

MAY 2024  
NEWSLETTER

182nd EDITION

CCT Newsletter is  
embarking on 16 th  
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# Chicago Chautari Times

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VOLUME 16, ISSUE 2

MAY 2024 NEWSLETTER

## INSIDE THIS ISSUE:

Editorial ..	1
Chores..	2
Invisible ..	2
Charger ..	2
Haiku ..	3
Plastic bags ..	4
Salva ...	5
Parakeets ..	5
Quantum ..	6
Shoes ..	7
The Game ..	8

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For birthday  
announcements, articles,  
success stories,  
quotations, poems, write  
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## Welcome to Chicago Chautari Times - 182nd Edition



### Significance of Buddha Jayanti

बुद्धं शरणं गच्छामि। धर्मं शरणं गच्छामि। संघं शरणं गच्छामि।

Buddham śaraṇaṃ gacchāmi. Dharmam śaraṇaṃ gacchāmi. Saṃgham śaraṇaṃ gacchāmi.

I take refuge in the Buddha, I take refuge in the Dharma, I take refuge in the Sangha.

Born in Nepal more than 2500 years ago, this year Buddha Jayanti (Buddha Purnima) will be observed on May 23, 2024. This day is celebrated in remembrance of Lord Buddha in Nepal and worldwide. Considered the ninth incarnation of Vishnu, Buddha Jayanti was observed in Chicago on Saturday May 4, 2024, at Shree RadheShyam Temple during the regular monthly puja to remind us of the simplicity of Buddha's teachings and their effectiveness in our life to cleanse us within, alleviate our ignorance, bring insights of the underlying truth, and attain wisdom.

Throughout his life, after the enlightenment, Lord Buddha preached to us to find the path of liberation by ourselves and experience the true reality, not just accept teachings from others plainly. One such path is to experience our inner self from deep meditation, which helps to understand the essence behind all the manifestations that our senses perceive and experience them ever-changing.

He also taught us that we all have the same perception about our suffering in life, but also possess the equal potential to find their solutions. Knowing the root causes of them is based on conducting ourselves according to his teachings and practice of meditation. Our such conducts help us to make proper discrimination for taking right decisions and right actions in life. We can live well in our life with happiness. Our life will be content to create harmony among ourselves and maintain peace on our planet. Modern time demands for such order from all of us in the state of chaos and fights in the world today.

Exposer to the existence of sufferings to Buddha came from the four sights when he embarked to see what lies outside the luxury of the palace. The sights that troubled him deeply were sickness, old age, death, and an ascetic, that is by seeing an old man, a sick person, a corpse, and a monk in meditation respectively. Witnessing these sights for the first time in his life brought him to deep pain and distress and a sense of hope from the behaviours of the ascetic. He then began a journey to explore the root causes of the sights entailed. Lord Buddha's initial struggle and focus was to know the reasons for the sufferings of living beings.

**Dr. Bishnu Phuyal (Continued on page 3)**

## NAC Temple Fund— Apr '24 Summary

Thank you for attending Apr 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 May uja.

**Total Collection (Cash and Zelle) - \$1372**  
**Total Expense : \$390**  
Temple - \$225 | Priest - \$100 | Others - \$65



## Why doing Chores is Important to Kids?

There are many reasons why doing chores are good for kids. Some of those reasons are that you will get prepared for life later on, your parents will not have to do as many things,

you will learn a lot of motor skills, you will have more self esteem and responsibility, and you will learn stuff like how to be more organized as explained below.

The first reason why chores are important is because you will be prepared for life later on. This is because doing chores consists of many household activities like doing the laundry, washing dishes, cleaning rooms, cleaning the ground, and more. Those are many things that your parents do daily to help out and keep the household together. One day you will be an adult and maybe a parent too old so doing these things early on in childhood will teach you all these skills and prepare you to do them when you get to be an adult.

