

OCT 2018
NEWSLETTER

115th EDITION

HAPPY VIJAYA
DASHAMI TO
ALL !



Chicago Chautari Times

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VOLUME 10, ISSUE 7

OCT 2018 NEWSLETTER

Welcome to Chicago Chautari Times - 115th Edition



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For birthday
announcements, articles,
success stories,
quotations, poems, write
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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.

- Ankur Sharma (continued on page 3)



नेपालमा अर्गानिक कफी र संस्थागत विकास

परिचय: कफी बौद्धिक खुराकको रूपमा प्रयोग गरिने स्वस्थकर पेय पदार्थ हो। यसको शुरुवात सन् ८५० मा इथियोपियाको कफा बाट शुरू भएको पाईन्छ। कारोबारको हिसाबले पेटोलियम पछिको दोश्रो कारोबार विश्वमा हुने गर्दछ। अमेरिकामा सबै भन्दा बढी कारोबार र यूरोप मा उपयोग हुने गर्दछ।

नेपालमा कफी: इ.सन्. १९३८ मा गुल्मी जिल्ला को आमचौर मा साधु हिरा गिरीले बर्मा बाट विऊ ल्याई शुरू गरेको पाईन्छ। तात्कालिन श्री ५ को सरकारले ई. सन्. १९७५ मा मात्र जानकारी प्राप्त गर्‍यो। तात्कालिन राजा बिरेन्द्रको निर्देशन मा कफी को विकास र विस्तार गर्न विकास केन्द्रको रूपमा ई.सन्. १९८३ मा कार्यालय स्थापना गर्न लगाई

प्रबिधि, अनुसन्धान, वित्तिय सहयोग का साथै वजारिकरणको व्यवस्था को लागि नेपालको कफि कम्पनी समेतको व्यवस्था गरियो।

नेपाल अर्गानिक कफी: गुल्मी जिल्ला को प्रभाव ले पाल्पा जिल्लाको मदन पोखरा मा पनि ढकेश्वर घिमिरे स्वयम् कृषक को छोरा भएकै कारण ई.सन् १९७८ मा केहि कफीका बोटहरु लगाएका थिए। पछि ई.सन्. १९८१ सालको भिषण बाढी तथा प्राकृतिक प्रकोपले मरुभूमि तुल्य भएको वारी जमिनमा हरियाली बनाउन का लागि म ढकेश्वर को अगुवाईमा माता हरिकला, पिता इश्वरी प्रसाद, श्रीमती शान्ति देवी, भाई हरु माधव, शिव बाट व्यवसायिक रूपमा नुर्सरी संगे कफी, डाले घाँस हरु, फलफूल हरु रोपन शुरू गरियो।

छिमेकीहरु लाई समेत रोप लगाईयो। फलस्वरूप ४/५ वर्षमा उक्त जमिन एग्री फरेस्टी को मोडेल बन्न पुग्यो र राष्ट्रिय अन्तरराष्ट्रिय स्तरका पर्यटक, अनुसन्धानकर्ता, राजदूत, पत्रकार मिनिस्ट्री आई एन जी ओ हरुको आगमन केन्द्र बन्न पुग्यो। साथै सिकाई केन्द्र पनि बन्न पुग्यो। ई सन् १९८९ बाट श्रीमती शान्तिदेवी तथा ढकेश्वरको संगलगनतामा प्रशोधन गरि स्थानिय स्तरको कफी को रूपमा Home Made Organic Cofee तैयार गरि बिक्रि गर्न थालियो। राष्ट्रिय मेलाहरुमा भागलिने र उत्कृष्ट सर्बोक्तिस्टता हासिल गर्ने कामको समेत शुरुवात भयो। ई सन् १९९७ पछि श्रीमती शान्तिदेवी, छोरा हरु भानुभक्त सरोज र छोरी शर्मिला, ज्वाई शिव ज्वाली को महत्व पूर्ण योगदान छ र साथै बुहारी कबिता र ममता समेतको सक्दो योगदान रहेको छ। हाल उक्त कफीको ई सन् २००८ देखि अन्तराष्ट्रिय रूपमा ACT थाइलेडबाट USDA, EU को अर्गानिक सर्तिफीकेसन भै रहेको छ भने ई सन् २०१७ अमेरिका स्थित SCA समेतको सदस्य भएको छ। साथै नेपालको पहिलो अर्गानिक कफीको रूपमा 'नेपाल अर्गानिक कफी प्रोडक्ट्स' परिचित भै राष्ट्रिय अन्तरराष्ट्रिय बजार मा कारोबार गर्ने गरेको छ। हाल पाल्पा बाट काठमाडौं को चन्द्रागिरि न. प. मा यसको आधुनिक प्रशोधन उद्योग स्थान्तरण भएको छ। साथै नेपाल अर्गानिक कफी सप (क्याफे) को रूपमा काठमाडौं स्थित ठमेलमा समेत बिक्रि केन्द्रबाट आवस्यक सेवा पुराई रहेको छ। हाल सानो छोरा सरोजले प्रमुख जिम्मेवारी लिई आएका छन्।

