

NOV 2025
NEWSLETTER

CHICAGO CHAUTARI
TIMES - 200th Edition

Happy Thanksgiving to
all the Community
Members !



Chicago Chautari Times

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NOV 2025 NEWSLETTER

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Welcome to Chicago Chautari Times - 200th Edition



The Price of Compassion: Giving Tuesday and the Nepali Heart Abroad

Each November, when Thanksgiving ends and America rushes into the noise of Black Friday and Cyber Monday, a quieter, more meaningful day arrives — Giving Tuesday. It doesn't promise discounts or sales. Instead, it calls us to reflect on gratitude, generosity, and grace.

For Nepalis living in the United States, Giving Tuesday is more than just a date on the calendar. It's an opportunity to look in the mirror — to see how far we've come, and to ask how far we're willing to reach back. Many of us have found comfort, stability, even luxury in this adopted home. But as we celebrate our success, we must also remember the unseen privileges that carried us here — the privilege of education, of caste, of opportunity.

Many among us come from what Nepali society once labeled as "upper castes" — families with access, visibility, and security. Whether we acknowledge it or not, we've benefited from that system of inequality. Today, we live in a country that rewards merit and effort, but our roots remind us that not everyone begins the race at the same line. That awareness brings with it a quiet responsibility — to give back. So, this Giving Tuesday, maybe it's time to turn privilege into purpose.

If you carry a Chanel bag, perhaps carry Louis Vuitton instead — and let the difference in cost rebuild a classroom in Dhading or buy warm blankets for children in Jumla.

If you wear Hoka shoes, maybe choose Puma — and let the few hundred dollars saved become medicine for an ailing grandmother in Myagdi.

If you're tempted to upgrade your iPhone, hold on to your current one — and let the cost of the new become a lifeline for a family in need back in Nepal.

Giving isn't about guilt — it's about gratitude in motion.

It's remembering that while we sip warm lattes in Chicago, someone in a remote Nepali village still studies under candlelight. It's understanding that our comfort carries a responsibility — to those who remain unheard and unseen.

And giving doesn't only reach across oceans. It can start right here — by helping to build a home for our shared identity.

This year, the Nepali American Center-led Cultural Center in Chicago is shaping into a sacred and vibrant space for our community. It will be more than walls — it will be a living symbol of who we are. A place where our children can learn Nepali language and dance, where art and literature thrive, where elders can gather and pray, and where a place of worship welcomes everyone seeking peace and belonging.

You can be part of this legacy. By becoming a Trustee of the Nepali American Center-led Cultural Center with a \$1,000 founding contribution, you help lay the foundation for something greater than ourselves — a permanent home for Nepali culture, faith, and community in the heart of America.

This Giving Tuesday, let's do more than donate.

Let's build — classrooms in Nepal, and cultural center in America.

Let's build bridges of compassion between what we have and what others need.

Let's build a legacy our children will inherit with pride.

Because giving is not charity.

Giving is how we return — to our roots, to our humanity, and to the Nepal that still lives in our hearts.

For more information or to become a Trustee of the Nepali American Center-led Cultural Center in Chicago, please contact: Nepali American Center (Email: info@nepaliamericancenter.org) - **Binod Dhungel**



WARNING FROM P.L.U.M.P

Dear Human,
 This letter is sent by a pumpkin involved in the Pumpkin’s League to Understand Man’s Philosophies (P.L.U.M.P.). Four of us in this organization have agreed to write to you humans. The junior undersecretary Peppy T. Pumpkin, senior secretary Penelope Pumpkin, General Gorge Washington, and me, the attorney general Piper Pumpkin. This is the pumpkin you stabbed and left out in the cold. That was painful just so you know and my skin still burns. I don’t think you’ve ever had pieces of you ripped out by a little human before. If you did, you wouldn’t want to be a pumpkin for your day of Halloween. That is beside the point though. I am writing this because I don’t appreciate being put out in the cold and stabbed multiple times. I have joined an organization against you humans. We have organized a collective rotting throughout your shelters. Once this Halloween that you talk about is over, I will rot. So will every pumpkin in your shelters. I know you have already taken them inside. I watched you do it. I don’t know what you’ve done with them but if I don’t have it back, I will be rotting by tomorrow for your Halloween day.

I heard from my Aunt Rodger (whom you also stabbed and left out in the cold) that you don’t like it when we rot. It may be painful but at the expense of your disappointment it would be absolutely worth it. I have seen my friends outside from the shelter across from yours and she is rotting as well. By Halloween she will be just a glob of pumpkin flesh. None of the little people who come around will enjoy that. In fact, they may never come to your shelter and take your treats again. Instead of the humans saying “trick or treat” they’ll stay away from your house because you can’t even manage to take care of a pumpkin.