Another reason why chores are important is because it would relieve your parents from some of their duties. Most likely the scenario in your household is that your parents do most of the work and the chores around the house while you relax. But when you are doing some chores it takes away from your parents workload around the house. You could do it as a surprise too if your parents don't let you, and they would be very happy and relieved that some of their work is done. And some parents give out money for their kids if they do chores so that could be yours if you do some chores for your parents.

Another reason why chores are important is because you will learn a lot of motor skills. Motor skills are skills that help you get through the day-to-dos los dias. The main motor skills consist of sitting, standing, walking, running, and jumping. Doing chores every day can help you heighten your motor skills. The reason why is because doing these chores every day can help to strengthen the muscles in their hands and arms, improve hand-eye coordination, and develop their balance and coordination, which helps your motor skills.

Another reason why chores are important is because when doing them, you feel a lot more self-esteem and responsibility. The reason for the self-esteem part is because doing chores around the house is a good productive thing to do and the alternative to it would maybe just be laying around mirar la television. So, you feel esteemed about yourself that you are doing productive things with your time. The responsibility part of it is because doing chores is productive and mostly is done by adults so you sense a feel of adulthood and that makes you feel responsible.

The last reason why chores are important is because you learn how to be more organized and cleaner. This is because most of the chores you will do are ones that have to do with organizing and cleaning. Doing the laundry consists of organizing the clothes afterwards, washing the dishes is cleaning the plates, and any cleaning of rooms consists of both. In conclusion, doing choruses is important not only for you, but for the family. - **Suvav Bhusal**

## Invisible Stride



I sit in the shadows, unseen and unheard  
 crying, screaming, and pleading my worth  
 But they pass me by without a second glance  
 Blinded to my efforts, caught in their trance  
 They judge me without even knowing my name  
 Drowning my spirit, fueling the flame of my shame  
 My dreams and ambitions, beneath their disdain  
 Buried like a forgotten treasure, silent in the depths of my pain  
 A prisoner of time, I toil and strive  
 But my efforts go unnoticed, barely alive  
 Like a trembling leaf on a windy day  
 I'm tossed aside, swept away  
 Lost in a crowd, like a whisper in the wind  
 My existence dismissed, my worth condemned

- **Krishna Pandey**

## Charger in the Sea

I found a charger in the sea to charge my bee.  
 I told my guard to take it out they threw it in the scout.  
 They brought it back and threw it on the bee.  
 No I said yes they said because the bee was getting charged by this.  
 I told my dad he said no, I told my mom she said yes.  
 The guard said yes I said no.  
 I found another charger on the sea to charge my bee.  
 My bee took it out from the sea.  
 Then every one lived near the sea.

- **Abhyudaya Phuyal**



## Editorial - Continued

With deep penance, perseveration and patience, Buddha finally realized the reasons of our sufferings. He outlined the four truths behind the suffering and the solutions for them. Those are popularly called the Four Noble Truths namely: the truth of suffering, the truth of the cause of suffering, the truth of the end of the suffering and the truth of the path that leads to the end of suffering. These Truths are the tenets of Buddhism. Buddha attained ultimate Nirvana in 588 BC at the age of 80.

Buddha got enlightened with the revelation of these Truths, and he eventually attained Nirvana. He charted his experience for liberation to help others also attains liberation or Nirvana, that is to escape from the samsara, the cycles of rebirth. They are called the Eight-fold Noble Paths: Right View, Right Thought, Right Speech, Right Conduct, Right Livelihood, Right Effort, Right Mindfulness and Right Concentration.

Buddha travelled far and wide and taught human beings of his experience to help others to escape from their misery and sufferings by attaining wisdom based in these principles. By following these principles, one can attain *enlightenment to become* free from all human faults, physical deficiencies and mental obstructions.

He was able to bring peace and happiness to many in his lifetime. His preachings are also secular and most effective in the modern time, showing their universal value. The importance and practice of mind control through meditation to gain will power is to follow those eight-fold paths. His teachings and their effectiveness spread all over the world.