कफीको संस्थागत विकास: ई. सन् १९९० मा गुल्मीमा बजार अभाव, गवारे किराको आक्रमण, अनुदान कटौती का कारण कफीका बोटहरु काटिरहेको बेला पाल्पा जिल्लामा भने रोपन चलिरहेको थियो। "कफी नकाट्ट उपाय खोजौं" भन्ने नाराका साथ ढकेश्वर घिमिरेको अगुवाई मा पाल्पा मदन पोखरामा २५ जना कफी कृषक भेला गराई २०४७ कार्तिक ३० गते "नेपाल कफी व्यवसाई संघ" मदन पोखरा को स्थापना गरियो। ई. सन् १९९१ मा जिल्ला स्तरिय संघ बनाई अर्गानिक अभियानमा लाग्ने निर्णय, बजार व्यवस्था र ई. सन् १९९२ मा नेपाल सरकारको राष्ट्रिय चिया तथा कफी बोर्ड को स्थापनार्थ सहयोग पुराईयो।

२०४७ सालको प्रारम्भिक कफी संगठन को स्थापनार्थ सहयोग पुरयाउने केशव राज भट्टराई, टिका राम खनाल, एक प्रसाद भण्डारी, गङ्गा राम नेपाल र रेवत बहादुर बिष्ट लगायत साथि हरु हुनुहुन्थ्यो। यसैगरी नेपालमा अर्गानिक कफीलाई संस्थागत गर्न भीला कुमार श्रेष्ठ र कृष्ण पाठक को पनि योगदान रहेको छ।

ई. सन् १९९७ मा नेपाल सरकार संग अर्गानिक प्रबिधि नभएकै कारण संगठन कै पहलमा तथा ढकेश्वर घिमिरे अगुवाई मा एल साल्वाडोर बाट अर्गानिक कफी विज्ञ तथा अमेरिका बाट कफी प्रशोधन विज्ञ लाई नेपाल बोलाई ८ जिल्लाका ४२ जना कफीका अगुवा कृषक र ४ जना अधिकृत समेत लाई १ हप्ता को चिसो प्रशोधन मा आधारित रोपन तथा प्रशोधन समेतको तालिम संचालन मदन पोखरा पाल्पामा गरियो। त्यो नै नेपालको संघर्ष मा पहिलो तालिम थियो। त्यसमा Helvetas/Winrock International को पनि सहयोग रह्यो। ई. सन् १९९७ मा राष्ट्रिय स्तर को संगठन HCPCL बन्यो, नेतृत्व ढकेश्वर घिमिरे बाट शुरू भयो। र अर्गानिक पद्धति को निरन्तरता सहित को कफी रोपण, प्रशोधन, बजारी कारण, नीतिगत व्यवस्था र नेपाल सरकार संग समन्वय का काम हरु हुँदै गए।

ई. सन् २००२ मा उत्पादित कफी संगठन र HCPCL मार्फत बिक्रि नहुदा अमेरिका स्थित हलैड कफी ग्रुप का अध्यक्ष जर्ज विलोरिज संगको सम्पर्क बाट थप प्रबिधि व्यवस्थापन गरि २००४ मा अमेरिका मा कफी पठाईयो र तत्कालिन SCAA को सदस्यता सहित 'कफी एक्सपो यु एस ए' मा भाग लिन आई नेपालमा बिक्रि हुन नसकेको सबै कफी को बिक्रि व्यवस्था मिलाइयो। सन् २००८ सम्म केन्द्रिय संगठन मा मेरो नेतृत्व रह्यो। त्यतिबेला सम्म कृषक र उद्योगी को मात्र यो संगठन थियो। जम्मा १४ जिल्ला का २८ हजार कृषक परिवार थाथा १० जना उद्योगी हरु हुनुहुन्थ्यो। कूल उत्पादन ४०० मेट्रिक टन ग्रीन बिन्स, रोपण छेत्रफल १६०० हे. र बिक्रि अवस्था को कुनै समस्या नरहेको अवस्था थियो। इ सन् २००८ पछि को दुई कार्य काल को अध्छ्यता स्यांजा का श्याम भण्डारी बाट भयो भने हाल इ सन् २०१८ देखि ललितपुरका ओम नाथ अधिकारि ले गर्नु भएको छ।

