

SEPT 2018 -  
NEWSLETTER

114th EDITION

NEPALI NATIONAL  
CONVENTION SPECIAL  
EDITION

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For birthday  
announcements, articles,  
success stories,  
quotations, poems, write  
to us at  
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# Chicago Chautari Times

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VOLUME 10, ISSUE 6

SEPT 2018 NEWSLETTER

## Welcome to Chicago Chautari Times - 114th Edition



### Looking at Nepali American Center Activities

Nepali American Center (NAC) is organizing various community wide events since 2006. These events are spread throughout the year. NAC premier regular event is the monthly puja at Radheyshyam temple Bloomingdale and electronic monthly newsletter Chicago Chautari Times. In addition, NAC organizes other activities and events time to time. Two additional events also started from 2017 are the Dashain and the New Year 2075 celebration. NAC also organizes community wide blood events and other charitable activities by itself or in association with other social organizations. NAC also helps and participates in events held or organized by other organizations in Chicago and beyond. NAC discourages and defers to organize and participate in politically motivated activities, whether the political purpose be in Nepal or in the USA.

Monthly puja is organized once every month on the first Saturday of every month. It activity has been continued with no interruption since the month of May 2006. By now, this activity is very well known just not in Chicago but all across the nation and even beyond. This event is now organized for more than twelve years. The focus of this event is to engage Nepali community in spirituality by conducting puja, prayers, bhajans and spiritual discourses (pravahan) according to Hindu religion and culture. NAC's continued effort has made this activity one of the most popular event attended by 100s of devotees regularly each month. Visitors from other states and Nepal also arrive to witness and enhance this program in a regular basis. There are so many benefit of this program to our community.

This event helps keep one of the primary Nepalese religious activities alive in this new land and even attempts to thrive by adopting to changing needs in the new land and the new time. In doing so our community members can learn the core meaning and purpose of our life as taught by sages in the past and scripted in religious books like Veda, Upanishad, Puranas, etc. They understand the importance of disciplined life style for obtaining material benefits of many kinds and spiritual benefits through peace and happiness. This is possible because this program also allows us to listen and know wisdom from our guests from different place and different spiritual belief and practices.

The second advantage of this program is to build our future, align ourselves in better course for fruitful results. In that respect, this program is like a workshop for our children. They get opportunity to witness the peace and tranquil act of our devotion to various deities, understand the value of human potential for living a purposeful life for everyone with peace and thereby create amenable atmosphere for gaining material prosperity by networking. The environment that the monthly puja program creates is very peaceful and cordial and free from stress and worries. Our children witness this and there is no doubt they learn from it, appreciate it and will help themselves to shape their own life to be a better and wise person.

This event is well supported by number of leading women from the community. They help this program to run and assist in a smooth manner. Their participation not only provide sharing the load from existing team members, but allows welcoming atmosphere to the new members to share their vision and contribute from their participation. They also add value to make the program communicated more effectively so that more and more people know about it and know how to participate and contribute to

- Dr. Bishnu Phuyal (continued on page 8)



## Smile

My Beloved  
Son and  
Daughter,  
You entered

this world with a Smile,  
the first language that  
bridged a connection of affection.

Smile, a tender gesture that you expressed,  
multiplied to enlighten your first milestone.

With Smile, you created thoughts of possibilities.

With Smile, possibilities transformed into abilities.

Now,

When you sail across the ocean of milestones,  
in waves of contempt, anger, enthusiasm, fear, frustration, pride, surprise,  
disappointment, embarrassment, disgust, happiness, hate, jealousy, love,  
Smile is lost in the tides of these emotions.

But remember,

These waves once subside, will become beautiful ornaments of a meaningful life.

So, embrace them but don't dwell in them forever.

Breathe and endure through spirit of faith

to find your hidden smile in the cluster of your emotions.

Then,

Smile will give a color to your grief.

Smile will become a symbol of acceptance.

Smile will show you are stronger than yesterday.

Smile will become an anchor of health and harmony.

Then, on your journey of life, greet the world with your gracious smile.

The world will walk with you an extra pleasant mile.

- Sarana Shrestha - Parajuli



Illustrated by: Pramsu Parajuli

## "बुद्ध बनौं जस्तो भयो"



जिन्दगि यो कस्तो भयो, नचाहेरै सस्तो भयो  
आपूर्ति कम माग धेरै, अर्थशास्त्र फेल भयो

पढ पढ भन्थे बाले, काम नगर आमा भन्ने  
पैसो कमा भन्थिन आमा, जागिरखा बाले भन्ने

जोड्नु पर्छ धन सम्पत्ति, चाहिन्छ घर जग्गा पनि  
सबेरै देखि अबेरै सम्म, दौडीएकै छ पैसा भनि

छोरा छोरीलाई लत्ता कपडा, श्रीमतिलाई गर गहना  
भाई बहिनिका फर्माईस छन्, साथी भाईका चाहना

पुग्दैन कसैलाई क्यै गरि, कुबेरको भाँडो भरिन्न  
छन् भोग्न अझै धेरै कुरा, नभोगी त मरिन्न

जिन्दगि यो कस्तो भयो, नचाहेरै सस्तो भयो  
बहुमुल्य जीवन थियो, बुद्ध बनौं जस्तो भयो

