

OCT 2017
NEWSLETTER

103rd EDITION

HAPPY VIJAYA
DASHAMI
AND DIPAWALI

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quotations, poems, write
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Chicago Chautari Times

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Welcome to Chicago Chautari Times - 103rd Edition



Vijaya Dashain: The festival that enlightens our souls, brighten our spirits and lighten our hearts.



Vijaya Dashain, the celebration of the victory of good and the truth, unites families and communities in Nepal and abroad. The festival is celebrated exchanging good wishes, making good food, and providing blessings to younger folks. More importantly, this festival provides us opportunity to uplift our hearts and bring out goodness.

The fifteen days long festival falls in the dawn of fall season, in late September early October. A pleasant weather after the summer rain and prior to cold winter is the perfect time for celebrating the festival. The excitement begins on the very first day when we establish a "jamara" place. Bringing in soil, creating a place for jamara and putting seed mix is exciting and interesting especially for the kids. The nine days long process of getting up everyday, taking shower, praying, and watering the "jamara" sets up a great routine for healthy mind and body. Learning early on the germination process and growing plants is a bonus.

The Dashain festival is a great opportunity to uplift our hearts and minds to a higher level. Recitations of Durga stotras and Ramayana followed by beautiful bhajans help us brood over the qualities of Shree Durga, Shree Ram, Shree Sita, Shree Hanumaan, and perhaps imbibe some of the great qualities including valor, devotion, love, persistence.

Blessings and well wishes from the elder relatives and among friends is the hallmark of the festival. The festival brings together families and friends those had been away physically and/or emotionally. Communities come together through various Dashain events relishing the cultural richness, good food, and great events.

This Dashain may enlighten your soul, brighten your spirit, and lighten your hearts! may the choicest blessings from the whole universe be upon you, making you healthy, happy, and helping!! May your Dashain be wonderful as much you are!!! Vijaya Dashami ko Mangalmaya Subhakamana!!

- Dr. Shruti Mishra

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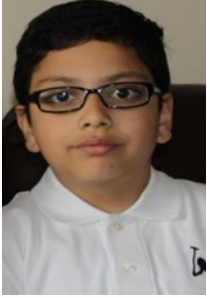
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Kumari

The word Kumari is derived from the Sanskrit Kaurmarya, meaning "princess". Kumari is the living God. Before any girl does there Gunyucholo there are considered God. In Nepal they chose one girl to become a Kumari. Most people think that Kumaris have power. Before the Kumari turns 12 she has to do their Gunyucholo then the people chose a new Kumari. The old Kumari goes back to their family.

In Nepal, a Kumari is a pre-pubescent girl selected from the Shakya caste or Bajracharya clan of the Nepalese Newari community. Kumari get chosen in the year of 3. On the Kalratri, or 'black night', 108 buffaloes and goats are sacrificed to the goddess Kali. The young candidate is taken into the Taleju temple and released into the courtyard, where the severed heads of the animals are illuminated by candlelight and masked men are dancing about. If the candidate truly possesses the qualities of Taleju, she shows no fear during this experience. If she does, another candidate is brought in to attempt the same thing. This is another way is choosing Kumari. People of Nepal respect her and serve her sweets. People touch her feet and get her blessing for a long and wealthy life. When I heard about Kumari I was shocked. She was streaked rules and she can't touch any men, but ones with special permission. The Kumari cannot eat meat or special drinks like coke. She can eat fruits, vegetables, and fresh foods. There are nice things about being the Nepali Kumari. You get to live in a nice house with servant that are in your command. Being a Kumari has negative and positive rules. Do you want to be a Kumari?

- Aarogya Regmi



Fall or Autumn

Some people call it fall,
 Maybe because the leaves fall,
 Maybe because Summer is falling into Autumn,
 Maybe because it's easier to say.

Many things happen during Autumn,
 The leaves are fall,
 The leaves change colors,
 The leaves are thrown away.

Old things end,
 Shorts season ends,
 Swimming season ends,
 Pool season ends.

New things start,
 School season starts,
 Sweater season starts,
 Football season starts.

Autumn or Fall,
 Many things happen,
 Old things end,
 New things start,
 Fall or Autumn.

- Aarya Rimal

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Best Wishes to our October Birthday Stars

- Oct 7 - Alisha Pokharel
- Oct 13 - Jaylen Kunwar
- Oct 15 - Saurav Bhusal
- Oct 17 - Pranav Pathak
- Oct 20 - Jaina Kunwar
- Oct 24 - Avah Shrestha

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.



