

APR 2024
NEWSLETTER

181st EDITION

CCT Newsletter is embarking on 16th year of its continuous uninterrupted service to its community. Congratulations to All!



Chicago Chautari Times

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APR 2024 NEWSLETTER

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

Welcome to Chicago Chautari Times - 181st Edition



Want to be Happy? Lets Build the Temple Together

What comes to your mind when you hear, see, or read about Mandir (Temple)? To me, it is a sacred place where I feel sublimity even when it comes through my mind. I feel blessed when I get there! My brain and the whole-body start releasing all 4 feel-good chemicals. I feel super! Yes, I feel super-happy! I am grateful to Nepali American Center (NAC) for creating an amazing platform where I can rely on for almost everything such as *Nepalipan*, Cultural Awareness, Socialization, Professional Network, and many more. Do you resonate with this as well?

Let's talk about happiness we all are striving for! Are you happy? I mean are you really happy? Science tells us that to boost our happiness, we need to activate four key brain chemicals. And guess what consistently triggers their release? Key activities include – Volunteering and Donation - Giving back in other words, are the constant source of happiness! Hence, I can proudly say that NAC is the true source of happiness for me.

Here is how:

Serotonin – Relaxation!

When you are relaxed and meditating, serotonin gets released. Relaxation! Mindfulness practice! When I approach the Mandir, I feel relaxed! Mindfully observing all the deities inside the temple, the sound of the bell, listening to Bhajans with instruments makes me feel psychologically solace! Furthermore, NAC has started Kids Corner Temple Fun Time (TFT) Activities at Mandir every month. Usually, there is a 15-min Mindfulness Practice for Kids. I feel super happy when I tune into my inner self, and emotions - feel the feelings inside me align with blissful atmosphere. Wow! Such a blend! Such a Relaxation! Such a sublimity!

Dopamine – Purpose!

Purpose and purpose! Capital P – Purpose (Make a difference) and Small p-purpose (Make contributions) as defined by Daniel Pink. People who are purpose-driven seem to be way happier. Purpose is always greater than self and oriented to serving others. Feeling happy serving others; feeling happy by making others happy; asking if somebody needs any help. Checking off the task when it is complete satisfies my soul. My dopamine gets released when I capture Blissful Moment unconditionally. As I go into the basement where I can see and smell varieties foods with different colors. What a delicious prasad! Mindful Eating (Prasad Grahan) makes me happy! Volunteering and donating what makes me feel Supper Happy!

Endorphins – Energy release through exercise!

When we clap, do yoga, and move our body while doing exercise, endorphins get released! I feel energized when I vacuum and clean the basement after Prasad Grahan. Arranging chairs, wiping tables, and sweeping the floor. Moving with kids and getting around the *Aarati* and *Bhajan-Kritan* makes me feel super happy! Science backed research shows that strolling or moving around for the initial 30 minutes following a meal can aid in lowering glucose levels.

Oxytocin – Connection & Intentional Network

Visiting the temple is an excellent opportunity for socializing. Engaging with others and expanding your network can occur during these visits. Having intentional, personalized conversations with individuals at the temple can stimulate the release of oxytocin, - **Durga Phuyal (Continued on pg 7)**



Finding Coral

One day Turtle woke up and felt as hungry as a bear. "I want to eat some Coral," said Turtle. She thought about how good the hot and creamy Coral would taste. There was one problem with it. In the Underwater World Shells are a form of money and Coral was 10 Shells. Turtle didn't even have one Shell so she couldn't buy any Coral. Maybe she thought she could trade. The person who sold the Coral was Mr. Crab and Turtle thought a lot of people liked Sand so she thought she could trade some sand for coral.

Next day, Turtle woke up and went straight to Mr. Crab's truck to ask if she could trade some Sand for Coral. Unfortunately, Mr. Crab said "no". Turtle tried asking again and again and again but Mr. Crab still said "no". "I'm going to be sneaky and call Mr. Crab to tell him that his friend needs help to bake a cake" whispered Turtle. Later that day Turtle said in her best deep voice "your friend Mr. Snail needs help to bake a cake". Mr. Crab asked, "who are you"? "I am another one of Mr. snail's friends" Turtle said in her best deep voice. Mr. Crab asked, "why don't you help him then". "Well," said turtle "he said he needs you because you are excellent at making cakes". Mr. Crab was proud to be known as a great pastry chef and said "tell Mr. Snail I'll be there ASAP".

Finally, Turtle thought it is my chance. The second Mr. Crab left; Turtle went straight for the door but there was one problem as the door was locked. There had to be another way thought turtle and just then she saw there was a hole in the back of the truck. The hole was small and hard to get in but after many attempts she got through the hole. When Turtle got inside, she could already smell the amazingness of the coral.

