

JUNE 2026
NEWSLETTER

CHICAGO CHAUTARI
TIMES - 207th Edition

Happy Summer to all
the Community
Members !



Chicago Chautari Times

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JUNE 2026 NEWSLETTER

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NEWSLETTER TEAM :

Ankur Sharma

Bishnu Phuyal

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Binod Dhungel

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For birthday announcements,
articles, success stories,



Welcome to Chicago Chautari Times - 207th Edition



A fruitful endeavor — 20 years of monthly puja

On an individual basis, each person is like a machine, a clock. Their daily and weekly activities tend to follow some rhythm. Generally each person repeats to do things in a regular order and keeps doing so. Something a person does for necessity and something habitual, something is done for pleasure and enjoyment and something unwillingly too. Mostly, most of those activities are repeated. There are occasions when different things are done, but some of those things do not follow any repeating cyclic time order; those are done as per the need basis.

Similarly there are certain things that are done in groups to fulfil some common purposes. Such activities are also done on a regular basis and sometimes as per need of the time. Some of these are family or relatives activities or community activities or society's activities.

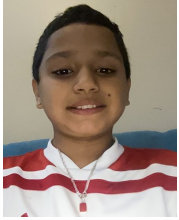
Sometimes the way any activity is performed largely remains unchanged in conducting it and sometimes it changes to adapt to suit the change in time or changing context swayed by several important factors such as the environment and people.

In some cases, a new activity starts within a group of people just as an individual begins to do new things in his or her life for living or make progress in achieving certain goals. In any active society, many different kinds of activities occupy people regularly. Such a group develops to a more civilized state and becomes capable to do things better or perform bigger things to advance themselves for personal progress, community progress and then contributing for the progress of a larger society. As such activities bring values to individuals and then to society. It sets an example for others to follow and its effect spreads to a wider region, say a country. Such activities take the form of cultural activities of the group of the people doing this, and sometimes even spread beyond the boundary.

The catalyst that leads a group of people towards such a direction depends upon its members who offer the visions and leadership that leads to the progress of the people in that group. At other times, the whole society begins to feel the need to adapt with the changing need of time. It calls them to unite and begin performing activities to fulfil the need. Such activities gradually provide anticipated benefits to its members and overall progress of the group or the community. These activities sometimes are for material benefit and sometimes purely spiritual, but when done properly each has a positive effect on the other. No matter where one lives, there will be time when each and every individual will have to associate in such activities and play a role demanded by the group. Only with participation with different roles, can an activity bear fruitful results to benefit more of them. When it reaches that level, then people begin to do it regularly and it turns out to be more like a culture for the group.

In case of us Nepalese beginning to live in a new place, as for example in Chicago, we left many activities back home in which we participated and performed our role as a member of the society there. Those activities provided many benefits for us. In this new place, we need to begin those or similar activities to perform in our group from scratch. Without doing any activities together, unity is not possible, we will not be able to keep our unity because we hardly know each other and understand the quality and strength of individual members.

Bishnu Phuyal, Ph.D. (to be continued on page ...)



World War One Reflections

I have learned that war, peace, people, and myself are all part of a big problem that has been uprising, conflict. Conflict is an eight-letter word, but it is the reason discrimination, war, and hatred have formed between nations and the world. I see a better world without World War I because it is the reason that people's lives changed, it also showed the reality of world peace, because the world was blaming each other for nonsensical reasons,

like the Armenian Genocide, it was the massacre of over a million Armenians who were christians in the Ottoman empire, because the Ottoman empire blamed them for the loss in the World War. Many were faced with life or death situations like switching religions, and walking death marches. The technology people used were also horrific, like chlorine and mustard gas, which basically used to break stalemates in trench warfare, with chlorine gas acting faster, while mustard gas was more delayed, which made mustard gas unpredictable, forcing companies to make gas masks. Empires like the German, Ottoman, and Austro-Hungarian empires were present and stood with the Central Powers, creating a tough for the allies because they were the most powerful at the time and they could send their militaries to both the western and the eastern front. The medicine was horrible, to put it to the least. For shell shock (Now PTSD, or Post Traumatic Stress Disorder), they would treat the patients with electric therapy, which absolutely did nothing, but worsen it, but there was also innovation for shell shock treatment, as a Scottish doctor used something called talking therapy, which actually worked (unlike the bogus electric shock treatment). World War I made many new nations, including many Baltic nations because of the downfall of the Ottoman Empire. Many others were also created like Poland, Finland, and the breakup of Austria-Hungary created many more. The emotions of the war paved the way for war art, because it allowed people to show their emotions and feelings about the war. Many artists created famous pieces, like the thousand-yard stare.

