small and diverse country offers a bevy of religious, spiritual and cultural experiences. Read on to discover the wealth of opportunities that will enrich your mind, body and spirit in beautiful Nepal.

Religion is the core of the Nepalese culture, and most celebrations are religious festivals. By participating in a Nepalese festival, you will experience the richness of its culture and the vivacity of its people. The biggest and most popular Nepalese festivals are Dashain and Tihar.

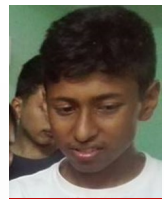
Dashain occurs during late September and early October each year and is the longest and most auspicious festival in the Nepalese calendar. The celebration is 15 days long and commemorates a great victory of the gods over a wicked demon. The first 9 days signify the battle between the goddess Durga and the demon; the tenth day exalts the slaying of the demon; the last 5 days are a joyous celebration of Durga's victory.

The festival is marked with feasting and, be forewarned, a great slaughter. It is a time of relaxation and prosperous celebration for the people of Nepal.

The unique culture and tradition is the Nepal's striking attraction. People living in Nepal has got their own culture and tradition and the culture of one ethnic group is completely different from another. Nepal's culture is highly influenced by its religion, social values and tradition. People of Nepal have got their own way of living blended with the combination of social customs, traditional values and regulations. Nepal is a multi-cultural country and its unique culture is and tradition is highly preserved from the generations. Nepal has got the patriarchal society and men and women are not treated equal? In many remote area men are considered to be bread earners while women engage themselves in household chore. Most of the people live in joint family sharing love and affection with each other?

Nepalese treat visitors in very special manner. Namaste is commonly used to greet people. People prefer to eat with their hand and spoons and forks are not very common. Making love and kissing in public is offensive in Nepal. Cow is regarded holy and are worshipped in special occasions. Clothing is determined by religion and traditional values. People living in the higher Himalayas follow their own culture and tradition. Every festivals celebrated in Nepal have their own value and significance. The Sherpa people living in the higher Himalayas are rather hospitable and friendly. Gurung, Lama, and Sherpa people mostly follow Buddhism as their main religion. Glimpse of western culture and tradition can be seen in major cities of Nepal like Kathmandu and Pokhara. Young generation in cities wear western cloths and live life that pretty much resembles western lifestyle.

- ***Utsav Phuyal***



Nepal: A World in itself

Situated in the lap of The Himalayas, Nepal is a beautiful landlocked country. It is agricultural country with rich natural diversity. Carrying a long history, it is rich in cultural diversity as well. Our country is very rich in both cultural and natural heritages. Today we are known worldwide due to our special features.

Our country is widely known for its natural beauty. Our country has three physical division: Himalayan region with cold climate, Hilly region with moderate climate and finally, The Prosperous Terai, with cold climate.

This diversity of climate and land topography is found rare in the world. With this peculiar climate, the types of vegetation distribution is also different. Coniferous forest in the north and sub-tropical evergreen trees in south. Many types of rare flora and fauna like cordyceps sinensis, Asian rock python and giant pied hornbill are found here.

Nepal has diverse culture and it is a land where almost all the religion of the world live together and share same common kitchen, eat same food, and have same goals. The majority are of Hindu but now Christian, Muslim, Jains, Shikh are also more in number. The devotion toward religion of people is very high. So being superstitious, there is 1 temple in each home. The capital Kathmandu is called City of Temple. Talking about culture, the dress people wear, the food they eat, the lifestyle they enjoy is very much different from other. So it is a world in it itself.

Not only this, it is also a place where Gautama Buddha (founder of Buddhism) was born in Nepal. The top of the world Mt. Everest lies in Nepal. Many are above 8000m. So for the following reasons Nepal is famous among tourist and it is one of the important destination for them.

Therefore, Nepal is a world in itself.

- ***Aayush Phuyal***