

NOV 2018
NEWSLETTER

116th EDITION

HAPPY TIHAR TO
ALL !



Chicago Chautari Times

Brought to you by peopleofnepal.com



VOLUME 10, ISSUE 8

NOV 2018 NEWSLETTER

Welcome to Chicago Chautari Times - 116th Edition



INSIDE THIS ISSUE:

Editor..	1
Sweet Home ..	2
Bratabandh ..	3
Technology ..	3
Volunteer ..	4
Communication ..	5
Nike .	6

What are our Desires and Challenges?

We humans by nature are social animal and political in nature. Therefore, individual come together to form groups for fulfilling their many desires and various needs. Interactions we conduct, relationships we build and activities we perform among ourselves is the basis to satisfy our desires and achieve our needs. This is our common experience, we unite and we it binds us all.

Even selfless solitary saints who renounces everything and live with bare minimum to survive, likes company of people and occasionally surrounds himself amid people. They desire to do this only to express their views for others that can benefit from hardship in their life. They offer knowledge and wisdom freely and demand nothing in return for any material value. They receive reverence and gratitude, may also get a trivial return for bare livelihood.

So, we know self-fulfillment and happiness are not found from isolation, not to anyone. We also know from our own experiences that success need to be shared for us to be genuinely happy. It is also true that sharing our success with others have numerous other positive values. It provides motivation, insight and guidance to other, for them to learn and succeed. At the same time, it is also a common experience that sorrow and grief, tragedy and turmoil that every one of us must go through in our life at one time or other, and no one can be completely free from such life events, also need to be shared with other, whether individually or in a group. Only by sharing and reaching to other help us to release the load we bear from the grief or failure we encounter or the challenges we face. It is a proven fact that we get relief from our failure or sorrow or challenge when we reach out to share.

Without sharing, none of these two common human phenomena, sorrow or success, which are part and parcel of our life, neither we can become happy nor our life becomes enduring. We end up living miserably. Sharing is important. Knowing or understanding the meaning, value and purpose of our life can be found from seeking company of other to the most part. From the company, we can also find experience, knowledge and wisdom other people possess. Or we see and learn from them how other human being go through their life overtime, how they act and react with various action or inaction, and how they deal with the outcomes, etc.

All such things that are part and parcel of life of one or more individuals can be found, can be seen, can be heard, can be understood only from mutual communication or from gatherings conducted for one or other purpose or activities. Such actions create networks, understanding of responsibility, our duty that can binds us with love and compassions, affections, mutual bonds and so many other values in our life. We can become virtuous. It is because these things generate clarity inside us, builds strength in our character and creates values that are very important for everyone to know how much useful activities are. It positions our mind towards higher level of understanding of the meaning and purpose of our life. Only with such common actions in sharing, acting, listening and deliberating, we can help ourselves to see within us and in other as well to understand what we are and how to live to become happy.

- Dr. Bishnu Phuyal (continued on page 2)

NEWSLETTER TEAM :

Ankur Sharma
Bishnu Phuyal

For birthday
announcements, articles,
success stories,
quotations, poems, write
to us at
peopleofnepal@gmail.com

Editorial - (Continued from page 1)

So, knowledge, strength, health, happiness, success and wisdom can be primarily found from as many common human activities that can be done together. In many ways, it is like accepting everyone as member of one family. When our family becomes big, we can do big things and we also need bigger places, facilities etc. We can do bigger things that were unimaginable to a singular. This is exactly why we have built various physical facilities and maintained various places wherever we live to provide us necessary means to conduct our activities and attain our broader needs. We therefore built schools, colleges, museums, temples, churches, theaters, and so many other facilities and infrastructures.

We came to America in small numbers. We were limited then. As more and more of our people begin to come and join us, our numbers grew steadily. By now our number already grew significantly and also our ability grows. Similarly, our needs are expanding. We wanted to do all those things discussed here to become successful and happy. Therefore, we need to establish networks among us and build facilities for us to conduct our activities that we need to do. We need to do this now more than ever to satisfy our growing needs, our desires and for our future. We also wanted to share our challenges and success with our people and our friends. We wanted to build our society bigger, better, competent and cultured. We wanted to do many more things. In order to facilitate all these things to happen, our first and foremost goal now is to build an adequate facility here in Chicago as soon as possible. It will enable us to solve many of our needs, it will also become the necessary ingredient in achieving other success that we are dreaming and desiring.

It is my observation in working with so many of you and listening your points for some of these years, I know how strongly you feel about having our own facility. Like yours, I have strong interest to continue to be its proponent and work with all of you to fulfil our long desired and dreamt project of building the facility in Chicago. What I know is that the stars and planets are aligning, and the right time is coming close. Let us continue to hold our desire and connect with as many families and friends to bring them also together to make this dream come true.