The trauma of shell shock really stood out to me because I wonder how people in war must feel after they reach home. The resonation of shell shock goes through me because I try to picture myself in the aftermath of the war and the experience. Shell shock has scared me as I would feel like revisiting the visions of the war and feel paralyzed. The constant remembrance of the war would give me insomnia. It might seem like the people are overreacting and aren't really experiencing anything, but I have experience, and trust me, it is not good, because I saw a Gen-Z uprising in my motherland Nepal. I saw kids being shot and killed on video, and even if it is through the internet, it can cause emotional feelings to erupt, and I had constant nightmares, experienced, insomnia, voices I heard in my head, and a hatred for the government of Nepal's prime minister, because he ordered that kids be killed for protesting and exposing his filthy ways and corruption. Shell shock isn't nice or fun, but it shows history and what people went through back then. This is the reflection of World War I which really changed history because of its cause and effects on people, and the world

- Rasik Pant



My Dear Lover

I love you more than there is light from the sun
 You're touch feels like a sign that you were meant to be mine
 Every kiss gets rid of everything that's amiss
 Our time together is never enough
 For the only thing I want is forever

If that forever doesn't come and something divides us
 Whether it be death or distance
 You will always be with me

- Prisha Parajuli

Best Wishes to our June Birthday Stars

Aarya Rimal - June 4



Asvi Bajagain - June 27



Kavin Das - June 5



Nila Kunwar - June 25



Regan Bista - June 7



Ruben Kumal - June 20



Simran Adhikari - June 10



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



Galaxies

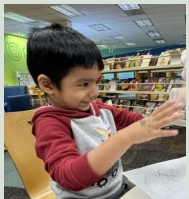
Galaxies are a very big thing when it comes to space because space is a big topic on its own. Galaxies are a big thing because it is what holds billions or maybe even trillions of stars and is what makes up the observable universe. Galaxies are a big thing because our galaxy is structured in a certain way that protects us from cosmic hazards, for example supernovas.

Our galaxy also acts like a very stable safe zone for our earth and if that weren't there, we wouldn't be here as of right now. Surrounding galaxies have a halo of dark matter that buffers against the "chaotic, rough and tumble" of the intergalactic medium.

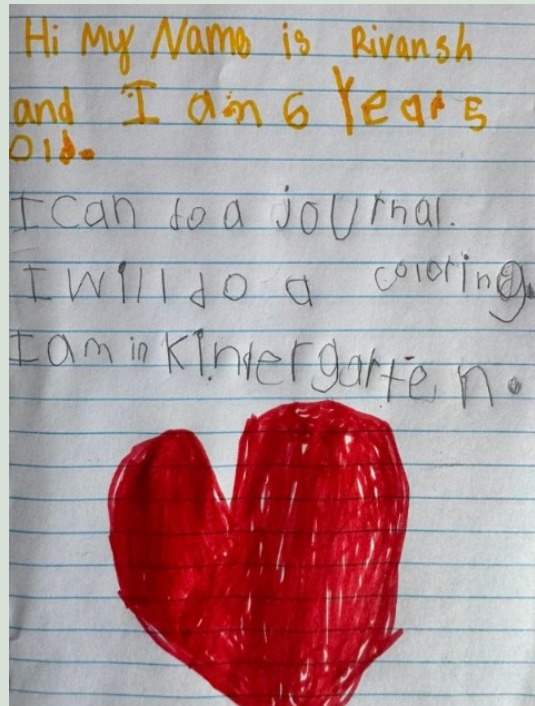
Furthermore, galaxies matter a lot, for example it shows us how the observable universe is organized in such a certain way that it flusters our brains. Next galaxies help us furthermore understand cosmic time and can also help us see how the organization of galaxies have changed throughout time.

Even further on galaxies are massive gravity bound systems containing billions of stars, gas, dust, and dark matter with an estimated 2 trillion existing in the observable universe. They come in "spiral elliptical and irregular shapes". Most of the time there is a supermassive blackhole in the center of a galaxy because it's there when it's born and grows with its host galaxy. That's how it's always supermassive. It has been growing with its host galaxy for billions and maybe even more than that.

- Rajnish Yadav



Rivansh Phuyal





So Good They Can't Ignore You

For a long time, I believed that the best career advice was to follow your passion. After reading *So Good They Can't Ignore You* by Cal Newport, I realized that the idea is more complicated than I originally thought. Newport argues that passion is not always something people discover right away. Instead, it is often developed through hard work, practice, and gaining experience.

One of the main ideas in the book is that becoming highly skilled at something is more important than constantly searching for a dream job. Newport explains that people should focus on building valuable skills, which he calls "career capital." As they become more skilled, they gain more opportunities, independence, and satisfaction in their careers. He believes that passion often develops after someone becomes successful and confident in what they do.