A PUMPKIN! I am simply a vegetable. All I require is to be left in my farm for a month and then eaten so my pain ends quickly. Not left outside only partially eaten till my painful end. My friends' parents and uncles have also told us how painful it was for them when they were stabbed and left outside. They said it was even colder outside for them because of something you humans call global warming. We have been tortured for generations and we will be for generations to come. We may not make a difference now but eventually we will become an international group.

This is your final reminder.
 Sincerely,
 Piper Pumpkin of P.L.U.M.P
Prisha Parajuli

The 3 Little Ghosts

Once upon a time there were 3 ghosts named Snowy, Witly and Flappy. There was a mean witch too. She was very very very very hungry for some ghosts. Snowy has an ice cream house. Flappy has a cotton candy house and Witly has a cabin house. The mean witch eats Snowy's and Flappy's house then she flew to the 3rd house. She lost all her teeth and the 3 Little Ghosts lived happily ever after.

The End.
Abira Shrestha, Grade 3
 HB Thomas grade school

Best Wishes to our NOV Birthday Stars

Aadi /Anya Sharma - Nov 1



Joben Rana - Nov 2



Prisha Parajuli - Nov 3



Jay Sitaula - Nov 3



Suyon Gurung - Nov 29



Austin Singh - Nov 11



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



Breathing, Body and Mind

Breathing is the most fundamental act of life, yet it is often overlooked in its power to influence our physical and mental well-being. Each breath we take fuels our cells with oxygen, regulates our nervous system, and anchors us in the present moment. Beyond its biological necessity, breathing is a bridge between the conscious and unconscious -something we can control, yet which also operates automatically. This dual nature makes it a powerful tool for self-regulation. The rhythm, depth, and quality of our breath reflect and shape our internal state, making it a mirror of our emotions and a lever for transformation.

The 24-36 breathing method exemplifies this connection between body and mind. In this practice, one inhales for 2 counts, holds for 4, and exhales for 3 counts and holds breath for 6 counts - creating a 15-second cycle that, when repeated four times per minute, slows the heart rate and calms the mind. This deliberate pacing activates the parasympathetic nervous system, reducing stress and enhancing clarity. When we breathe shallowly and rapidly, it signals anxiety or greed - an urgent grasping for more. In contrast, slow, deep breathing reflects patience, presence, and contentment. Just as the rabbit breathes quickly and lives fast, often in a state of alertness, the tortoise and elephant breathe slowly, live longer, and embody steadiness and wisdom.

Our breath is a silent storyteller of our inner world. It reveals whether we are tense or relaxed, hurried or grounded. A greedy breath is short and sharp, as if trying to consume more than it needs - mirroring a mind that is restless or unsatisfied. A stressed breath is erratic, shallow, and often unnoticed, reflecting disconnection from the body. But a mindful breath - like that of the tortoise or elephant - is slow, deliberate, and full, echoing a life lived with awareness and balance. In learning to observe and guide our breath, we learn to observe and guide our lives.

Thank you so much - **Yagna Pant**



Rivals

Rivals is a game in roblox. There are many maps in this game. In this game we have to unlock the keys by doing daily quest . We have to fight other player in 1v1 , 2v2 , 3v3 , 4v4 , and 5v5 to level up . As we are getting higher levels we unlock

new and different guns to use . There are maps to fight . After we reach level 250 then we unlock all of the guns and maps to play - **Abhudaya Phuyal**

Griefs Room



There it is, resting atop,
Among a golden frame.
An haunting spirit within,
In the room alone.

The memories lay, the stories relax,
For it only contributes to something else.
The candle lit and ready,
It keeps coughing smoke but won't die.

The fog departs, yet the ache lingers,
The room's reserved, with a being inside.
One that only I can see,
One that only I can feel.

The chair remembers more than I do,
It's very soul splits my reality.
It's occupied my soul,
And has swallowed my mind.

I've fallen into a spiral of nothing,
All with just the pain lasting,
I can't feel anything anymore,
My grief shall be everlasting.

It shalt stay in this room,
Hope it doesn't come out.
But it will always be attached to me.
For leaving it should not be.