Each and every one of us can understand these eight-fold principles. We plainly think them very simple and so should be easy to follow in our life. Yet, if we sit down in a quiet room for some time, we immediately begin wondering all over and sometime think of many things we did or we did not in our life journey, what we liked and what we disliked, what we craved and what we averted, and so on. But if we persevere, slowly it will start to become obvious to us how many times we wavered and break these simple eight principles in our thoughts or by our actions.

We will realize that they are actually not so simple to adhere to in life. These simple but challenging rules must abide by strictly to lead us liberation. What we therefore must recognize that only Buddha and perhaps a few others whom we may never know in human history were able to understand the greatest power needed to follow these simplest principles. But Buddha says we also have such power hidden within us, this is very important to realize first.

We can name some who conducted their lives following his teachings, like Mahatma Gandhi, Dalai Lama, Nelson Mandela, Mother Teresa, etc. Being humans just like us, they were able to gain their inner strength in their life and never wavered from right conduct and become wise. Why they received so much reverence in the history of human life is also important for us to understand. We should compare ourselves in the metrics of their conduct, their services and sacrifices they endured in their lives. Their belief in oneness was to bring humans of different faith, color, ethnicity, etc. closer to each other into one common universal standard. They showed us that non-violence, peace and compassion to all sentient beings emerge from self control, adherence to the truth, practice of meditation, and self study of teachings of the saints. Like Buddha's teachings, their life's conducts and teachings are universal and important today as was at the time of Buddha. This was so in the past, will remain so in the present and for eternity - **Dr. Bishnu Phuyal**

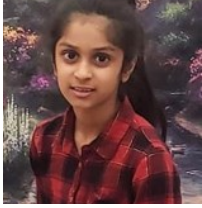


### Haiku Poem

Spring arrival  
Flowers bloom and breathe  
Life has come to every place  
Spring has now arrived

Winter Decease  
Trickles of sunlight  
Melted puddles everywhere  
Winter now deceased

- Stuti Dhungana



### Plastic Bags - Are they Bad?

Are plastic bags bad for us? If you take a light dive into this topic, all you're going to get is POLLUTION, but if you take a deeper dive you would see that plastic isn't as bad as it is made to be. Plastic bags are healthier, plastic bags are cheap, and plastic bags aren't the problem, it's us that is.

The first reason plastic bags aren't bad for us is because they are healthier. This would surprise some people because all they have heard is that plastic bags lead to pollution, but that's not entirely true. Compared to reusable bags and paper bags, plastic is the better option for us and the environment. Reusable bags contain lead which can harm us, and you have to reuse reusable bags 100-110 times to offset any pollution caused by it, but you only have to reuse a plastic bag 10- 20 times. Paper bags also take 400% more energy to make than plastic bags. This doesn't seem terrible yet because not many people use paper and reusable bags, but if we ban plastic bags, this will harm the environment horribly.

The second reason why plastic bags aren't bad for us is because they are cheap. Clothing stores, grocery stores, bakeries, even online stores give plastic bags, why? Because it's cheap. I'm not saying cheap things mean better, but the economy in this day and age is not the greatest. Each country is in debt to another or many other countries, so raising the debt is going to make things worse. Plastic bags may be a small thing, but it can lead to bigger things if we ban them because reusable bags are more expensive.

The third reason why plastic bags aren't bad for us is that it's not the plastic bags that are the problem, it's us. Plastic bags are given to us and we choose how to dispose of them. Some people recycle them, but others just throw them in the trash. If more people took a few minutes out of their day to recycle their plastic bags, we could worry less about plastic bags and more on important things.

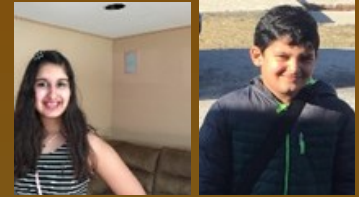
Some people believe that plastic bags are the main cause of pollution, but that's not true. Plastic in total is the main cause of pollution. You can't blame just plastic bags when plastic water bottles, plastic tupperware, plastic cutlery, plastic toys, plastic toothbrushes, etc, are also a problem. Going back to my third reason why plastic isn't bad for us, it's our fault for not disposing of it properly. If we did, none of these things would be up for debate.