ई. सन् २०१७ मा नेपालमा नेपाल कफी व्यावसाई महा संघ (NCPA) ले SCA को सदस्यता प्राप्त गरेको छ। साथै तत्कालिन अवस्था भन्दा एले फरक परिवेस भएकोले कफी मा संगलग्न साना किसानको संगठन, DCPA सहकारीहरू, उद्योगी हरु, ठुला कफी कृषक, कफी नर्सरी व्यापारी, क्याफे, प्राबिधिक विषय विज्ञ अनुसन्धान कर्ता, आयात कर्ता, निर्यात कर्ता समेतको संगठनको स्वरुप तयार गरि नेपाल कफी फेडरेशन (Nepal Cofee Federation) नेपाल कफी महासंघ मा रुपान्तरण गरि १४ जिल्ला मा ३२ हजार कृषक र अन्य ५०० जनाको सहभागिता सहित को नया नेतृत्व रहिसकेको छ। म संस्थापक अध्यक्ष को भूमिका मा रहेको छु। कफीको उत्पादन ५०० मेट्रिक टन रहेको छ। बजारको समस्या छैन। गुणस्तरीय कफी उत्पादन ब्रिदि गर्न जरुरि छ। अन्तर-राष्ट्रिय राष्ट्रिय समन्वय को खाँचो रहेको छ। यसैगरी सरकारी नीतिनियम कार्यान्वयन आवस्यक छ। कफी को भविष्य निकै उज्ज्वल छ। वातावरण को हिसाब ले नेपाल कफीको लागि सर्बोक्तिस्ट छ।

शान्ति देवी घिमिरे, नेपाल अर्गानिक कफी प्रो.प्रा.लि. (संचालक) तथा नेपाल कफी महासंघ केन्द्रिय सदस्य
फोन ९८४७०२८५६७, ढकेश्वर घिमिरे - संस्थापक अध्यक्ष नेपाल कफी व्यवसायी महासंघ

Editorial - Leading by Example (Continued from page 1)

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**

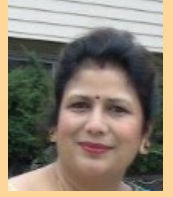
First Woman Entrepreneur of Organic Coffee 2016 (1989) in Nepal

Pioneer in Organic Coffee 2035 (1975 AD) & founder of Nepal Coffee Producer's Association NCPA 2047 (1990 AD)

"The humble and genuine beginning of Coffee journey of NCPA from 40 Years with focus Conservation, organic ideology into entrepreneurial on high quality and building skills and encouraging sustainable organic farming, shines through in every fresh cup of Coffee ..."

NEPAL ORGANIC COFFEE PRODUCTS PVT. LTD.

मैले आफुलाई नै बिर्सेको रहेछु



मैले आफुलाई नै बिर्सेको रहेछु
सोचें थिए म दोहोरो जिन्दगी बाँचि रहेछु,
म कहाँबाट कहाँ पुगेछु
माइतीलाई त्यागी घरलाई अपनाएछु
म छोरीबाट बुहारीमा परिवर्तन भएछु
ममिबुवा भन्दै रमाउने म अामाबाभन्दै रमाएछु
माइतीलाई चटककै छोडेर घर पुगे जस्तै
स्वदेश छोडी विदेशमा रमाउन पुगेछु
परिस्थिति या स्वइच्याले यहि नैरमाउन पुगेछु
सोचें थिए म दोहोरो जीन्दगी बाँचिरहेछु
आखिरमा म त एक नाटकको पात्र मात्र रहेछु
म त शान्त स्वरुप आत्मा मात्र रहेछु
मैले आफुलाई नै बिर्सेको रहेछु
मैले आफुलाई नै बिर्सेको रहेछु !!!