- Dr. Bishnu Phuyal



Sweet Home

*The crook and nook of that home
I miss it so much
My childhood was spent there
Me and my family shared*

*Sweet home I am sorry
I had to leave you
I remember talking to you when I was unhappy
And marking you with pencil when I was snappy*

*Sweet home I miss you too much
My heart is also really touched
You heard my irritating talk
And the way I used you with my pencil mark*

*The happy times and the sad days
earthquake
That breaks our bond like it cracked you but,
I will always remember you as that sweet home.*

- Nupur Phuyal (Class 7, Akshara School, Kathmandu, Nepal)

|Text Wars... not really

Not really sweet, but nice (not really) revenge!

Why am I so small! Its not me, but I don't think this is the writer's fault. *Ha. Now who's the small.* PAUSE. Hi their reader this is Arial text with... Calibri (Body) text. Last time I left I was abducted to another document because this guy wordnapped me. CONTINUE. *Ha you really thought I would FORGET ALL About you.* if you mind me I can tell you who this manic, sick, impossible text is. So back when the first Text Wars came this guys brother was in trouble in all that stuff. Now, he has come to destroy all other text that are not like impossible to

read. *You are a dummy. Do not trust him.*

I have the power now. Dude learn how to size. Yeah you

are impossible to read. *Ha. I am not and why am I small.* The reason you are so small is because we are now in control. I guess we saved the day. Now that better. I am bigger than ever. I got to go. See you. I guess I am alone. Hey reader. Yeah, I am talking to you. Have ever got a time that you felt that you going to make a big mistake by doing a certain task and then you know that is bad, but you still do it and nothing ever happens. That was my feeling about joining the cool text squad in text school. Anyways, I got to go and be happy that I have a good life as a text. Let's hope I not ever forgotten. I mean I bring my brother in here, but he is busy with his thing of a word document so, I not going to budge. Hey bro, I came here to say hi. Hi there. Everyone, meet my brother Calibri (Body) Headings. Anyway, I got to go see you later. No more enemies and no more friends to talk to. Well that all folks. If you want to see a play like this... wait 1 more month. The page is ending so see you. This might be boring, but remember that this is a happy ending. And on every happy ending there is a new bad start made. See you later. **I HAVE GOT HIM...**

-Aarogya Regmi



Bratabandha

Bratabandha is a Hindu tradition, it is a ceremony to celebrate the transition from childhood to manhood. We had invited my friends and relatives. I was supposed to fast until puja is over. I wasn't very excited for my bratabandha for religious part of it, the only good thing that was in it was the party that we would have. It had two unnamed parts, on Thursday I had to get my haircut by my uncle, with a band of hair left untouched. The haircut was the worst part, and I was happy that I got over with it quickly. The next day, Friday, I had grapes, a banana, and milk for breakfast, only fruits since I was supposed to fast for the day.

Bratabandha started around 8:35 AM, relatives that had slept over from the previous day were spreading a special kind of "soap" all over my body. The "soap" was made of mustard seed, yogurt, and turmeric, when it was being spread over my body, I had a burning feeling. I had to take a shower after they had spread the "soap", when I did, the "soap" scratched my body. After the shower I got to take a little break and do whatever I wanted, then I had to change my clothes into the Bratabandha clothes. The clothes consisted of a very big orange robe, a yellow headwrap, and orange short shorts with elastic at the bottom. When I finished changing, I had to sit at the Puja place we set up in our house for 3 hours, while hearing a priest read 2 entire religious books that were the size of the Bible, at Eminem rapping speed, and doing namaste every now and then. Every time the priest said "De pum" during the puja my mom would pick up a plate with a small fire in the middle, move it around, and we (Whoever was behind me or to my left) would touch her arm so it would count as us doing it too. It was the most boring thing I have ever done, in fact, when it was happening, I was so interested in the smallest things, like a person filling up a fountain with milk.

At the final 15 minutes I got to take a 5 minutes break and I could barely stand up after 2 and a half hours of sitting. When the Puja was over, the priest told the story of Bratabandha, and my dad translated it. The story was about a child going to guru school, which is pretty much college, and not liking it. One part in the story said that the boy needs to eat food cooked by his mother because it is good and healthy, then my mom gave me laddu with yogurt around it. This made me pretty upset since I was expecting to fast all day and now I am breaking my fast for sweet food I don't want to eat. I still "ate" it, by "ate" I mean I took the tiniest nibble possible from it. After my mom fed me her food, the priest finished the story having my Grandmother and some other relatives provide food for everyone, then he said some other things that I don't remember. You might be able to find the story of Bratabandha online if you want to find out more.

- Pramsu Parajuli



Human Being and Technology

Imagine your life without mobile phones, laptops, vehicles, television, etc. or imagine your life with no technology. You will certainly feel living in a stone age. Comparing those two lives would be completely different. The evolution of human beings is increasing with the advancement in technology. Human being and technology have a very positive correlation.