- जेराणा



## आज मन्दिर जाने है

आज महिनाको पहिलो शनिवार सपरिवार मन्दिर जाने । बिहान चाडै उठि, नुहाई, चोखो कपडा लगाई मन्दिर जाने । जब मन्दिरको घन्टको आवाज कानमा गुन्जिन्छ , तब हात जोडि भगवान को अर्चना पूजा गर्ने । अनि कयौ दिन नभेटेको साथिसंग भेट घाट, चिना पर्चि गर्ने । मन्दिरमा पनि मन यत्रतत्र डुली रहन्छ ।

मैले कतै सुनेको थिए , हाम्रो मन या मस्तिस्क, मानौ लाखौ बाँदरहरूले भरिएको हुन्छ रे । अनि पुगिगो नि त्यो हल्ला अनि कोलाहाल अचचकाल्ली । अनि जति ति बाँदरहरूलाई “चुप लाग” भन्यो त्यत्तिनै बढि हल्ला गर्छन् रे । ति बाँदरहरूलाई शान्त पार्न एउटा मात्र चारा हो रे , तिनीहरूलाई केरा दिने । मतलब मनलाई केन्द्रित गर्न एउटा चिजमा ध्यान लगाउने । कुनै मन्त्रमा , श्वास प्रश्वासमा वा भजन किर्तनमा मन केन्द्रित गराएमा मनमा शान्ति हुन्छ रे । मन्दिर पनि मन शान्त पार्न जाने हो, भगवान वा परमात्मामा लीन हुन वा मनलाई एक छिन स्थिर राख्न पनि जाने हो । जब मन्दिर को घन्ट टङ् बज्छ, आखा बन्द, मुख बन्द अनि हात पनि बन्द नमस्कार गरि, दिन भरि मन मस्तिष्कको हल्ला खल्ला चिन्तन मन्न् बाट २ मिनेट भए पनि मनलाई छुटकारा दिनु हो - - Sangita Subedi (Clinical Therapist)



## Leading by Example

Good and effective leaders are those who lead by example, and sometimes it not so easy as said. Dear readers, what kind of leader are you? There is a leadership quality in each of you, it all depends on how good you are and how good you want to be.

Let me start off with explaining a persona of a good leader. If you are in a marketing you are probably familiar with what persona is. A persona is a kind of person, and I am going to describe that person. This persona has 4 pillars. The first pillar is that they are able to accept their mistakes something that's very difficult for most of us to do. Accepting mistake means you are holding yourself accountable. Not everyone is perfect, and we make mistakes, which is completely fine. But being able to accept that mistake, apologizing to those who is impacted by those mistakes and being able to turn that mistakes into your strength and learn from it, is the greatest asset a good leader should possess.

The second pillar of this persona is they understand, in fact embrace the power of please and thank you, the two most under-utilized words in the English language. Saying please when you want someone to do something for you, and thanking them for their help or contribution will go a long way.

The third pillar of this persona is they loudly and proudly acknowledge their supporters. A good team and a supporter is what makes you who you are today, so its always important to acknowledge the contribution made by your team mates whenever and wherever possible. And the fourth most important pillar of this persona is they understand the value of listening over speaking. Listening is so powerful, it will help you understand what others need, help you realize what improvements you need to make and help you open a channel of communication with your supporters.

These four pillars of persona has helped me define who I am today. I am not saying that I am perfect, but I am aware of the power of these 4 pillars. I have been an active member of my community for more than 10yrs and I have been organizing medium to large events for my community for several years. And I can see myself changing the way I lead these events from how it was back then from what it is now.

Back then, there was no social media, we would request everyone to come to a meeting, attend meeting in person, and assign tasks to the volunteers and do a constant follow up. But now the time has changed, no one has time to come to the meeting, no one wants to be handed over the task that they can't commit to, and no one wants to be dictated. So, the fifth most important aspect is to be able to change your leadership style with the changing times. Be able to use the technologies you have and effectively using it to lead the team, and that's what makes you an effective leader.

Just recently I took over the task of organizing new year party for my community. It was not an easy task, and it required lots and lots of planning and support. And believe it or not, the entire event was successfully organized, without a single face to face meeting. The use of technology such as, group chat, and facebook was effectively used to organize the event. The community members were adequately communicated regarding the events which helped to keep their momentum high, the volunteers took the task they enjoyed doing, they set their own deadlines, and delivered without feeling stressed about it, and the event turned out to be a great profitable venture.

And after the event, we even acknowledged our volunteers, sponsors and supporters who supported us, and gathered feedback from the guests on ways we could have improved the event. No matter how hard you have tried, there is always going to be one or two person who will get disappointed, and upset with the way the event was held. You should not get demoralized, listen to them, and invite them to be part of the organizing team for any such future events.

So, let me summarize, accepting your mistakes, saying please and thank you, acknowledging your supporters and listening and being able to change with the given times, is what makes you a good effective leader. You need to be able to walk the talk that others would like to follow. But mostly importantly, according to me, good leaders are those, who not only follow these secret traits, but also able to create and produce more leaders like you. Hence, lets lead by example.