In conclusion, I think plastic bags are not bad for us because they are actually better for the environment than other options, plastic bags are cheaper, and plastic bags aren't the problem, we are. If we want our bodies and earth healthy, we need to learn how to dispose of plastic properly. Stores should charge a few cents extra for more plastic bags and give you your money back when you recycle them. If you don't own a store, most people don't, just recycle them.

- Sazisa Sharma

### Best Wishes to our May Birthday Stars

Ashna Rimal/  
Aaran Thapa- May 4



Suvor Gurung/  
Pramsu Parajuli - May 7



Aarya Rayamajhi /  
Rhea Joshi- May 14



Adhista Rimal - May 15



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



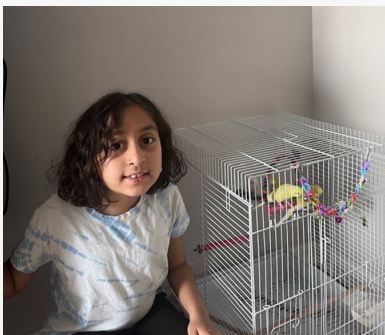


### Salva Dut

Salva Mawien Dut Ariik was a person with many hopes crushed by war, but that didn't stop him from achieving many things. Salva Dut was an ordinary kid with an ordinary kid's life. Loun Ariik was his village's name which was named after his grandfather, and his father, Mawien Dut Ariik, was the village judge, meaning he had the most wealth, which was measured by cows. Salva went to school in a seasonal order. He would make clay cows and see who could make the most cows, and they had to be plump, and practice archery and hunting skills. But one day he was at school daydreaming because the topic the teacher was talking about was already learned by Salva himself, and suddenly, "CRACK!" The whole class silenced themselves. For a moment, it was as if a gunshot was heard. Then, right when the teacher started his lecture from the interruption, "CRACK POP CRACK!" The whole class evacuated from the school and Salva had to decide if he wanted to go back home or leave for the African bush, but his quick thinking saved his life, for he chose to go in the bush.

He joined his village group and then they stayed at a barn. But when Salva woke up the villagers were gone, then, he saw a woman about a hundred paces away. He stayed with the women for three days until she had enough of him. Then he joined another group, then crossed the Nile River and the Akobo desert. He then found the Itang refugee camp, but the government had fallen so they were forced to leave Ethiopia and head for the Kakuma refugee camp. The conditions were harsh and then one day, they left for the Ifo refugee camp. Then out of the thousands of men, Salva was picked to go to America. There, he found a family, and he found good news, his father was found. Salva arranged many files and documents because of the war. Then, after 19 years, he found his father and mother. His brothers and sisters had died in the war. His dad welcomed him. And since water in Sudan was a crisis. Salva created the organization called "Water for Sudan." Till this day, Salva has been working and helping for the organization.

- Rasik Panta



### My Parakeets

Hi, my name is Riya Phuyal and today I will teach you about my parakeets! My parakeets are Riya, Rylee, Ryan, and Jake! I think you are probably asking why is Jake the only one with a j? It's because he is a bad bird.

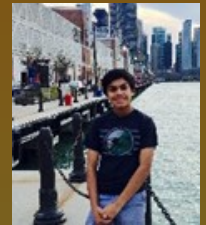
Now I will teach you about my parakeets and what they need to survive. Parakeets are a small version of parrot. They eat seeds, veggies, and fruits. They need a big cage because they need to fly around and need space. They need a lot of toys, especially if you only have one parakeet. If they have no toys, they will get bored. You need to get them a swing because they won't be able to sleep and have fun. If you let your birds out, you need to close all the doors. If you don't, they will fly out of the house and will get lost. One day you might get a parakeet as a pet!- Riya Phuyal