- **Syon Gautam**



15th Amendment: Important American History

The 15th Amendment is important because everyone needs rights to vote or else it won't be fair for African Americans not being able to vote. It is also important because it will cause fairness and friendship between people no matter their race/skin color. Grant Once said "The adoption of 15th amendment Constitutes the most important event that occurred since the nation came to life,

Once said Grant."

Fun fact: Grant was the one to ratify the 15th Amendment.

Before the 15th amendment America was in a stage of limited suffrage." Voting "rights were african american men could not vote" and white men had power to set their own rules. African Americans for a While they had to go through Unfair laws like black codes. Before the 15th amendment civil war had just ended and that's how slavery ended. When black people tried to vote they got denied.

Fun fact : This let African American men the right to vote

Created by Ulysses Grant, against the Amendment were southern democrats. It was opposed by Susan B Anthony.

Ulysses Grant thought not letting African Americans unable to vote and thought it was unfair and disrespectful.

Southern democrats wanted slaves not to vote because not they want to maintain power and enforce white powers,

Susan b Anthony opposed it because she thought it is disrespectful for women not to be able to vote while African Americans and Americans could vote.

Fun fact: It sparked a major debate between women suffrage.

After debating if it should be an Amendment it got passed after a in february 26 1869. It did long term impact by having fairness, and voting rights between African Americans and letting them be able to vote. It also caused less racism in disrespect towards African Americans since they could vote no matter their race.

Fun fact: The 15th Amendment got passed 1869 february 26 by president Grant.

Conclusion

In conclusion African Americans should always have voting rights and freedom. It also took very long for them to get their rights.

Many people thought that African American should have voting rights a while earlier but southern democrats thought the opposite and thought that black people should not have the right to vote which is wrong because you should be able to have voting rights no matter the race.

Fun fact: It prohibited states from being racist and states had to let African Americans vote. - **Arvik Baral**

Halloween



Misty nights give me the frights!
 When I have a flashlight it gives me light,
 so I can see on Halloween night.
 Candy so good makes me want to drool.
 Makes my tummy so full!
 Costumes of any kind.
 Some funny some scary.
 There are many varieties.
 They Make me have anxiety.
 I hope you had a great Halloween.
 Don't turn green!

- **Riya Phuyal**

Grace and Gratitude



So bright and cool, with so much food.
 pie and turkey,
 and so many more.
 Colorful leaves
 drifting through the sky.

So much to do, so much fun
 fun family time for everyone.
 Only once every year,
 So have a good one on Thanksgiving Day.

Thankful to the universe,
 Thankful to the earth,
 Offering Thanks to all!
 Thankful to myself,
 wishing I will always do my best.
 Happy Thanksgiving, everyone!

- **Ruby Phuyal**



Thanksgiving Parade

Every Thanksgiving, there is an annual Macy's Day Parade that happens. But what is the Macy's Day Parade for, and what does it mean? What's the big process behind it? Today, I'll tell you what the Macy's Day Parade really is.

For starters, the Macy's Thanksgiving Day Parade is one of the most famous and loved holiday traditions in the United States. It is held every year on Thanksgiving morning in New York City, and the first one was launched in 1924 by Macy's department store. It has grown from a small celebration to a massive one watched by millions of people in person and online. The parade is known for its enormous helium balloons shaped like popular characters from cartoon movies and video games. Snoopy is one of the most popular. In addition to the balloons, the parade includes colorful floats and marching

bands all across the country. The event traditionally starts with Santa Claus' arrival, which officially kicks off the Christmas season. This parade is not only the celebration of Thanksgiving but a display of entertainment creativity in American culture, making it a cherished event for all families and viewers.

The Macy's Thanksgiving Day Parade began in 1924 as a way to celebrate the upcoming Christmas holiday season and the success of the Macy's department store. At the time, many of the Macy's employees were immigrants who wanted to enjoy a tradition of European-style holiday festivals in the United States. They organize the parade as the best event featuring live animals from the Central Park Zoo, floats, and bands. They marched from Harlem to Macy's flagship store in Manhattan. The parade was also a smart way for Macy's to attract shoppers and build excitement for the holiday season. It worked so well that Macy's decided to make it an annual tradition, and now it has lasted for nearly 100 years and has become an iconic part of Thanksgiving.