I agree with many of Newport's ideas. Not everyone knows what they want to do when they are young, and waiting for a perfect passion to appear can prevent people from making progress. I also believe that hard work is essential for success. Whether someone wants to be an athlete, musician, teacher, or doctor, they must be willing to put in the effort to improve and achieve their goals.

At the same time, I do not completely agree that people should stop following their passions. I think passion plays an important role because it motivates people to keep going when things become difficult. When someone truly enjoys what they are doing, they are often more willing to work hard and stay committed. In my opinion, passion and hard work work best when they go hand in hand.

Overall, *So Good They Can't Ignore You* changed the way I think about careers. While I still believe that following your passions is important, I now understand that passion alone is not enough. Success comes from developing valuable skills, working hard, and continuing to grow. This book taught me that finding a career you enjoy matters, but becoming great at it matters just as much.

- Deeya Phuyal

Mandir 20th Anniversary

My name is Riya Phuyal and I went to the mandir on June 6th and it was the 20th anniversary of the Mandir. I was there a bit early so I just waited until I saw my friends. I waited about 20 minutes and then I saw my cousin and after 15 minutes later my friends arrived. We played some games on my phone and then we had to go upstairs because they were announcing some awards. They announced everyone's name who wrote in the article. I write in the article almost every month, but they didn't call my name. I was confused. But then they said I was in third place for writing the most articles this year! I wrote 8 articles. I was very proud of myself. They gave me a certificate and a trophy. The trophy could spin and it said 3rd place on it. After they announced all the winners for writing articles they announced people who are creative and were good at drawing. I didn't win anything for that because all I wrote in the newsletter were articles not paintings or pictures.

— Riya Phuyal

NAC Temple Fund—June '26 Summary

Thank you for attending June 2026 20th anniversary puja and for your contribution.

Your presence and donation makes it possible to continue our regular monthly puja and culture. June puja collection summary:

Total collection (Cash/Zelle): \$882
 Total expense: \$470 (Temple \$225, Other \$245), Saving: \$530

NAC Trustees: 36 as of June 2026
 Total assets so far: >\$200,000





My Experience at Vipassana

Namaste, my name is Shrija Kabra. Today I'm going to share all about my experience in Vipassana. Let's zoom into my experience in Vipassana.

Chapter one: what is Vipassana

Vipassana is a meditation center for kids and adults. Kids stay there for a day while adults stay there up to 10 days. Boys and girls are separated into two groups. We were switching between meditation and doing activities. Now let's move on to the next chapter.

Chapter two: What I did in the morning

After I arrived there, I ate breakfast. After breakfast the director explained our schedule and what we would be doing the whole day. First, I went to the meditation hall with all the other people to meditate.

Next, I came back to the main room so I could do some activities with my group. Then I went to the meditation hall again to meditate. Lastly, I came back to the main room to eat lunch. The lunch choices were red sauce pasta, plant based meatballs and cheese was optional. Now let's head on to the next chapter which is what I did in the afternoon.

What I did in the afternoon:

In the afternoon, which was after lunch, we went back to meditating again. After that I came back to the main room. This time there were lots of more activities. There was collage which is a type of art. We could make bracelets and even earrings. We also could do some crafting. It was fun, I didn't know what to make so I was just sitting there waiting thinking about what to make. Then we went back to meditate which was boring but there was finally peace. After meditation it was so much fun, we didn't go back to the main room we went on a long nature walk. We got to see all the dorm rooms where people stay. But I was a little scared because there were ticks. After that I went back to the main room to bake cookies. It was so much fun. Then we went back to meditating but I did get more calm after meditating. Then we came back to the main room to eat the cookies we made. They looked really good, but they weren't as good as they looked. Finally, it was our last course of meditation. Lastly, we came back to the main room so we could go home.

—Shrija Kabra

The Talking Glue Stick



Once upon a time, there was a glue stick, and he could talk! But the glue stick was going to leave his owner's house because he was never used. No one ever used him. Yes, it felt good to always stay in shape, but after seeing all the other supplies become dull and worn out, he felt unneeded. So, he left without anyone knowing.

The next day, he came back, thinking that everyone had missed him. But right when he stepped into the house, Sassy Pink Crayon said, "Look who's back!" "Then Mean Gray Crayon said, "No one cares about you. "But Glue Stick did not care. He marched to his owner's room and sat there. Then he saw a young little girl.

"Oh, I know this girl! She's the owner's friend's little sister, Alisa. She was the only one who ever used me!" "Then I heard my owner say, "If you want to use my glue stick, you can. I don't use it. "Can I keep it if you don't use it? Please?" asked Alisa. "Yeah!" said my owner.