Self Discipline

"Discipline is the key to success"

Discipline is the moral practice of making people obey the rules of behavior strictly. It is a quality that an

individual should possess. It is the only key that leads us to success. It is a valuable ornament that one should wear to be triumphant. Disciplined people are found to be more victorious than the undisciplined one.

Self-discipline is the ability to control ourselves and behave in a particular manner without anyone's instruction. It plays vital role in our life. A disciplined person is admired by everyone whereas an undisciplined person is contempt and detested by everyone. It is also a precious treasure that a successful person owns. It is a prominent virtue that makes a human being, social and civilized. It makes oneself positive and happy.

Self-discipline is very important in every sector of our life i.e. school, playground, home, road, etc. Home is our first school. We learn every basic keys about socialization and discipline from our home at the conception. If we follow it, then our family members too love and like us. In school also, disciplined student is given more significance. S/he succeeds more than others. In a playground too, all the team members should be in discipline which leaves a positive intuition about the team to others. A player should be self-disciplined in order to fit right in the team. An individual should have self-discipline while walking on the road in order to avoid mishaps. So, self-discipline plays dominant role in every precinct of our life.

Thus, self-discipline is the key factor of socialization. It helps us to be affluent as well as increases our reputation. It too controls bad activities that occur in our society.

- **Sanskriti Phuyal**
(Kathmandu, Nepal)



Nepali American Center Presents

तिहार (Tihar) Potluck महोत्सभ २०७४
खाना गीत / संगीत नृत्य

Date and Time: Oct

21, 2017 Saturday. Gate Opens at 6pm.

Venue: 4001 Park Drive, Palatine, IL 60008

Entrance Fee: \$15 per adult, \$10 for kids 6 to 18, Free for kids 5 and under, and \$35 per family (For family of 5—2 adults and 3 kids, 18 and under)

Food Options: Pot Luck or Purchase food coupon online or at the gate for \$10 per person.

Bring a dish to share, and celebrate this year's Tihar with us with good food, music and performance!

TARANG presents
Saturday, Oct. 28, 2017 gate opens @ 5 pm

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Why Fall is the Best Season?

Pick your favorite season: fall, summer, winter, and spring. What would you choose? I picked fall for many different reasons. One of the reasons that fall is the best season is because it's when the exciting football season starts. It's also when the baseball playoffs are finalized. Sports aren't the only thing that you can enjoy in fall. You can enjoy the beautiful outdoors. Furthermore, I'll show you why fall is the best season.

One of the several reasons why I love fall is the fun outdoor activities like sight-seeing in places such as cities. You can also play enjoyable outdoor running games such as tag and sandman. Even on a day when it's very quiet, you can enjoy playing or reading in your tree house. A classic fall activity is raking leaves in a giant fluffy pile and jumping in it. One of my favorite holidays is in fall. It's Thanksgiving, the perfect time to tell people what you are thankful for. You'll most likely be eating flavorful turkey on this holiday. The food, the outdoors, and the activities are all great things you do in fall.

When it comes to sports, fall is when the entertaining football season starts. In fall your favorite NFL team gets to play 10-11 hard fought games. These games can include very close games and insane records that can make history. With the 10-11 games that are played you can predict which teams will make the playoffs, but never doubt the underdogs. Last year the Falcons had a horrible defense for the first 10 games, but then their defensive coach changed their strategy and now the Falcons have a Top 10 defense. These 10-11 games that are played make fall very action-packed.

While the football season starts, the baseball seasons comes to an end. In the baseball playoffs the best 16 teams in the league eagerly battle it out for the baseball pennant. Each side has eight teams in the playoffs. The best teams from each side compete against the easier opponents. For example, the best team competes against the eighth best team. If you want your team to win, they would have to win sixteen hard fought games against four teams. The first team to win four games wins the series. The easiest path to the pennant would be 16-0, while the hardest path would be 16-12. If you don't like watching the baseball games, at least you have a joyful World Series party to go to. As you can see Football is just as thrilling and interesting as baseball in fall.

There are a variety of reasons why I love fall and why you should love fall, too. For the sport fanatics there is baseball and football to watch. Even if you don't like sports, you can enjoy the colorful nature and the warm weather. There are even fun activities that you can play outside such as tag. And finally, one of my favorite holidays are in fall, Thanksgiving. For those multiple reasons, that is why fall is the best season.

- **Rohit R. Joshi**

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Best Wishes to our October Birthday Stars

Oct 12 - Aavan/Aanvi Sapkota



Oct 8 - Evana Khatiwada



Oct 14 - Jovial Rana



Oct 21- Aarogya Regmi



Oct 27- Aarya Regmi