- Ankur Sharma



## The Three Musketeers

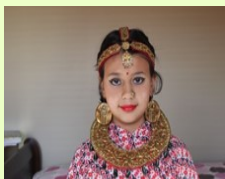
Let's flashback to the good ol' days of being 7. Back then life was good. I was the only kid in the family and I was the only kid below the age of 8 in our group of friends. This meant that I was the center of attention and everybody spoils me, but then something big happened and that something is known as a sister. At first, I thought this could be a good thing. I imagined me sitting on the couch ordering her around to get me things like water, food and other things, however, I didn't consider the fact that I would have to wait a solid 5-8 years before that would happen. So, I had to deal with the loss of attention, an annoying baby and lots of crying. Another reason I didn't enjoy the new addition to the family is that of the loss of camping.

Every year we would go camping and this would always be really fun, but it's kinda hard to do that with a newborn baby so that camping semi-tradition was done. I figured as soon as she was 4 or 5 we would be able to go camping again. However, if 1 kid was bad enough suddenly there are now 3 kids. You may be wondering who are the other 2 kids. These 2 kids are the kids of my mom and dad's friends. Now even if all 3 kids grew up to be old enough to go camping it would still be hard to take them because it is hard to take care of three 5-year-olds in a forest while camping. Fast forward about 7 years and now you have 3 kids running around having fun, while in the process bothering people.

Another thing is that there is the struggle of watching tv. Now you might be wondering why is that a struggle. It's a struggle because when we try to sit them down and put a show for them in order for them to be quiet they seem to never be able to decide what they want. One wants curious George, one wants pj masks, another wants this and so on. But there's more. Whenever all 3 of these kids are at our house I am generally the one who has to watch over them for a majority of the time. The thing is that my mom will kind of low-key guilt me into watching over them. When I start to say something like I don't want to, she responds with something like just get them started and then they will play by themselves. So, then I agree and suddenly I'm in charge of these kids for who knows how long. That may seem like the most bothersome part about them, but that is not it. Now there is 1 thing that tops the rest. Car trips. Whenever we go somewhere for a few days for a vacation there is a high chance that we will drive there and you can imagine that spending a few hours in a van with 3 kids under the age of 6 isn't going to be relaxing. For example, in the last week or 2 of summer, my family and our friends and family went to Gatlinburg, Tennessee. It is about a 10-hour drive and for the first little bit it seemed fine because everyone was asleep, but when the 3 little kids woke up it started to get annoying. Mainly because it is hard to handle 3 little kids all at once, but still it was annoying. So now you have realized how irritating these 3 kids can be and as irritating as they are they still have their moments when they are not tiresome and are actually fun to be around.

Sometimes they will be all cute and stuff when they play games or start laughing. For example, if we go to a party and the 3 kids are all their they are all happy and excited. Additionally, if the party is one of theirs that seems to boost their mood even more and that makes being around them even more enjoyable. Another thing they do is have their funny moments. Sometimes my sister will say a funny joke and everyone will laugh. Or one of the other kids will see me at some party we are at and be all energetic and laughing while trying to say different things. —**Alok Das**

## A World without Rules



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. 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.

- **Simran Adhikari**





## Do we really need Gun Control?

America has recently witnessed a number of shooting and indiscriminate firing incidents in schools, malls, and villages. The culprits were either detained or killed. Some took their own lives before the police could even respond to the scene. In the end, America keeps losing children, teachers, brothers, and sisters. The population is decreased, but the problem persists. With all these shooting sprees looming above us like the Grim Reaper, is gun control what we really need? Or is there a more serious problem we are facing here?

Studies show that 31% of mass shootings happen in the United States. Why not, when guns have not been banned in some states? In Australia in 1996, 35 people died when a man indiscriminately shot them. In the melee, 23 were wounded. This prompted the Australian government to think and implement strict rules regarding gun use. As a result, the number of mass killings in the Land Down Under has been reduced, if not completely eradicated.

There are politicians in America who support stronger gun control, such as Barack Obama and Hillary Clinton. Both of them thought of Australia as the model for stringent gun laws. The intention is good, but the question is, why hasn't the US government ultimately implemented gun control?

Other people argue that they need firearms because they use it for self-defense. They acquire a license for it, and as such, they are expected to use their weapons only when the need arises. Burglars, hostage attacks, and other forms of violence require people to stand up and fight, preferably with their weapon of choice. Life is precious, they say, and they can only protect their lives if they have the proper equipment. It is interesting to note, however, that despite this rather smart take on gun use, there are people who go beyond the set perimeters.

Intoxicated men go out, shout their lungs out, cursing the heavens for whatever they are suffering, and would suddenly vent out their frustrations to their neighbors. It is easy to say one cannot kill a person, or one will always use a gun only when needed. But when alcohol, drugs, or mental instability, or fury takes over, the lines between right and wrong fade. People forget their oath. They forget they have neighbors who have done nothing wrong to them. All they think about is the need to fire a gun.

Owning a gun is a huge responsibility. It takes more than sheer discipline to convince people that you would not use them for anything else other than self-defense. Those teenagers who massacred half a school used to be sons and daughters. They were not violent. They were the safe kind, and probably those who promised their parents they would not touch any weapon. But then again, tables turn when you least expect it.