The Macy's Thanksgiving Day Parade is filled with colorful and exciting features that bring joy to viewers of all ages. One of the most famous parts of the parade is the giant character balloons, which float high above the streets and are shaped like popular cartoon and movie characters such as Snoopy, Pikachu, SpongeBob SquarePants, and Baby Yoda. The parade also includes beautifully decorated floats often designed around themes like holidays, movies, music, or Winter Wonderland, some even feature characters from Disney or Frozen. Also, by the float, there are energetic marching bands from different high schools and colleges around the country, and they are very talented performers. There are also very talented performers like dancers, cheer squads, and Broadway actors who sing and dance in front of thousands of cheering fans. This parade also features Celebrities and musical guests. And at the end, the grand finale is the arrival of Santa Claus, whose appearance officially marks the beginning of the Christmas season.

Behind the scenes of the Macy's Thanksgiving Day Parade, a massive amount of planning in teamwork takes place to bring this event to life. Giant character balloons are designed, built, and tested months in advance and require around 90 train handlers to guide them safely through the streets. Clothes are carefully crafted in a special Warehouse where designers work year-round to create detailed scenes based on movies, holidays, and fantasy themes. Performers, including marching bands and celebrity singers, rehearse their routines and songs ahead of time, often in early morning practices. A large crew of camera operators and TV hosts also prepares to broadcast the parade live across the country. On top of everything, parade officials closely watch the weather to make sure the balloons can fly safely. All these behind-the-scenes efforts come together to make the parade look effortless and magical for viewers.

The Macy's Thanksgiving Day Parade has evolved significantly since it began in 1924 as a small procession featuring Macy employees and live animals from the Central Zoo. Over many decades, it transformed from a local celebration into a national tradition watched by millions. In 1927, the parade introduced its now iconic giant character balloons, starting with many original characters. These balloons have grown more complex in detail over the years, reflecting popular characters from movies, cartoons, and video games. The parade route expanded to over 2.5 miles, and the event now includes dazzling floats, marching bands, dancers from Broadway. Performers and appearances by celebrities. In 1948, the parade was televised for the first time, cementing its place as a holiday show for families across the country. Today, the floats feature Advanced designs and Technology, and the parade continues to adapt to Modern Trends and safety standards while maintaining the festive spirit that has made it an American Thanksgiving tradition for almost a century.

In conclusion the Macy's Thanksgiving Day Parade is more than just a parade it is an American tradition that brings Joy excitement and A sense of community. 2 millions of people each year from its small Beginnings of animals and employees to today's giant balloons, elaborate floats and celebrity performances the parade has grown into a cultural celebration that marks the star of the holiday season. Its evolution over nearly a century shows how creativity, teamwork, and tradition can come together to create an event that continues to inspire wonder. For both children, results make things giving warnings a

magical experience for families across the country.- **Reeva Baral**

Illusions and Escapes: A Comparative Study of John Wain's "The Quickest Way Out of Manchester" and Parijat's शिरीषको फूल (Blue Mimosa)

On the Question of Possible Influence

Abstract

This paper explores thematic and psychological parallels between John Wain's short story "The Quickest Way Out of Manchester" (1958) and Parijat's Nepali novel शिरीषको फूल (Blue Mimosa) (The Blue Mimosa, 1964). Both works depict male protagonists misinterpreting female characters and facing emotional disillusionment, but they differ in cultural context and existential depth. Although Wain's story predates Parijat's novel by six years, there is no verifiable evidence that Parijat read Wain's work. The resemblance between the two likely arises from shared postwar existential and psychological concerns rather than direct literary influence.

1. Introduction

The mid-twentieth century saw literary movements across the world grappling with alienation, disillusionment, and the search for meaning. In Britain, the so-called "Angry Young Men" — including John Wain — portrayed postwar social malaise and emotional paralysis. In Nepal, Parijat emerged as a unique voice articulating existential angst within a postcolonial and patriarchal setting. This paper compares Wain's short story "The Quickest Way Out of Manchester" and Parijat's शिरीषको फूल (Blue Mimosa), examining structural and thematic affinities and addressing the question of whether the earlier English story could have influenced Parijat's later Nepali novel.

2. Synopsis of the Texts

2.1 John Wain's "The Quickest Way Out of Manchester" (1958)

The story centers on a young man who visits his friend's home in Manchester. During the visit, he becomes convinced that his friend's sister is romantically interested in him. His assumptions, built on small gestures and social cues, inflate into emotional expectation. However, the narrative ultimately reveals that her behavior was merely polite, not suggestive. Confronted with his self-deception, the protagonist experiences humiliation and a desperate urge to leave — hence, the "quickest way out of Manchester." The story reflects Wain's characteristic irony, exposing male vanity and the insecurity of the British middle class in the 1950s.