~ बुलु पाण्डे

गजल



मलाई धेरै चाँहिदैन थो..रै बिकाश भए पुग्छ
सुलभ स्वास्थ्य राम्रो बाटो बिकाश भए पुग्छ
फ्लेक्सले टालेको पार्क र फोटाका रेल किन
स्वाश फेर्ने हावा र बलेनीको निकाश भए पुग्छ
तस्करका लस्कर हेर खाडी जाने ताँती
मेरै माटोमा फल्छ भन्ने बिश्वास भए पुग्छ
धुँवा धुलोको स्मार्ट सिटी दुई तिहाई भ्रष्टाचार
अन्धविश्वास र अंधारो चिर्ने प्रकाश भए पुग्छ
सबैलाई शिक्षा रोजगार खै त् पिडितलाई न्याय
परिवार साथैमा हँसिलो अनुहार झकाश भए पुग्छ

-जेराणा ०९.१७.२०१८



BABA NAM KEVALAM

1. Characters: a. Dhrtarástra b. Sanjay
2. Location: a. Dharmakshetra b. Kurukshetra

Life is a continuous struggle between evil forces (desire, anger, greed, affection) and divine forces (peace, mercy, love, reverence, sympathy etc.). This fight between evil forces and divine forces is called battle of god and demon. This struggle started with the existence of the human civilization, is still going on and will continue.

This kind of fight is called Spiritual practice, spiritual fight, Spiritual war or samar.

The meaning of samar is fight, battle or simply we can say war. We can understand this fight between devil and god from first verse of first chapter of "Gítá" narrated by Lord Krshna in Mahabharat.

"Dhrtarástra speaks:" "Dharmakshetre kurukshetre, samavetá yuyutsavah, mámakoh pándaváscaiva kima kurvata Sanjay?"

Meaning: Sanjay! What are my team and Pándu's team doing there at Dharmakshetra and kurukshetra?

1. Dhrtarástra episode: Who is Dhrtarástra?

Dhrta means entity which controls and the rástra is a shape, structure. For instance, Nepal comprises of different cities like Kathmandu, Pokhara, Lumbini etc. which makes a structure of a country. Likewise, from head to toe all organs collectively make the structure of our body. So who is the controller of this body? Mind is the controller of this body. After separation of the mind from the body if it is not cremated or buried then it starts to decompose. So Dhrtarástra is our mind.

2. Sanjay episode: Sanjay was asked a question. Who is Sanjay? (San+jii+al) that is- the meaning of Sanjay is "the Conscience" which acknowledges the difference between good and bad and right and wrong. So, now mind is questioning "conscience" in the form of Sanjay. Questions arise in the mind because all the propensities and thoughts (desire, anger, greed, affection, sympathy, disappointments, love etc.) are created in the mind. So, mind questions taking help of the conscience, Dharmakshetre Kurukshetre.

2. a. Location: 1. Dharmakshetra episode:

What is Dharmakshetra? What is the place?

We need food, clothes, shelter, education and medicinal treatments. These are the fundamental requirements of human life. For this reason, we need to work. And to work we need a body structure. In this body all the good and bad propensities arise and the conflict between these good and bad propensities continuously goes on. Where these conflict goes on? It's in this body. Then with the help of conscience the mind differentiates between sentient and static forces.

For this we need a body and this body is Dharmakshetra.

2. b. Location: 2. Kurukshetra episode:

The place where we do our karma sadhana for the above mentioned necessities of life (food, clothes, shelter, education and medicinal treatments), is Kurukshetra. The meaning of Kuru in sanskrit is "to do". The word Kuru is derived from Kri and it is imperative and the meaning of Kshetra is a place where something (karma/action) is to be done. Don't sit idle, keep doing your karma in this Kurukshetra in the form of this world.

Our body is Dharmakshetra, this world is Kurukshetra, Mind is Dhrtarástra and Sanjay is the Conscience.

Just like sea water evaporates and turns into clouds and then again comes to the earth in the form of rain and that rain water runs through mountains and rivers crossing all the obstacles and again merges into sea water. Likewise, we come from that Ishwar, GOD and go through various 84 lakhs births like trees, insects, animals, birds etc., crossing many obstacles and problems then we get a human body. Now it depends upon us whether to do good deeds and Dharma Sadhana to realise the "Self" and get merged into Brahma or to depend upon our bad propensities and keep moving in these 84 lakhs births again. This is the explanation as per Rajyoga of the above mentioned shloka.