Turtle went in further and found where all the coral was but there was yet another problem. There was a lot of Coral and it was so high up that she was not able to reach the coral and it came tumbling down at that exact moment Mr. Crab came back. What are you doing in here and I told you not to touch the Coral, said Mr. Crab. Sorry I didn't mean for all the Coral to fall down said Turtle. It's okay, just make sure it doesn't happen again and like Eleanor Roosevelt said a mistake isn't good if you don't learn from it. Then Mr. Crabs said once you help pick up all of the Coral, we can eat some Coral together. Okay and I'll make sure I'll never do it again said Turtle. Then Mr. Crab and Turtle had an amazing afternoon eating Coral.

Lesson of the story: Don't steal, be brave to admit your mistake, be conscious to not repeat the same mistake again, a mistake isn't good if you don't learn from it, come up with a solution to make each other happy.

- Moksha Rijal



The Weight of Numbers

Nestled in a world of digits and scores
Lies someone who feels the pressure to soar
Grades and numbers, their value so high
Above all else, even their own sighs
Their worth measured by tests and exams
While their well-being ignored, like passing swans
Caught in a web where numbers dictate worth
Their mental and physical health is cast aside, henceforth
The weight of numbers becomes their bane
As they strive to meet society's gain
Their poems inspired by mathematical games
Lose meaning, their passion obscured by monetary aims
In a world where numbers define success
Their spirit succumbs, their happiness repressed

- Krishna Pandey

Judgement

Judgement is not wrong
Or even simply right
Used more for our survival
Both broad day and sheer night

"Why would they do that?"
"I really love this dress!"
To help express euphoria
Or simply, just distress

We judge everything on earth
With beliefs, opinions, views
Even the humblest person does it
Or the ones who say, "I don't want to."

All in all, in the end
We never give up, to play pretend
But just admit it, I know you know it
I judge you, and you'll judge me to the end

- Stuti Dhungana





Youth Sports

Youth sports is a topic that is divided amongst the people. Some people believe that youth sports are good, and some people believe that they are bad. I believe they are good because they are good for physical and mental health, they keep you physically active, and they are not dangerous unlike many people think.

My first reason that youth sports are good is that they are good for mental and physical health. The reason for this is because they make you do many exercises and meditation to prep for and help you in the games or practices. Studies show that the best exercises and most beneficial to mental and physical health are bone strengthening exercises, muscle strengthening exercises, and yoga. You would be doing these exercises regularly for your youth sports games and practices, which would highly increase your mental and physical health.

My next reason that youth sports are good is that its definitely not as dangerous as many people are led to believe. The reason for this is that an organization called NACO has been trying to reach out to all youth sport players and their parents about sport safety. When they are successful in their task to educate all about safety, all youth athletes will know how to keep themselves safe during games and how not to get injured. Also, the parents will know what to do outside of games and practices to insure that their child stays healthy and out of injury.

My next reason that youth sports are good is that it ups your physical activity. The reason for this is that during youth sports you have many games and practices that you will be physically active during. Knowing how to play sports will lead to you playing them in your free time, which is good for your physical activity. Another thing is that when you are an adult, doing sports in your youth might lead to you continuing them in your adulthood because of fun or nostalgia.

Despite all this many people would still stay away from youth sports and talk about how it's not good because of the injury concern. Although I will admit that there are some injuries in youth sports, as I said before some organizations are trying to reach out to students and parents to help ensure safety in youth sports, Apart from that, the youth sports organizations every day are making new rules, or implementing new ideas and gear, to make the sport a lot safer.

In conclusion, youth sports are good for kids because of the good mental and physical health it provides, the increase in physical activity, and the lack of risk.
- Suvav Bhusal (Grade 7)

Best Wishes to our April Birthday Stars

Ishana Karna - Apr 30 || Aditya Karna - Apr 19 ||
Sunab Ghimire - Apr 14

Submit your birthday Information with the pictures by via email by 20th of the month to be published in the newsletter.

Best Wishes to our Apr Birthday Stars

Pascal Adhikary - Apr 3



Alpesh Chapagai - Apr 6



Prisha Joshi - Apr 9



Adhya Subedi - Apr 11



Kritam Dhungel - Apr 23



Alok Das - Apr 30



Shruti Koirala - Apr 15



THE GAME (Continued from March)



Prisha and Annabelle were still out in the ocean. Micheal was staring at a window, and he realized that Prisha was hiding something. Zoe had noticed that he wouldn't look away from the window but decided against saying anything. Naman did ask about it though.