The most necessary reason on this can be sought of as, since human beings are among the most intelligent, social animals. They created and used this technology in order to make their lives more and more simpler, efficient, less effort and eventually raise their standard of living. Technology is helping society because it improves quality of life.

In this modern world, humans are so much indebted towards technology. They cannot run their daily life without it. They have become busier day-by-day and their time depends on the basis of technology. This defines their lifestyle. With the advancement in technology, doctors and scientists have been able to find cure to many hazardous diseases, so the life spans of many people in the society would increase. One fine example of latest technology is the E-care. It is a technology that cares people without visiting hospitals or doctors. The device measures and check the patient remotely and sends and analyses to the doctors' database. Imagine this and the scope of technology and the human being. The life style of people is changing drastically day to day. Now, they are so into it that they cannot get out of it easily.

- Utsav Phuyal



Volunteer

Since a young age, my parents have taught and showed me the importance of helping others. My family moved to the U.S. when I was one, for better opportunities. As a result, I have been blessed with so many experiences that helped me realize my passion to help people going through tough times in their life. Over the years, I have saved up money collected from Dashain and my birthdays to use for a good cause.

When I was eleven, I visited Nepal for the first time with my family. We went to the primary school my dad once attended in Pyuthan. The school differed vastly from the school I attended in the U.S. Walls were covered in chipped paint, desks were rusting, and students needed new school supplies. With the assistance of my parents, I established a fund that provides students that attend the primary school with supplies once a year.

Also, during that trip, I observed the massive population of homeless kids, and was inspired to come back to Nepal and help them in some way. I went back to Nepal 5 years later in the winter and spent a day with some of the homeless kids in Pokhara, eating lunch together and gave them sweaters in hopes to help them stay warm through the cold winter weather. A memory from that day I forever treasure is a boy, about 5 years old, coming up to me and saying, “didi, pheri aaunu hai (sister, please come again)” with the fattest smile on his face. Hearing that and seeing his face made me realize the significance of helping others even more.

While I was in Nepal again in the summer of 2017, I got in contact with Shakti Samuha, an organization that works with young girls who have been rescued from human traffickers. The festival of Teej was happening around the time, and I found out due to budget reasons, the girls were not going to celebrate Teej that year. Teej, being a very meaningful festival for females, I wanted to make Teej still happen. My goal was to bring happiness, even if just for an hour, to a group of girls that have suffered through awful events in the short period of time they have lived.

I arranged lenghas, heels, and bangles for them to dress up in, food for their Teej party, and spent Teej dancing and laughing with them. To be a hand for them a little even after I left that day, I was able to buy a few months of water supply for Shakti Samuha, in hopes to support them through the water crisis Pokhara was having at that time. Also, during my last visit, a relative of mine told me about four kids in Trishuli Nepal not being able to continue their education because their family no longer could afford it. I was heartbroken hearing this, without a second thought I wanted to help them. Fortunately, I still had money left, and since then I have been providing them with financial assistance to continue their education so one day those kids can accomplish big things.

This summer, I took part in a study abroad program called Leadership Through Mandela's Example, spending three weeks in South Africa. We volunteered at local children's hospitals, boys homes, and a church that worked with the homeless population of Rondebosch during our stay there. The humbling experience gave me a new perspective on my own life and became an inspiration for me to continue helping others.

Helping people in Nepal is just as important to me as helping the Nepali community in the United States. I have been volunteering with Milwaukee Nepali Pariwar, a non-profit organization my dad established in 2012, working to support Nepal and the Nepali community residing in the greater Milwaukee area. My purpose in life is to give back, big or small. I hope to accomplish many things in my life, but nothing will ever give pure happiness helping others does.

- Antima KC



Improving your communication skills

What could you accomplish if you could present your point of view more persuasively? Whether we are motivating workers, conveying information to constituents, collaborating with folks inside or outside of your organizations, or trying to convince an employer to hire you, or even trying to get your points across to your family, we all can benefit from a better communication skills.

Hello fellow readers, I am currently the VP of Membership for a toastmasters club here at my work, and we help you improve your communication skills in a safe, encouraging, and supportive environment, but what does that really mean to you? Have you ever been in a situation where you are taken off guard by your manager and he randomly asked you a question about a project that you didn't expect. And you are completely dumbfounded. Let's take another example at home, where your wife asked you a question, and you were not paying attention to her, and I am like, what, what did you just say? And you are being blamed for not listening.

A good communicator does not only have to communicate effectively, but should also be a good listener and be able to decipher and understand those human cues and gestures.