Narrated by Pradhyumna Kumar Sharma (Translated by: Shiva Sapkota, Kathmandu, Nepal)



Text and Scriptures of Buddhism

Precisely two months after Buddha's enlightenment on the July full moon day the Buddha delivered his first discourse to the five monks that attended on him. *Dhammacakka* is the name given to this first discourse of the Buddha. It is frequently represented as meaning or "the wheel of truth." Buddha Continued teaching for next 45 years after his Enlightenment. All teachings are orally taught listened, and memorized by the disciples and handed down. That is why all most of the Buddha's discourse collections (*Suttas*) started as "Once I Heard" (*Ya wa me Sutta, Ek samay Bhagawa*). There are several Canons of the Buddha's teaching and it as follows;

1. Pali Canon -

The Pali Canon represents the Theravada school's collection of the teachings. The teachings nearest to Buddha real cited (*Vachan*) is available only in Pali texts .The Pali canon is a set of three containers' in which books of common themes and approaches are gathered and called Tipitaka (*Sanskrit, tripitaka*) means "three baskets." The three collections are; the Vinaya Pitaka, the Sutta Pitaka, and the Abhidhamma Pitaka.

Vinaya Pitaka :The collection of texts concerning the rules of conduct governing the daily affairs within the *Sangha* community of ordained monks and nuns.

Sutta Pitaka :It contains the records of Buddha's discourses and discussion with his disciples with five collections called Nikayas (collections). They are divided according to the length of the discourse as follows.

Digha Nikaya — the "long collection" || Majjhima Nikaya — the "middle-length collection" || Samyutta Nikaya — the "collection of connected discourses" || Anguttara Nikaya — the "further-factored collection" or collection of numerical discourses. || Khuddaka Nikaya- the "collection of little texts" It has several well-known and popular texts such as; The Dhammapada, The Udana, The Sutta Nipata, Theragatha and Therigatha, and The Jataka. There all together 15 holy books.

Abhidhamma Pitaka - The collection of texts in which the underlying doctrinal principles presented in the Sutta Pitaka are re-worked and re-organized into a systematic framework that can be applied to an investigation into the nature of mind and matter.

2. Sanskrit Canon:

The Sanskrit canon is similar to Pali Canon both of which can be traced back to Buddha's original teachings, although it is developed much later around 700 years after the Buddha. The Buddhist use of classical Sanskrit for literary purposes possibly began with Asvaghosa (c. 100 CE), author of the *Buddhacarita*. The Sanskrit Canon had the same three division as Pali Canon. Vinanay Vaibasha : Rules and regulations of Monastic Life, Sutra Vaibasha: The Five Nikaya, Abhidharma Vaibasha.

3. Mahayana Texts

Once Mahayana branch of the Buddhism flourished, new Sutras were written, most of the Sanskrit Canon was incorporated in Mahayana texts. The most important texts are:

Heart Sutra : The Heart of the Perfection of Wisdom (Prajñāparamitā Sutras) : Teaching of emptiness (Sunyata)

Lotus Sutra: Saddharma Pundarika Sutra; one of the very famous sutra in China and Japan.

Vimalakirtinirdesa Sutra

Sukhavati Sutra

4. Tantric Texts

After the growth of Tantric branch of Buddhism the Tantric texts had been written namely; *Carya Tantra* (practical rites), *Yoga Tantra* (practice of Yoga), and *Anuttarayoga Tantra* (higher mysticism). The Tantric Buddhism which is Vajrayan Branch of Buddhism which practiced in Tibet and Nepal followed theses texts and the most popular ones are Kalacakra tantra (Wheel of time), Hevajra Tantra, and Guhya samaj Tantra (Union of the Triple body of Buddha).

East Asian Texts

Most of the Sanskrit text of Tripitak were taken and translated in Chinese, Japanese and Korean Language. The oldest printed books is the Diamond Sutra.

Tibetan and Mongolian Canon

There are major two parts of Tibetan literature which were translated from the Sanskrit Text

Kanjur: Translation of Buddha word, which includes Vinaya, Sutra, Abhidharma, Prajnaparamita, and the Tantric Texts.

Tanjur: Translations of the teachings which includes Sutras ("Hymns of praise) , Commentaries on the Tantras and the Sutras

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- Junoo KI Tuladhar



GITA - The Song of 'GOD'

'Gita' is described as the divine understanding of truth realization between man and his creator. It is an epic scripture and one of the most spiritual books available. I was inspired by my grandad Bishnu Phuyal to read the 'BHAGVAD GITA'. He himself provided me the book and now I am reading it daily and have collected the lessons that you can learn and use to bring your life back on the right track.