"Why are you staring at a window?" Naman asked.

"If Prisha managed to remember that she's been here before, why wouldn't she say anything?" Micheal asked.

"Maybe she wanted us here?" Zoe suggested.

"Why would she do that?" Naman asked.

"Maybe she's going to eat us or something?" Micheal suggested.

"Has anybody thought of the fact that we will have to go hunting for food?" Zoe asked.

"Well let's think about that later when everybody is here," Naman said.

"I'm going to go look at the list that Prisha wrote of everybody's strengths and weaknesses," Micheal said.

"Do you even know where it is?" Naman asked.

"Right here, read it," Micheal said.

It seemed like Prisha wasn't a very fast writer as she could only get 2 strengths and 1 weakness written. Though Naman and Prisha had an extra strength, she was trying to keep it away from the others.

"Look here one of the strengths for Naman and Prisha were crossed out" Zoe said.

"Why would she write it just to cross it out?" Micheal asked.

Micheal put the paper in his pocket so Prisha wouldn't see. When he walked away, it fell out of his pocket. Naman didn't know what the word was but if he found out he wasn't going to tell anyone. After an hour the weapons were ready, Annabelle and Prisha returned. Annabelle saw the paper on the floor and took it to read it. Nobody saw that she took it or that she read it. She had the strength of reading through "the crossed-out."

"Can you tell us about the weapons now?" Zoe asked.

"It turns into a bow, pencil and a turret," Prisha explained.

"How do you use a pencil to fight?" Zoe asked.

"You don't," Prisha replied.

"Then what is the point of it?" Annabelle queried.

"To draw like a normal pencil," Prisha answered.

"Shouldn't we eat since we have to hunt for our food now?" Annabelle realized.

"Who's going to hunt?" Micheal asks.

"Maybe we can alternate?" Annabelle adds.

"I can go since I have been here before," Prisha said.

"Don't you need a weapon?" Naman asked.

"I'm going to manipulate some fish," Prisha responded.

Prisha Parajuli

NAC Temple Fund— Mar '24 Summary

Thank you for attending Mar 2024 Monthly Puja, and for your generous contribution. Thanks to our sponsors, and our devotees, your presence, devotion and your contributions make it possible for us to give continuity to our regular Monthly Puja and Gathering. Here is the summary of our collection from Mar Puja.

Total Collection (Cash and Zelle) - \$556

Total Expense : \$275
Temple - \$225 | Priest - \$50



Mini Jungle

Today while coming back from Shiva temple my father met his friend. Then Rajesh uncle called us to see the mini jungle. The jungle was really beautiful and had fresh air.

There were 20 plants in one small area. There were many ways and I even got confused with the way one time. Then I saw a beautiful lake. there are plant getting planted every year or month. I enjoyed the place very much.

- Abhyudaya Phuyal



Second World War Final Part

D-Day in Normandy - D-Day also known as Operation Neptune, was the largest seaborne invasion in history and took place on June 6, 1944. The operation involved land, air, and sea forces of the Allied armies and brought five naval assault divisions. To the beaches of Normandy, France.

Paris Liberated - Paris was liberated on August 25, 1944, after four years of Nazi occupation. The liberation was a military battle that took place from August 19, 1944 until the German troops surrendered on August 25, 1944.

V2 Flying Bombs - The V2 Rocket was a German ballistic missile used during World War II. It was the first big-range guided ballistic missile and the first large scale liquid propellant rocket vehicle.

Battle of the Bulge - The Battle of the Bulge was a German offensive campaign during World War II that took place from December 16, 1944 to January 25, 1945. The battle was also known as the Ardennes offensive. The battle was Adolf Hitler's large major offensive against the Western Front. The battle involved more than one million soldiers, including 200,000 assault troops in the initial wave.

Russia reaches Berlin - The first Soviet unit entered Berlin on April 21, 1945 and the Red Army captured the city in May 1945. The Battle of Berlin lasted from April 20 to May 2, 1945 and was the final defeating the Third Reich and ending World War II in Europe.

Mussolini Captured and Executed - On April 28, 1945, Benito Mussolini and his wife Clara Petacci were shot by Italian partisans who had captured the couple as they tried to escape to Switzerland. They made it to the border of Switzerland where they were captured and shot.

Hitler Commits Suicide - On April 30, 1945, stuck in a bunker under his headquarters in Berlin, Adolf Hitler commits suicide by swallowing a cyanide capsule and shooting himself in the head. Soon after, Germany surrendered to the allies ending Hitler's dreams of a "1000 year" Reich.