## Best Wishes to our May Birthday Stars

Angel Pandey - May 16



Kashish Bastola - May 24



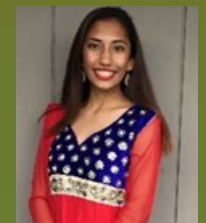
Sita Kharel - May 26



Ronit Jha - May 29



Mona Pudasaini - May 31



Neha Sharma - May 27





### Quantum Adventure

Once upon a time, no, brother this is not a fairytale. But it is.... so sorry about my brother, he wanted to be a part of narrating this story, so I let him. But he thinks this is a fairytale, so I just kicked him out, literally.

Anyway, this is a story about a 11-year-old whose name is Samuel that is interested in physics, and especially quantum physics.

We start in a room in Italy (Italia) where dinner is being served- not any dinner but Samuels all-time favorite dinner, which is roasted beef with jasmine rice on top of goat soup - when Samuels mom brings the soup over she spills a little bit. As soon as the drops hit the floor they disappear. Samuel then starts yapping about how the velocity of the soup when it hit the floor was fast and did not make much sound when hitting the floor and that other stuff about physics, he then just realized that he was teleported to an alternate universe when the drops hit the floor.

Now, I'm not really a cliffhanger guy, in fact I hate cliffhangers but every end of chapters in books have them, so heads up, there are going to be ones in this book too.

As soon as he realized he was teleported there, he did what a normal person would do, **panic**. He then calmed down in what, like 1 hour. (1 day in the real universe, since time goes slower in the alternate universe.) As soon as he calmed down, he looked around to see if anything was different or like his universe, even though alternate universes are the exact same except they have different times and different paths of "destiny" as Samuel likes to call it.

Oh yea, by the way, did you know that Samuel is my best friend at work, even though we have different departments in our offices.

So, Samuel saw the door to the closet, opened it and went in, leading him to a mysterious place full of books and computers. As soon as he touched a book, the door shut closed and locked by itself making him stuck in the room. Then the computers turned on, started growing legs and attacked him, and then the books grew arms and flung themselves to attack Samuel. He then saw a nearby metal pipe and smashed the books and computers. More then came, and more, and more, until Samuel was so tired, he could barely even move his feet anymore.

#### Chapter 2

When Samuel closed his eyes as soon as a book was about to punch him, an unidentified object came out of nowhere and defeated all of them. After it destroyed the source of the books and computer, a power cell containing cyan shards.

"These are Quantum Shards" the unidentified object said.

"They are used to acquire powers in the quantum world."

"Ok, ok, so this is a quantum universe inside of an alternate universe? That literally makes no se-"Samuel was cut off by the unidentified object.

"The door you went through is called a quantum portal, which is used to teleport between universes.

Oh yeah, by the way my name is Sans."

"Ok Sans, how do I get back to my original universe? Also, is this all real? Because if this was then this would be a major step in quantum physics! I might even become famous for this discovery!!!!!!!!!"

"Well, you would have to find the right quantum portal that leads to your universe, though there are trillions or quintillions of quantum portals, so consider it impossible."

Sans immediately regretted telling Samuel this.

- Syon Gautam (Continued on next page)

### Best Wishes to our May Birthday Stars

Vedanth Shrestha - May 16



Brisma RL Rana - May 5



## Quantum Adventure - Continued

“That’s not good.” Samuel muttered, “I should still try though, right? Oh yeah! My name is Samuel.”

“Samuel, I tried to find my original universe too, and I failed after searching for 32 decades.”

“32? How old are you???” Samuel exclaimed.

“Uh, 732 quantum years old.

“What are quantum years?”

“Um, they’re years in this world and are different from real world ones by the ratio of 1 hour:1 day, quantum to real time. Anyway, here’s a cyan shard socket to store them and imbue into your body for the powers.”

When Samuel was handed over the socket and put the shards in it, he immediately felt a surge of energy going through his body and then the aftermath of this event was him being able to control electricity and fire.