Is gun control the sole answer? Yes, America should step up and consider reviewing the laws on gun ban in each state. No state should be different from another. No personality should own a gun just for caprice. Everyone should be subject to strict rules. But more than just the rules, we should exercise discipline. Children and adults alike should be educated on the effects of gun ban, or what could happen when a gun control law does not exist in a country. It might take some time for people to accept such law, especially those hunting and ammo enthusiasts. We can all take measures to be responsible in using guns and in convincing people to buy only when they use guns in their line of duty. We need guns to protect us, but we also need to protect our lives from ourselves. - **Kajal Jha (Grade 12, Naperville North High School)**

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Submit your birthday Information with the pictures by via email to [peopleofnepal@gmail.com](mailto:peopleofnepal@gmail.com) by 20<sup>th</sup> of the month, to be included in our next edition.



## रातो सारी सृंगारै पारि

All of us came from Nepal, but we have new and different lives now. As much as we are blessed to be living in the US with our healthy and happy families, we must not forget where we came from. Nepal will always be our home and Nepali traditions will always be our traditions. The value of Teej comes from the fact that generations of Nepali women have celebrated this festive holiday around the world.

The prayers, songs, dance and food remind us of our mothers. This is truly something special. It is our duty to preserve these values and pass them along to our own children so they too will remember us one day. **Hence, this teej, I present to you a teej song to remind us all of our rich teej culture.** Enjoy the song in Youtube: <https://www.youtube.com/watch?v=DG2vH8E-dyE>

- Jyoti Adhikari ( A long term chicago resident, a true nepali by heart, a social activist, and Nepali Community Women representative, a personal banker by profession, and a poet and lyricist by hobby).

रातो सारी सृंगारै पारि 2  
 आयो तिजको रमाइलो मन भरि 2  
 सिन्दुर पोते सौभाग्य हाम्रो,  
 चुरा टिका चलनै छ राम्रो 2  
 काम र धन्दा सब पर सारि 2  
 नाचौ गाउ सबैले धित मारि,  
 बरिलै नाचौ गाउ सबैले धित मारि 2  
 आ आ आ .....

आमाको चिनो भरेको सारि 2  
 मायाले दिएको छड्के तिलहरी 2  
 बिहेको गहना छपकै लगाई,  
 तिजको ब्रत मेरो हजुरलाई 2  
 दुख पिरा बिसाउने गरि 2  
 नाचौ गाउ सबैले धित मारि,  
 बरिलै नाचौ गाउ सबैले धित मारि 2  
 आ आ आ .....

टाडाको माइती सधैको रहर २  
 बिदेशमा बस्यो मायालु घरबार 2  
 यो नौलो देशको नौलै छ चलन ,  
 बिसन गाहो त्यो घर आगन 2  
 देशको माया झन् गहिरो पारि 2  
 नाचौ गाउ सबैले धित मारि,  
 बरिलै नाचौ गाउ सबैले धित मारि 2  
 रातो सरि सृंगारै पारि 2  
 आयो तिजको रमाइलो मन भरि 2  
 सिन्दुर पोते सौभाग्य हाम्रो,  
 चुरा टिका चलनै छ राम्रो 2  
 काम र धन्दा सब पर सारि 2  
 नाचौ गाउ सबैले धित मारि,  
 बरिलै नाचौ गाउ सबैले धित मारि 4

- A lyrics by Jyoti Adhikari



## बाटो देखाऊ सत्यताको

मेरा गल्तीहरुलाई, 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 मिल्ले ज्ञान ॥

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



## Video Games

What makes you antisocial, stops you from doing school work, and is violent? If you guessed video games you're correct! Students shouldn't be allowed to play video games; video games cause students to become antisocial, violent, and prevent them from doing their school work.

One reason why students shouldn't be able to play video games is that they make students antisocial. This is because when you are playing video games, you will be too busy playing the game to make friends or be social.

Some say that you can make friends while playing video games. But, that statement is incorrect because they're not actually your friend(s). They only know your character, not your real self; this works both ways because students also don't know who they're playing with. They only know other characters; this cannot only be antisocial but dangerous.

In addition to danger, video games can be extremely violent. Video games show you violence is the way to react in most situations. They do this by allowing you to kill or hurt others in order to have self-benefit. This teaches students that violence is appropriate in many situations; and so, they may result in real life violence. This is not only dangerous but may be illegal (depending on what their actions are).

Lastly, video games keep students from completing their school work, or even starting their homework. Students will be too engrossed in video games to think about or worry about school and school/homework. Not only will this have a negative impact on the grades of these students, but will further impact their future in many different aspects.

In conclusion, students should not be allowed to play video games because they are violent, they keep students from school work, and they cause students to become antisocial. Students need to stop playing video games, and parents/guardians need to stop allowing them to play these games. - **Arya Rimal**

## An Impulsive Decision Leads to Hundreds of Memories

Going to visit Nepal this summer was not in my plans. I got back to Chicago from Syracuse University on Saturday and was still waiting to hear back from an internship I had applied to earlier in the year. Even after a few days at home, I was restless and at unease because I had nothing to do. On Tuesday afternoon, I impulsively bought a ticket to Nepal for 15 days. In less than 24 hours, I found myself on a terminal, nervous and filled with excitement to see family and friends that I had only texted and Skyped with for years. My memories of Nepal were vague - I had no idea what to expect.