Lessons from 'GITA' :

- A. Man is made by his belief. The way he believes, so he becomes. Your thoughts make and define you. If you think you are a happy person, you become happy.
 - B. Nothing is permanent in our lives. Change is the law of universe. Accepting change makes you coherent enough to face any tough situations in your life.
 - C. Do your work, never look for the reward.
 - D. Anger and Fear are the two enemies that are harmful to our well-being. We must eradicate them from our minds completely forever.
 - E. You came empty handed, you will leave empty handed. Being proud Of wealth is a sign of immaturity. These things are temporary, remember.
 - F. Lust, anger and greed are the three gates to a self- destructive HELL. Lust will make you pervert, anger will drive people away from you, and greed will never make you satisfied.
 - G. Each person is his own friend and enemy. Believe in yourself. Your solution is the ultimate answer.
 - H. A person can rise through the efforts of his own mind, or draw himself down in the same manner. You need not have any regrets for the past. What should you do
1. We consider meditation boring. But, we truly need to sit and meditate few minutes daily to attain inner peace of mind.
 2. Don't settle for less, strive hard to achieve bigger goals in life.
 3. Dedicate your being to God. He is the one to be ultimately relied upon. Those who know of his support are forever free from fear, worry, and sorrow.
 4. Clear doubts, they fog your mind with unclear thoughts.
 5. Know your challenges.
 6. Walk in a right path. Inspire others.
 7. Share your responsibility.
 8. Turn your weaknesses into strengths.

- Utsav Phuyal

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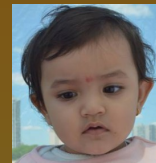
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Best Wishes to our Oct Birthday Stars

Alisha Pokhrel - Oct 7



Evana Khatiwada - Oct 8



Aanvi/Avan Sapkota - Oct 12



Jovial Rana - Oct 14



Aarogya Regmi - Oct 21



Submit your birthday Information with the pictures by via email by 20th of the month.



Lost

Michael didn't know what he was doing but he did know that he was in the middle of a beach. He'd remember only a little bit of his life: 1. His name is Michael 2. He had a family who visited Rio de Janeiro, Brazil 3. He had a nice mom, a funny dad, mean older brother, weird older and younger sister. The part of him being at the beach he can't remember. Though his family made millions of dollars he didn't know why they went to Brazil. "It's good to see all around the world not just one place" Michael's father said. The only part that Michael did like going there was the food. Michael loved food any kind of food. Crabs to squid, he would eat anything that normal people eat. Now what Michael remembered he was on an airplane not near the shore of a beach. He looked around his surrounding and noticed that he was right next to the beach were the hotel at. Is this a bad dream? Next thing he saw was a giant statue that was pointing at him. Next the dream changed, but this time he felt this wasn't a dream. He was sleeping at the airport. Yet again Michael didn't know what he was doing. He looked at the time, 6:30 am. "That is weird I thought I was on a plane" Michael said. "O que você está fazendo aqui garoto" (what are you doing here boy) a woman said in Portuguese. She looked at his ticket. "Seu vô partiu aproximadamente 10-11 horas há. Era o vô anterior a América Califórnia. Você estava indo para lá?" (Your flight has left about 10-11 hours ago. It was the previous flight to California, America. Were you going to go there?). Luckily Michael had learned many languages and Portuguese was one of them. After an hour of talking Michael was going to back home. - **Aarogya Regmi**



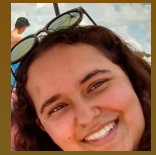
Home is Where the Heart is

Home is really beautiful. More beautiful than the world. I don't deny that world is beautiful, but home is different. It carries the feeling of comfort. That home, oh yes that striking and stunning home, a house where every corner is adorned with love, care, bliss, delight, grief, memories and every worthy and decadent thing. So, we never want to leave our home for long. It is the finest place to stay, even if it has a low thatched roof or a cracked wall or a hut it would still be a place where we spent our half-life. When we are away we remember all the fights we had with our brother and sisters. The telling-off we got for being impish. We remember all these. But, what would you do if someone comes grabs you roughly and put you in a crate for show. But we do the same thing to animal why shan't we try ourselves first so that we would know what does that mean? Think about those animals who should be hugging the sky and walking on a lush slop are in a cage door and for show. How much will they miss their lovely surrounding and that beautiful forest where the fresh air ruffles? Humans destroy animal's home and life just for money, they don't think about animals when their home is priceless for them. And deforestation is as well like abolishing a home of animal. So, let's not destroy other's home and love our home.