Every person has a unique communication style, a way in which they interact and exchange information with others. Understanding your personal style of communication will go a long way towards helping you to create a good and lasting impression on others, and help you succeed in your personal as well as professional life. There are three basic communication styles and those are: Passive, Aggressive and Assertive.

Passive Communicators are non-expressive, which often leads to misunderstanding and built-up anger. They usually give in in order to avoid conflict.

Aggressive Communicators are very expressive, they express feelings and ideas at the expense of others, ignoring others' rights, and are usually very defensive. It's my way or highway type of attitude.

Assertive Communicators are respectful of the feelings of others, they are direct and honest and are usually willing to compromise.

Keep in mind that most of us don't use a single communication style in every interaction, they are simply tools that you can use to communicate. In general, assertive communication is most likely to lead to respectful and longer-term relationships, so that's the style to strive for in most situations. However, passive and aggressive communication might work on some occasions, like if you are feeling fearful that you are about to be harmed, passive communication may help to defuse the situation and aggressive communication may prevent the problem from getting worse.

There is a lot to learn and understand about your communication style, what you choose and how you decide to communicate. But all of these are important skills that will help you be successful in your career. We all know that we should communicate this way versus that way, but saying and doing is completely different things, and that's when we need a forum like toastmasters to help you practice your communication skills, gain confidence and be successful. Communication is not just about communicating, it's about understanding who your audience is, being able to connect to them, able to listen to them, understand their emotions and sentiments and being able to present your case in a more persuasive and convincing manner.

I have always been a shy guy growing up and I would seldom argue or have discussions on topics or situations that I don't agree with. I was more of a passive communicator and would always suppress my feelings. I would choose written communication over verbal communication just to avoid confrontation and that itself got me into several misunderstandings in the past. However, over time, I was able to remove that fear and be able to gain confidence in my communication style through practice. Now, I am not afraid or shy to confront and be expressive while communicating. But I am not an expert, and there is still a long way to go, but I understand the value of communication, and what impact it can have on you and people around you. The research says that we spend 80% of our time just communicating, whether it's verbal, written or non-verbal communication, and whether it's at home or at your work. Being able to master communication skills is a key to your success and will help attain success in your life. So my dear friends, if you are one of those people who are looking to improve your communication skills, I say find a toastmasters club near you, and join one, and see the difference in yourself.

- Ankur Sharma



NIKE

Nike is a popular sports brand in the United States. The company makes merchandise from sports equipment to clothes. The company was founded on January 25, 1964 by Bill Bowerman and Phil Knight. Originally the name of the company was named Blue Ribbon Sports but got changed to Nike in May 30, 1971.

Phil Knight was a track and field athlete at the University of Oregon and Bill Bowerman was his coach. In the beginning they were a distributor to a Japanese business. They would send their running shoes to Japan and make money.

In their first year of business they made 20 thousand dollars and had sold over 1300 running shoes. For them that was a great first year of business. In the 70s Nike started to expand to places like California and Massachusetts, Boston. In 1971 Business was great for Nike so they decided to part ways with the Japanese company and make their own store by their selves. This is where they made opened their first retail store called Nike. Around this time, they started making ads showcasing their one of a kind running shoes. By 1988 they even created came up with their own slogan, "Just Do It!"

Starting from the 80s Nike wanted to make products for sports and equipment. This was a great move by the company because of the massive increase in sales. It started to go into the millions and then the billions. Then in the late 80s and early 90s, they started to sign with big time athletes like Michael Jordan. By having the greatest player in basketball history as their business partner made Nike even more partner. After that athletes from every single sport started to sign with Nike.

Nike would make custom shoes and custom apparel for their sponsor. The player's product would have their own logo and the Nike logo together. These players would showcase and sell their custom made shoes and would make profit out of it while Nike also would get some money. Still to this day many athletes sponsor with sports brands like Nike to make some extra money and their own product. Nike became the most popular sports brand around 2010. From then on Nike sales have been on the rise and the popularity of the brand has tremendously increased.

- Rohit Joshi

TEL: 224 236 2650

Office Spaces Available for Rent - Size varies from 250sqft to 2100sqft

Located in Mt Prospect Downtown Area, close to **metra** and shopping

Flexible rent option with customization available

Like us on Facebook: <http://www.facebook.com/unicgroupllc> or

Visit us at <http://www.unicgroupllc.com> for more details and pictures.



UNIC GROUP INVESTMENT LLC

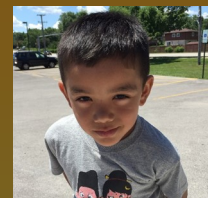
A Real Estate Investment Company, Estd 2014

Best Wishes to our Nov Birthday Stars

Aadi/Anya Sharma - Nov 1



Joben Rana - Nov 2



Prisha Parajuli - Nov 3

Jay Sitaula - Nov 3



Suvon Gurung - Nov 29



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