2.2 Parijat's शिरीषको फूल (Blue Mimosa) (1964)

Parijat's novel follows Suyogbir, a former Gurkha soldier haunted by trauma and emptiness after returning from war. He becomes infatuated with Sakambari, a reclusive, intellectual woman who challenges his perceptions of love and masculinity. Their relationship unfolds through philosophical dialogues and unfulfilled desire. Sakambari's rejection leads Suyogbir into introspection and emotional collapse, forcing him to confront his existential void. The novel, hailed as a milestone in Nepali existential literature, delves into themes of alienation, gender dynamics, and the futility of desire.

3. Thematic and Stylistic Comparison

Both texts explore male delusion — men misreading women through self-centered longing. Yet Wain's irony is social and satirical, while Parijat's tone is metaphysical and tragic. The female characters play mirror roles: Wain's woman reflects male fantasy; Parijat's Sakambari dismantles it.

4. Shared Psychological Landscape

Both Wain and Parijat dramatize the failure of communication between genders, showing how male protagonists project their inner emptiness onto women. The "escape" motif—literal in Wain, symbolic in Parijat—represents avoidance of self-knowledge. This shared psychology situates both authors within a global mid-century literary mood shaped by existentialism, disillusionment after war, and skepticism toward romantic idealism.

5. Possibility of Influence

Parijat grew up in Darjeeling, an anglophone hub with access to British and Indian publications. She was educated in English and known to have read Western existentialists. Wain's story appeared in *Esquire* (1958) and was later anthologized, potentially circulating in India or through expatriate libraries. Hence, it is conceivable that Parijat encountered Wain's fiction. However, there is no documented evidence (letters, interviews, criticism) mentioning Wain as an influence on Parijat. The parallels can be explained as convergent expression of universal postwar anxieties rather than imitation. **(Continued)**

NAC Temple Fund— Nov '25 Summary

Thank you for attending Nov 2025 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 Sept puja.

Total Collection (Cash and Zelle) - \$781

Total Expense : \$366

Temple - \$250 | Priest - \$60 | Sweet - \$80

Illusion and Escapes - Continued

6. Interpretation: Parallel Evolution, Not Derivation

Rather than direct influence, it is more accurate to see both authors responding independently to a shared historical mood — the mid-twentieth-century crisis of meaning. Wain interprets this through postwar British manners; Parijat through Nepali existential subjectivity. If Wain's protagonist seeks "the quickest way out" of embarrassment, Parijat's Suyogbir seeks "the deepest way into" his own soul. The direction differs, but both end in loneliness.

7. Conclusion

The comparison between John Wain's "The Quickest Way Out of Manchester" and Parijat's शिरीषको फूल (Blue Mimosa) reveals convergent motifs of illusion, disillusionment, and escape. While Wain's work precedes Parijat's and shares certain psychological resonances, there is no concrete evidence of direct literary influence. Both authors articulate a universal postwar consciousness — the failure of desire and the yearning to flee the self. In this sense, the two works stand not in a relationship of source and imitation, but of parallel vision within the global narrative of mid-century existential literature.

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- **Alpabiram**

The Weight Behind His Silence

Ritesh woke up before the sun, like he always did. Lunches packed, bills noted, calendar checked—fatherhood had no snooze button. At work, he was dependable. At home, he was steady. And somewhere in between, he misplaced himself. People said he was strong, but no one ever asked whether he wanted to be. His silence was mistaken for calm, his tired smile for contentment. He carried everyone's worries like invisible luggage, believing a good man shouldn't complain, shouldn't crumble, shouldn't cry.

There were nights he sat in his car long after reaching home, gripping the steering wheel—not because he was angry, but because he was exhausted from pretending he wasn't. The world had taught him that tears were weakness, so he swallowed them until they tasted like metal.

"How long can I keep this together?" he wondered. How long before the cracks showed? Before the weight finally bent him into someone he didn't recognize?

One evening, his little daughter placed her tiny hand over his and asked, "Daddy, are you okay?"

It was the simplest question—and the permission he never gave himself.

For the first time, he exhaled. Not a sigh, but a release. He spoke. Not everything, but something. And that was enough to begin.

Because strength isn't silence. Strength is seeking help. Talking. Allowing yourself to feel. Sharing the load you were never meant to carry alone.

This story is for every man holding storms behind his ribs—fathers, sons, husbands, brothers, friends. You don't have to wait until you burst. You don't have to break to be seen.

Reach out. Speak up. Let someone in.

Your heart deserves space too.

- **Someone you know**

Best Wishes to our NOV Birthday Stars

Alex Bhatta
- Nov 29



Arith
Dhakar -
Nov 29