I always put off going by taking summer school classes and immersing myself with work. I guess I was waiting on some sort of sign from the universe and on that Tuesday, I realized that for the first time things didn't seem to be going my way. I wasn't going to have an internship this summer and there was nothing that I could do about it. I went ahead and booked my flight, getting a phone call the next morning that my internship program would start in June. It was pretty ironic as my flight to Nepal left in less than five hours.

After I arrived to Kathmandu, I stayed with family for a few days. Then, I started traveling from Kathmandu to Pokhara, Lumbini, Palpa, and Parvat, while making stops along the way. Each person I met had a unique story and lessons to share. I was able to connect with people from all over the world - from Australia to Chile. I realized during these adventures that I had missed out on so much by putting off traveling to the country I used to call home. I was able to walk in the courtyards that Gautam Buddha once did and see the exact room in the house he was born in. With my cousins, I conquered my fear of heights by walking across the highest and longest pools in Nepal. I was able to visit temples and gumbas, share memories with family and meet cousins that I had never met before.

However, one of my fondest memories from my trip didn't occur until my very last day in Nepal. I woke up that morning at 6AM and headed off to Gokarna, Kathmandu. There, I was able to spend a few hours at the Joint Disabled Unity Awaz Center founded by a disabled, homeless man who has dedicated his life to helping disabled children and orphans. Til Bahadur Karki provides these children with a safe home, where they are able to attend school and make lifelong friends.

It is difficult for most people to raise even one child, but this man has taken it upon himself to raise 42 children. He makes sure that they have food on the table, clothes to wear, uniforms and most importantly, that they are cared for and loved. The children that I met at the center were some of the most genuine, kind-hearted people that I have ever encountered. Each child talked a mile a minute, excited to share something about themselves with me and they all wanted to take pictures with me or for me. The memories that I have from that morning with those children are ones that I know I will treasure for the rest of my life. - **Pratikshya Pudasaini (Continued on page 8)**

### An Impulsive Decision - Continued from page 6

Sitting at my cubicle now, I am grateful that my parents supported my impulsive decision because I finally feel like I have a purpose. The next time that you visit Nepal, I urge you to spend a few hours of your trip visiting the children that I had the opportunity to meet. It's amazing how much you can learn in just a few hours from children who only have the community that they have built together. My only regret is that I was not able to spend more time with them, but I know I will see them soon.



I have learned that the most impulsive decisions can have the most rewarding experiences. So, take it from someone that always made excuses and immersed themselves with work – it can all wait. Live in the moment. Travel somewhere different and talk to each person you meet, you have no idea what adventures you could go on or who could change your life. - **Pratikshya Pudasaini**

### Looking at Nepali American Center Activities - Continued from page 1

The event organizing team are attempting to offer window of opportunity to inform personal and community wide information among ourselves through this program.



Most importantly, the organizing team is always trying to find ways to make our children participate and contribute to the program more directly. They are arranging the children to learn Hindu aspect of philosophy by learning and singing Bhajans, etc. to the devotees' time to time. This will definitely be a key plan to involve our children in the program so that they can find themselves also participant and contributor to the program, not simply the witness and observer. With these efforts, the parents find greater satisfaction to bring their own children to the temple to make them part of this community effort and make them learn the richness of our religion, culture and the fundamental core value of Sanatan Dharama that we ourselves have learned and practiced in Nepal.

The second regular activity NAC is performing from last nine years is the publication of monthly newsletter Chicago Chautari Times (CCT). There are two primary purpose of this electronic newsletter. It serves as the mouth piece of NAC through mass communications of NAC activities and its assessment. Secondly, it is used as a platform for skillful writers to contribute their thoughts in writing and publish in it. Most importantly, CCT is used to engage and encourage our young children in critical thinking and writing. The young writers contributing to CCT are awarded with gifts and certificate every year during the monthly anniversary puja in June.

The third NAC activity is the children school program. It was successfully run for more than five years. Due to some challenges, this program currently runs only occasionally. NAC is planning to restart this in the near future.

Lastly, one of the most notable charitable activity NAC performed in the year 2017-2018 was to help an orphan center called Joint Disabled Unity Awaz Center in Nepal. NAC sent \$1,500 to pay the tuition fees of the 42 orphan children center recently as shown in the certificate in the figure.

NAC pledges to continue supporting this center as needed. A major effort is also initiated in submitting an application to seek nomination to the center founder Til Bahadur Karki for CNN Hero in the year 2018. Til Bahadur story is so unique that he was born disabled, lived as a pan handler for more than 25 years. He used his saving from that to establish the center and house the 42 orphans of the age 3 to 16 years old by offering them a place to live and open opportunity for them to go to school and build their future. NAC is strongly believes Til Bahadur deserves such recognition. NAC believes that its tradition will continue in the year 2018 and beyond, will become more successful to unite and make ourselves stronger and vibrant community by adopting to the need of the community. We wish all for good health, happiness and prosperity for the year 2018!

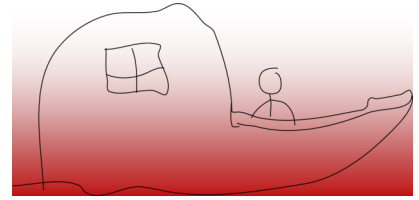




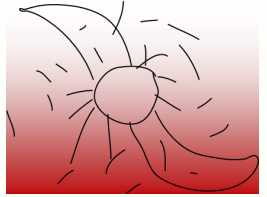


## Dream

Me and 5 other people were on a floating caravan with a pointy part attached to it that was kind of like the front of a ship except the height matched the caravan's height.