Germany Surrenders - Nazi Germany surrendered unconditionally on May 7, 1945. The surrender document was signed at the supreme headquarters in France. The document said that the German command surrenders all forces to the Allied forces. It also says German command to cease active operations on May 8th.

VE Day - Victory in Europe Day (VE Day) was celebrated on May 8th, 1945 marking the end of World War II in Europe. The day was celebrated by the Allies' formal acceptance of Germany's unconditional surrender of its forces.

Russia Declares War on Japan - The Soviets declared war on Japan on August 8, 1945, two days before the bombing of Hiroshima. The Soviets invaded Manchuria and Sakhalin Island on the same day.

Atomic Bombings on Hiroshima and Nagasaki - On August 6th and 9th of 1945, the United States dropped two atomic bombs on Hiroshima and Nagasaki respectively. The bombings killed 129,000 and 226,000 people most of whom were civilians. This remains the only use of nuclear weapons in armed conflict. The effect was devastating for the Japanese.

Japan Surrenders - The Empire of Japan surrendered to the Allied Powers on September 2nd, 1945, ending World War II. The surrender was announced by Emperor Hirohito on August 15th, 1945, and was formally signed on September 2nd, 1945. The document was approved by President Truman.

Conclusion - In conclusion, World War II was one of the worst wars in which 50-56 million people were killed. I hope you liked this article and you understood what World War II meant. Thank you for reading this article and I will see you next time.

- Kritam Dhungel



Or The

Is it the Jhumka I wear
 or the fabric I drape around my body that farms my waist
 Or the gajra I put in my long wavy hair
 Or the mustard oil I put on my hair
 Or is it my smell of alta that I drew on my hand
 Or my love for the smell of mehandi
 Or my black tika I put on my head
 Or is it the chai I drink
 Or the Ghungroo I wear when I dance
 Or is it the love I have for my culture...

- Ichha Chhetri

Moving On

this rarity,
 your presence,
 bestowed upon me,
 once i was so pleased to receive
 yet now i wonder
 what could've been,
 had you not prized me
 yet now i wish
 i could let go, but forgive,
 but forget...



- Aishani KC



Pesticides in our lives

Every day of our lives, we consume fruits and vegetables, and don't even think about it. They're healthy and beneficial for us, and they're of "excellent quality." There is a cost to preserving the good quality of our fruits and vegetables. We have to spray them with pesticides to protect them from insects and other pests, which comes with many negative effects. The chemicals in pesticides are neither good for us nor the environment. The agricultural industry is using pesticides on a massive scale, resulting in devastating consequences. We need to stop using pesticides while still finding a way to keep pests at bay. Although safer solutions exist and can be implemented, the industry is not utilizing these solutions. We must take action and force the industry to change before it's too late.

Pesticides are widely used in the agricultural industry, with most produce being grown with them. Pesticides are chemical mixtures that are used to kill or eliminate different types of pests and contain toxic compounds to do so. They are specifically used in the agricultural industry to protect crops from these pests, assuring that the produce will be able to be sold to consumers without any problems. According to the US Environmental Protection Agency, there are four pesticides that are the most commonly used: insecticides, herbicides, rodenticides, and fungicides. Insecticides are mainly sprayed on plants and crops in order to prevent insect infestation. A different type of pesticide, herbicides, are sprayed on other plant competitors to allow the desired crops to thrive and grow more efficiently. Fungicides are sprayed in the field to prevent crops from being infected by fungal diseases, while rodenticides are sprayed on nearby rat burrows.

Additionally, for many decades, pesticides have been used in the industry, and this has caused workers to become reliant on them. However, this all comes at a cost. Pesticides are helpful to target plants but also create multiple problems. Pesticides negatively affect the humans that consume these crops. The World Health Organization also states that exposure to pesticides can result in both short-term acute effects and long-term chronic health problems. On average, about 11,000 people die annually from the usage of pesticides. An additional 20,000 people die worldwide each year by ingesting foods that contain them.

According to the Washington State University School of Public Health, there are 12 types of produce that have the most pesticides applied. These include apples, strawberries and potatoes. Pesticides also negatively affect the environment. Their use can contaminate the soil, water, and other vegetation. According to the National Library of Medicine, water and air contamination by pesticides is a serious worldwide problem that damages the environment. Contamination also reduces soil fertility, making it harder for vegetation to grow. Other organisms in the environment are also affected.