“Um, so is this rare? Or is it common?”

“Necessarily, it is common because you got it for your first time but keep putting shards until you get an exotic one.”

“WHY DOES THIS SYSTEM SOUND LIKE A VIDEO GAME RARITY SYSTEM?”

“Aren’t you a nerd? Exotic can mean from a different world or strange and weird.”

“Do you have an exotic power?”

“What do you think? Obviously, I do! I’ve been here for 732 quantum years!” - **Syon Gautam**

## Shoes and Temple Protocol

It is 10:30 am, the first Saturday of the month at Radhesyam temple. Temple environment is quiet and peaceful. Most importantly, shoes are organized; we manage to put it on the shelf or closer against the wall (Refer to photo 1).

It is now 12:00 noon, most of us come around this time at the temple for socialization and Prasad grahan. We are rushing in and guess what happens to our shoes? They get collected at the walkway or by the door (Refer to photo 2)

Do we want anyone to TRIP and FALL over shoes?

Let’s be MINDFUL of our actions and follow TEMPLE PROTOCOL. Before we open those doors to step inside, let’s LOOK BACK to check on our shoes:

Are they on the shoe shelf?

Are they against the wall or on the walkway?

Are they piling up at the door for someone to fall and trip?

Mindfulness begins right here!!

Thank you for understanding!!







## THE GAME (Continued from April)



### CHARACTERS OF THE GAME ( INTRODUCING Alexandra (LEXI))

Earlier Prisha and Annabelle had found a person named Alexandra. While Prisha was hunting, they found a place to sleep. Though there were not enough beds they decided to let someone sleep on the ottoman. While they were talking about sleeping Prisha was not only manipulating fish but talking to people too. Little did everyone else know they had known each other since they were kids. They had not recognized each other until Alexandra said something.

"By any chance do you have a habit of having conversations with fish?" Alexandra asked.

"Lexi? Did you change your name?" Prisha asked.

"Of course, I did, the king is still after us" Lexi said.

"Was changing your whole identity on earth really necessary though?" Prisha asked.

"Maybe, we were his best workers after all," Lexi said.

"You mean his closest chance to 'exploring' another world?" Prisha asked.

The two continued to talk about what had happened the last time they were there. Lexi had already been there for 3 months. Though she had nothing but sticks, rocks and sand she had managed to create a water filter. It wasn't the best, but the water was still safe enough to drink and cook with. She managed to create a sort of power so she could still know what was going on Earth. Overall, she was able to live sufficiently in this world which they both referred to as the Marine realm.

"You have the weapons, right?" Lexi asked.

"Yes, why?" Prisha questioned.

"Blue lost her arm and is offering me 50 coppers for a new one" Lexi answered.

"Did she ever start that barber shop she wanted?"

"How do you think she lost her arm?" Lexi asked.

Prisha agreed as they had extra weapons and for some of the money that she got. She didn't think too much on the part where Blue lost her arm in a barber shop or that she knew about it. Meanwhile she had already been gone for 30 minutes.

"Prisha has been gone for 30 minutes. Do you think she is hunting?" Zoe asked.

"What else would she be doing?" Micheal asked.

"Maybe she is hunting a lot of fish rather than for just one meal" Annabelle suggested.

Prisha told Annabelle where she was going. Annabelle said that to make sure they didn't find out about the island or Lexi.

When she came back, she had her hands full of fish. Prisha got it on the way back from the island. The fish were already dead as she had made friends with most of the fish on her first time here.

"I told you she got a lot of fish," Annabelle said.

Zoe cooked some of the fish and stored the rest in a cold area. Micheal had volunteered to sleep on the ottoman since he was the oldest. Zoe and Micheal decided to go to sleep while the others did other things. Prisha, Annabelle and Naman were re-searching.

"What's this in the news?" Annabelle asked.

"We were reported missing. Alexandra isn't there" Prisha responded.

"She went missing months ago. I saw it in the news," Naman said.

**Prisha Parajuli**