We were at the height where an average plane would go, so there were clouds everywhere. The caravan didn't have anything to make it fly so it just slowly floated forward, and it was completely empty except for some tables that were attached to the left and right walls where we sat. We were doing some kind of game where the caravan was floating to rooms that we got teleported into. All the rooms had themes to them, when we went into one, we all were in different rooms. We were divided into partners and we had a limited time to find a hidden small box that was the size of fruit snack wrappers and in some rooms, we had to find some big swirly thing or else we wouldn't pass. But the small box was for bonus points. When we were travelling in the big space in between the rooms, I started having flashbacks of beginning of the journey where we were at a house and there was some cranky woman that kept yelling at me just for looking around and one time I yelled at her telling her to shut up and she finally did. One time I got a chair from the house but it didn't have arm rests and because the caravan and anything else that was there was floating, they all swayed and I needed arm rests for protection. Then, somehow when the flashback ended, the same chair was floating beside the caravan. I was somehow sitting on the chair and it wasn't too scary without armrests since the chair didn't sway too much. But, after we went through the last room, there was a final room with a really old witch with wrinkles all over her face and it seemed like I was alone since I didn't see anyone. Somehow, I knew she was going to jump at me so I closed my eyes, but I still saw everything even when my eyes were closed. Then, after she jumped at me, I realized that it was a dream and I woke up in my dream. I started watching youtube to keep my mind off of the dream since apparently I woke up when it was about to become night, I'm pretty sure I was watching "Undertale comic dubs" which is usually what I watch when I'm bored in real life, and I didn't want to have a nightmare about the witch but while I was watching another video I woke up, and this time I woke up in real life, then after I woke up I told my mom about it and then I started writing this in the morning. - Pramsu Parajuli



## भुईँचालो जादा

म मेरो भाइसँग खेलिरहेको थिएँ। कोठा हल्लिन थल्यो। मेरो भैले भन्यो इशा दिदी भुईँचालो अएको जस्तो छ नि। हामी भाइको ममिलाई बोलौँदै कोठाबाट तल जना थालेउ। म डरउन्दै 'सन्दिदि, सन्दिदि' भन्दाइ थिएँ, भाइले 'ममी ममि' भन्दाइ थियो। म एकदमै तर्सैको थिएँ। मेरो सन्दिदी तला बाट औनुभयो अनि हामीलाई भर्न्याङ्गि च्याप्प समातेर बन्नु भयो। उहा पनि एकदमै तर्सिनु भएको थियो। अनि मेरो मामा पनि तेही भर्न्याङ्गि आउनु भयो। मामाले हामी सबैलाई नडरऊ नडरऊ केहि हुन्न भान्जि, केहि हुन्न भान्जा, केहि हुन्न दिदी भन्दाइ हामिलाई समाती राख्नु भयो।

हल्लिन बन्द भयो, हामी कामिरहेको थिएँउ। हामी बिस्तारै तल गएँउ। मेरो ममी म सँग हुनुहुन्थेन। तेसैले म अझ धेरै तर्सैको थिएँ। मेरो मामाले तुरुन्तै फोन गर्न खोज्नु भयो तर फोन लागेन अनि उहाले स्काइप गरेर ममिलाई ठीक छ भन्ने थाहा पाउनु भयो। तेश पछी हामी सबै रिङ्गरोडमा बसेउ। जताततै रिङ्गरोडभरी मान्छेहरु थिएँ। फेरी एकछिन पछी भुईँचालो आयो, हामी फेरी तर्सिएँउ, अनि फेरी आयो, अनि फेरी हामी तर्सिएँउ।

पछी ममी आउनु भयो। म ममिलाई समातेर धेरै रोएँ। अनि मैले उहालाई समाती रहेँ। त्यो रात हामी गाडीमै सुतेउ। घर भित्र कोही पनि गएँन। अर्को दिन हामी अमेरिकन एम्बेसी गएँउ। त्यहाँको घर हल्लिदैन थियो। हामी तेही बसेउ, खाएँउ, सुतेउ। अनि टिकट किनेर अमेरिका आएँउ। हाम्रो शिकागोको घर भित्र छिर्दा मैले सोधेँ, "यो घर हल्लिन्छ ?", सबै जना हान्नु भयो अनि बन्नु भयो, "हल्लिदैन"। तेश पछी म अनन्द सँग बसे। तर मेरो भाइ, सान्दिदि, हजुरबुवा, हजुर मुमा, मामाहरु, मायिजुहरु सबैजना धेरै धेरै दिन सम्म तर्सिदै बसे। - इशा मिश्र

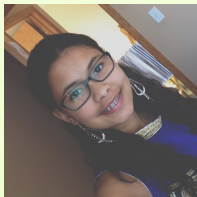


## Pressure

As people of this generation, we all feel the pressure of trying to meet a certain standard. This pressure is only doubled when that standard is based on the achievements of your predecessors, and held to you by all of society. People of the generation before me face that pressure all too often-the pressure or trying to somehow meet the ceaseless expectations. These expectations are based on the accomplishments of your predecessors; and that makes it the worst kind of pressure, as it not only limits your originality, but it weighs you down as you know it's a very real possibility, as impossible as it may seem.