There are better solutions that the industry should be using. Biopesticides and natural pesticides are an alternative to traditional pesticides that are much safer for humans and the environment, yet still effectively repel insects. They are organic types of pesticides that are derived from natural materials, in stark contrast to the harmful synthetic, traditional pesticides. Some notable natural pesticides listed by the Salt Lake City government are peppermint repellent, diatomaceous earth, and neem oil, while a few biopesticides are corn gluten, black pepper, and garlic compounds. These alternatives are effective in small quantities and still repel insects, yet are safer, more natural, and can degrade quicker. But they are more expensive than regular pesticides, and although the risk is greatly reduced, they could still be potentially toxic to some animals.

When shopping for fruits and vegetables, always look for the USDA organic seal, which certifies that the food contains no type of pesticides or artificial substances. This way you will not only be protected from the effects of pesticide consumption, but if enough people buy only organic, then the agricultural industry will have to use less pesticides to make a profit. With the solutions to the pesticide crisis fully described, it is clear that alternatives exist, and it is now up to the agriculture industry to make a change. We have seen why traditional pesticides are used in agriculture, the devastating consequences of using them, described alternative solutions such as organic pesticides or other agricultural methods, and learned how we can make a difference. We must demand a change from the industry and take action now while we still can. The next time you eat a fruit or vegetable, think about how it was grown, and try to make a difference.

Shristi Hosakote



Walking with the Lions in South Africa

I heard the gates open, and then saw three lions suddenly sprint in my direction. They were young, healthy, male lions with luxurious manes and big figures. The guides had just given each of us 3 feet long walking sticks that were supposed to double as self-defense. The lions scurried past me and onto the trail ahead, we followed their lead.

If you ever visit Johannesburg, or South Africa in general, the Walking With the Lions tour at Ukutula Lodge and Game Reserve is a breathtaking experience that you cannot miss. The reserve is located about an hour

away from the city, and its address is The Farm Klipkop 411 JQ District, Brits, 0250, South Africa.

There I was, within two feet of adult lions, and nothing but a measly walking stick between us. As we hunted in the unforgiving African heat, I was awe-struck at how close I was to the majestic lions and how I was able to see them in action. The tour guides warned "Don't touch the lions, or they will touch you back," as if anyone was considering losing a few limbs. There were a few simple rules that we had to follow in order to stay alive, and I had heard enough freak stories that I was eager to listen. As we approached a tree, he took out a fishing rod and placed a piece of meat on one of its branches. Suddenly, a lion scampered up the tree and sat on its branch, enjoying the meal. The other lions similarly decided to bask in the shade provided by the tree. The guides said that this was an ideal photo spot and divided us into lines. I decided to circumvent the lines and turned to look at the camera with the lions in the background. As I was about to get my photo taken, a guide quickly ushered me away and said, "the lion could jump on you without anyone watching your backside." I then waited in line and got my photo taken. Afterwards, the guides placed some meat on the ground and the tree lion leapt to the ground, which I recorded in slo-mo. Finally, I got to walk back right next to them, during which the image provided was taken. Overall, this was simply an exhilarating experience that was one of the highlights of my trip and a worthy reason to visit South Africa.

The lodge is technically a resort, and you can book an overnight stay or other experiences there (which I did not do), but it is not needed for the tour. The Walking with the Lions experience costs 950 South African Rands per person, which is about \$50 USD and can be booked directly from their website [here](#). They do not admit children under the age of 12 nor people shorter than five feet. This was one of my trip's highlights, along with many other great experiences. - **Avirag Hosakote**

Editorial (Continued) - enhancing social bonding. I find immense joy in connecting with people and engaging in personalized conversations that span from the past to the present and into the future. These interactions significantly benefit me on personal, social, and professional levels. Receiving Tika and Blessing from Pandit Ji makes me feel blessed throughout the month! Can you imagine the incredible feeling of mindfully stepping into the Nepali Community Center/Mandir and experiencing the rush of all those feel-good chemicals? It's a moment our children will surely appreciate! NAC is truly fortunate to receive ongoing support and is eager to collaborate with other remarkable Nepali organizations, each with their unique purpose and vision. NAC embodies a Capital P-Purpose, the immediate goal shared by all Nepali American organizations in the greater Chicago area. **You feel the same, don't you?** NAC has been "Bringing communities together, one step at a time" to reach the common big goal, the dream – Building a Mandir/Nepali Cultural Center. Now, as we look ahead to the future, we invite you to play an even greater role in realizing our shared vision. Whether it's through volunteering your time, making a donation, **becoming a trustee**, participating in our events and programs, or sharing your resources and expertise, your contribution matters.

Don't you think our own Mandir/Cultural Center is the greatest gift we could ever give to our future generations where we all of us can feel proud?

Let's think, feel, and do together! Together, let's make a difference!

...True happiness realized! - **Durga Phuyal**

Art By Aawahni KC