- **Nupur Phuyal (Class 7, Aksharaa School, Kathmandu, Nepal)**

Best Wishes to our Oct Birthday Stars

Aarya Regmi - Oct 27



Jaylen Kunwar - Oct 13

Saurav Bhusal - Oct 15

Pranav Pathak - Oct 17

Reeva Baral - Oct 17

Jaina Kunwar - Oct 20

Avah Shrestha - Oct 24

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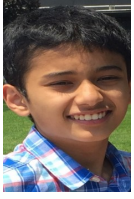
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Apple

The technology company Apple recently made history, being the first company in the history of the world to be a trillion-dollar business. The founders of the business are Steve Wozniak, Ronald Wayne, and most famous out of all Steve Jobs. They decided to make the company on April 1976. In 1977 they officially named their company Apple Computer Inc. Around that time they invented their first computer called the Apple 1. They would sell it for a market price of \$666.66 dollars. Later on, they would make the apple 2. At the start they would work in a garage, since they couldn't afford a building at the time. The famous garage was Steve Jobs house as a kid in Los Altos, California.

The company in the beginning would sell computers to friends or relatives, but after success in revenue they started doing things seriously. They rented a building for an affordable price and hired computer designers for help. Everything was going great, but suddenly Ronald Wayne left the company (at the time Wayne was the co-owner). But it actually became a blessing in disguise. Money kept rolling in. Quickly Apple became a multi-million dollar business. By the end of the decade Apple had an established staff and had a 188 million net worth.

In the 1980s Steve jobs put out the Apple 3. This computer was an instant success. What was different from this computer was that they added a new feature called "desktop mode". Instantly Apple became serious competitors to Microsoft. Still to this day they are still business competitors. Apple became one of the fastest growing businesses in history. Apple invented the Macintosh on 1985. It was a battery powered personal computer that had a small black screen. So far their first 10 years was a success. Then in the 90s Apple declined. They started adding products and spending millions of dollars on new inventions but the products didn't sell well. The Macintosh became outdated as Microsoft made more and more advanced technology with their own personal computers. The Macintosh was not advanced enough and could not multitask well which is bad considering people want things done as fast they can.

The company wasn't making much profit. But in 1997 Steve jobs announced that Apple would team up with Microsoft to upgrade their Macintosh. With the new additions they called the computer the Microsoft Office. This product would bring in an extra 200 million dollars that they needed to stay in business. After Microsoft and Apple both became happy with the outcome of the collaboration they decided to part ways. Even though Apple helped their competitor they also made a lot of profit for themselves. Apple in the late 90s started their "i brand". They made the first iMac in 1997. It was like a Macintosh but more advanced and easier to use. This was the most successful product they have had in the 20th century. They sold 800 thousand iMacs in 5 months. It became the most popular electronically item in the late 90s. The iMac had a unique design and had several different features that wowed people. After the iMac Apple became a multibillion dollar business.

In the 21st century is where they took over the technology business when they released the iPhone. It was a new type of phone never seen before and was easy to use. On the first day they sold over 300 thousand phones in 1 day. Steve influenced a music system called iTunes. It is where artists can sell their music on the app to fans. The app makes money to the artists and a small percentage of the money goes to Apple. This was a genius idea because according to a study 75 percent of Americans listen to music. Your phone is the perfect place to listen to music because it is small and you can listen to it on the go. Buyers loved this feature.

Steve jobs decided to keep making iPhones since it was going very well financially. In 2010 Apple released the iPad. Like the iPhone it did extremely well and was very popular. The iPad had a bigger screen and had new features. Unfortunately, a year later Steve jobs passed away on October 5 2011. He was very young at 56 years old. Tim Cook took the spot of the CEO and followed the footsteps of Steve Jobs. He continued the iMac, iPhone, and iPad business and eventually helped Apple reach the trillion dollar net worth value on August, 2nd, 2018. Almost 7 years since Steve Jobs died. Apple became the first Business in history to have a net worth of a trillion dollars. Steve Jobs did a fantastic job making this company. Still Apple has a great CEO and still looks like they have a bright future. Apple and Steve Jobs will go down as the most successful business in history.

- Rohit Joshi