It's true that these expectations can be the ones that push us towards things like education and work ethics-but is that really the reason why we should want to work hard? The accomplishments of our parents or grandparents, aunts or uncles, whoever it may be should not be the reason why we work hard. Instead, one should be driven by the promise of the future and the joy one might feel when they find success in their field. A reputation that has been passed down for generations closes doors that might have otherwise remained open for us. It blurs out possibilities that could've brought us more happiness than the things we do today. Not only does a reputation restrict us in that way, the expectations it brings with it are unpleasant to say the least. No one likes the cold fear of not being able to fulfill someone's expectations of you. Nor do we enjoy the anxiety or pressure we feel in everything we do because we're so worried it won't be good enough. But what is good enough? Is it the grades of your parents? The smartest kids in class? Your school valedictorian? That is a decision we have to make for ourselves. Whether we will allow that pressure to mold us into hollow shells of the people society wants us to be, or wispy shadows of the perfect person-or decide to make our own decisions in life.

It is one of the simplest traps we can fall into; living life to fulfill what society might see for you, and not even stopping to consider what makes you happy. It's true that we all have reputations that precede us; accomplishments of our parents that everyone holds up as the bar we have to jump above. But should we live life underneath that restraint, or really take a deep breath and think about what we love doing, and what makes us happy as people? Have we all fallen into the trap so many did before us? If yes, perhaps it's not too late to change that. Stand up for your passion and if you don't know what it is yet, do your best to find it without the influence of anyone else's ideas. Sure, living the life your parents want for you will make them happy, and maybe, if you're really lucky, you happy too. But you'd be robbed of the flood of happiness that comes with the realization that you've found what makes you happy and that you're going to do it for the rest of your life. - **Rhitom Mishra**



## Positivity

I once saw a middle-aged woman walking with a frown on her face. She immediately lit up after a girl, around the age of three, grinned at her as they crossed paths. In that fraction of a second, I witnessed an amazing example of the saying, "A little smile can go a long way."

We only have so much time on this earth, so why not spend it spreading as much positivity as you possibly can? A tiny action can improve someone's mood, and only good can come out of this. I have realized that by simply complimenting someone, you begin a butterfly effect. As the mood of the person receiving the compliment improves, they become more likely to try and better someone else's day. Then, the third person will want to get more people to smile as a result of receiving kind words. By doing this, you will also feel yourself becoming more cheerful as you are improving the world one smile at a time. Also, you will get into the habit of thinking more positively, which will greatly impact the way you see the world as well as the way you see yourself. As we jump into the new year, remember to stick the landing by spreading positivity. What a great way to start the year and begin a happier lifestyle. - **Shikha Adhikari**



## Horse Rider - Art By Jovial Rana





## Greetings Around the World

Every country is unique in its own way. Greeting of the nation also falls under it. The greetings around the world vary from one nation to another. Nepal is a culturally rich nation. In Nepal, greeting varies from one culture to another. Still 'Namaste' sounds and works out the best in all of it. We join our two hands in the chest level and bow down saying 'Namaskar'. Going out from Nepal, makes we find the different greetings culture around the world. Usually we find the foreigners shaking their hands and hugging each other. That's a common representation. Indians greet each other the same way Nepalese do. In China, people bow and shake their hands. In Italy, people kiss each other on their cheeks followed by Portugal and Spain doing the same. Japanese people bow down to each other whereas German is obliged to a firm handshake so the Americans are. In France, people kiss each other thrice or four times. Thai people greet each other same like Nepalese but they end up just joining hands and bowing. Two Arabian nations, UAE and Saudi Arabia are more unique. They touch nose with each other which might sound a bit strange to us but it's their way of greeting. Greek usually kisses each other and pat on the back. In Argentina, they hug each other and kiss on the cheek.

Among all the greeting cultures, a common thing is greeting each other. Italian, Portuguese and Spanish are found to greet in same way. Nepal, India and Thailand's greeting culture is same. Chinese and Japanese bow down to greet. Kissing and hugging is found similar among some western countries. A firm handshake is a way of greeting in USA and Germany. UAE citizens and Saudi Arabians touch their nose. It's already mentioned that the greeting cultures vary. The difference is that Asian nations have all different and unique way of greetings. But the European and American nations have kind of similar greetings which is way too unique for me when I hear and see. (Reference: [www.businessinsider.com](http://www.businessinsider.com) )

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



## How I Learned To Speak Better Nepali?

When I was little I knew how to speak Nepali extremely well because I was raised by my grandparents until I was 2. But as I got older, I went to school and watched TV more frequently. Therefore, I slowly started forgetting the language because I didn't practice enough. I knew little Nepali still because we spoke at home but, my mom noticed that I was studdering as I was speaking and I was speaking in English a lot. So she started making new rules about speaking better Nepali. Here are the rules:

If I spoke in English with any Nepali adults, my mom would put one tally mark for one word on our calendar each day. So, at the end of the week if I had ten or less tally marks, my mom would buy me a prize which motivated me to improve my Nepali. As I got older, my mom would stop buying me prizes because, I didn't really care about them. So, my mom changed the rules: If I spoke a sentence with 4 or more words in English my mom would take a dollar away from my own money and send it to a charity in Nepal. If I spoke one word in English she would send 25 cents, 2 words -50 cents, and 3 words-75 cents. And that rule applied to me if I was speaking to any adult that speaks Nepali. So, my mom would write on her phone how much money worth of English I spoke. But if my parents were speaking English then the same rules would apply to them except for they have to pay me money. So, my mom kept track of everything on her phone and at the end of the month if I spoke more English, then, my mom would send my money to Nepal. On the other hand, if my parents spoke more English they would have to give me money. So we did that for a while and eventually I learned a lot of Nepali.

We still do it right now and I'm getting very good at speaking Nepali with my parents and many other adults. My sister also has a couple of rules for her, even though she's 3. Her rules are that if she speaks in English my mom won't read her bedtime stories because she also has to remember Nepali. So in conclusion, it's very important to remember Nepali because it's your own language. And if you want to, you can even make up your own rule about learning Nepali or your parent's native language so that you'll never forget it. - **Deepa Phuyal**



### Things to do in your free time

We have a bunch of free time and there are many things that we can do in the amount of time. One activity is that to just read a book. A lot of people do this and I too. If you are into the book you cannot even notice the time go by. Another thing is to talk to family. This can waste a lot of extra time and you could learn something new about your family or about the world. You could watch YouTube videos. YouTube has funny, interesting and amazing videos that will amaze you. You can watch people play video games, watch how to make slime, learn new math curriculums and many more. You could also call family. Since Nepal and other many countries are having issues you can call your family to see if they are okay. There is another possible option is that you can go outside. The weather is great and it is not going to last for long in Illinois so you can ride your bike or play a sport. Lastly you can take a nap. Your body needs energy and resting is a great way to get more energy. Most people don't realize that in there free you can do many things than they thought.- **Aarogya Regmi**

### Sunny Moonshine



Fragile curiosities nature serves to offer,  
While spaces seeping through white linger.

Tangible they seem and softly they arrive.

Lucid rumbles force infinite surfaces to light  
And color's final flood brings salvation to human plight.

One fighting moment beckons the sphere to rest still.

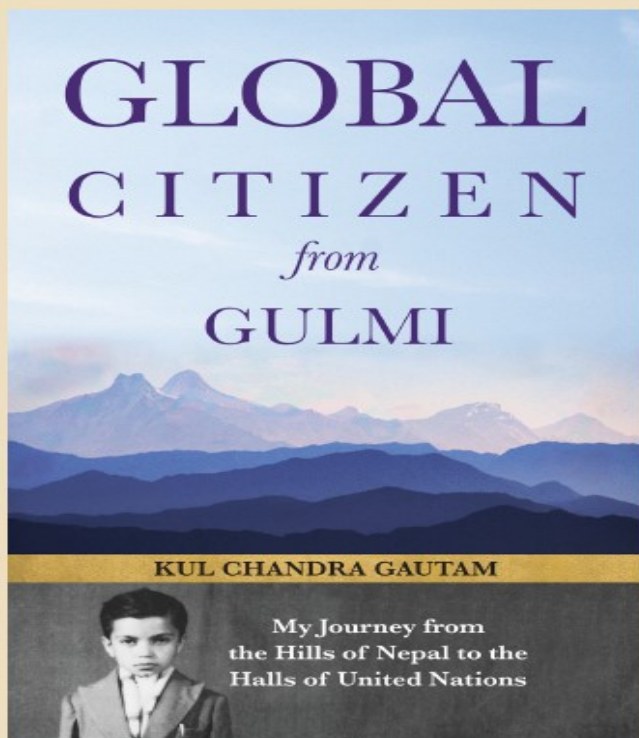
A magnetism exists pulling everything over,  
Shielding vast contrasts amongst day and unknown power.

Stars distastefully welcome ambiguous satisfaction.

Humble spirits hum alongside living and ashen souls,  
Beseeching joy to fog churning minds and conquering faithful holds.

Neither round nor crescent need shy from heavenly skies.

- **Sutapa Adhikari**



### INVITATION

You are cordially invited to the launch of "Global Citizen from Gulmi", which recounts the personal journey of former Deputy Executive Director, Kul Chandra Gautam, from a remote village in Nepal to the highest ranks of UNICEF, the UN agency committed to advancing the rights of every child.

**Date:** Wednesday, 5 September 2018  
**Time:** 6:00 PM, doors open at 5:30 PM  
**Place:** UNICEF Labouisse Hall

#### About the book

Kul Gautam's stirring memoir recalls his youth and education in Nepal, his studies in the US, his career with UNICEF which took him to extraordinary locations, and culminates in his vision for a world where respect for human rights, equity, and social justice are guaranteed to all. By turns scholarly and sentimental, the author is relentlessly optimistic and refreshingly candid as he reflects on the organization for which he worked for 35 years.

#### About the author

Kul Chandra Gautam is a former Deputy Executive Director of UNICEF and Assistant Secretary-General of the United Nations. He is a distinguished diplomat and development professional who currently serves on the Boards of several national and international organizations, charitable foundations and philanthropic initiatives.

Proceeds from the book will be allocated to UNICEF-assisted girls' education projects in Nepal with the support of [UNICEF USA](#).

Copies of the book, in print and as an e-book, are now available for purchase on [Amazon](#).

Click this link to [RSVP](#) by 31 August 2018.