Then I got put into her Barbie purse and taken into a big neighborhood of crayons. The pink crayon was kind, and so was the gray crayon.

At first, I thought it would be fun to be used all the time, but now I'm tired. Still, it is much better than never being used. And it's also fun having other supplies that I can call FRIENDS!

— Ruby Phuyal

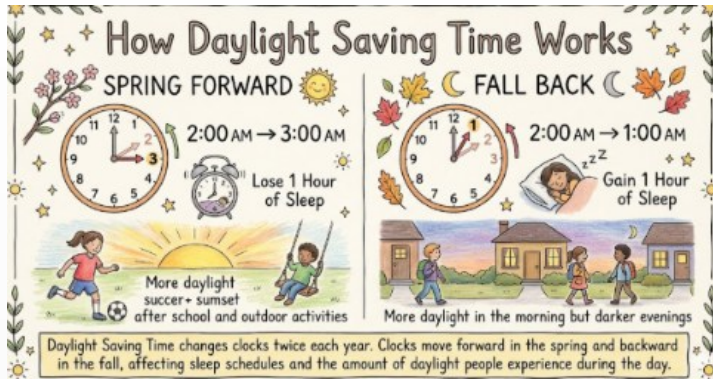




Why Does the Clock Change

Most people notice that the clocks change twice a year, but many do not know why it happens. The time change is called Daylight Saving Time (DST). It affects millions of people by changing when we wake up, go to school, work, and spend time outside.

In March, clocks move forward by one hour. This change is often called “spring forward.” Because of it, people lose an hour of sleep on that night. Many students and adults feel tired for a few days while adjusting to the new schedule. However, there is also a benefit. The sun stays out later in the evening, giving people more daylight after school or work. Many families enjoy using this extra daylight to exercise, play sports, walk outside, or spend time with friends.



In November, clocks move back by one hour. This is known as “fall back.” People get an extra hour of sleep, which many welcome. However, the sun sets earlier in the afternoon, making evenings feel shorter and darker. Some people enjoy the cozy feeling of earlier sunsets, while others miss having more daylight after school.

The idea of changing clocks was first used by Germany during World War I in 1916 to help save fuel and resources. Over time, many countries adopted similar practices. Today, most states in the United States observe Daylight Saving Time, but some places, including Hawaii and most of Arizona, do not. **An interesting fact is that**

when clocks move back in November, the hour between 1:00 a.m. and 2:00 a.m. happens twice.

Even though Daylight Saving Time changes the clock by only one hour, it can have a noticeable effect on daily life. It influences our sleep schedules, evening activities, and even how much daylight we experience. Whether people like it or not, the time change remains a part of life for millions of people each year.

- Swopnil Adhikari

Some Mornings Feel Light and Clear

Some mornings feel light and clear, while others feel heavy and difficult to navigate. Have you ever wondered why?

When we wake up, we are not always starting from a blank slate. Even during sleep, the subconscious mind continues working—processing memories, emotions, conversations, and unfinished thoughts. As a result, we sometimes wake up carrying emotional residue from the night: anxious thoughts, mental noise, or a sense of unease that seems to appear without reason.

This doesn't necessarily mean something is wrong. It is often just the mind transitioning from deep subconscious activity into conscious awareness. In those early moments, thoughts can feel louder and emotions more intense because the brain is still reorienting itself to the present moment.

That is why awareness and mindfulness matter so much in the morning. Gentle movement, stretching, deep breathing, meditation, or simply sitting quietly for a few moments can help ground the body and calm the mind. As we become more present, we begin to recognize that many of the thoughts we wake up with are not facts or predictions - they are simply echoes of the mind processing itself overnight.

Mornings become easier when we stop fighting our thoughts and start observing them with awareness. The subconscious may never fully rest, but each new day gives us the choice of what we carry forward and what we let go.

- Yagna Pant

Continued from page 1—A Fruitful Endeavor — 20 Years of Puja

We cannot not show our identity as people by doing good things for each other in times of need and in times of celebration. Only by doing things this way, we can advance ourselves. Otherwise we can be a lost group of people without any element to bind us together and cannot express our common values that identifies us.

Time changes fast and it can be too late to begin doing things together to benefit us and identify ourselves. Because we get old and our children need to learn it before it becomes hard for us to ask them to do what is necessary for them to advance culturally, remain united and keep our identity.

In view of this, many of us discussed and decided to begin an activity in Chicago twenty years ago. This was a gathering at Radheyshyam temple on the first Saturday of every month. We gave this activity a flavor of Hindu religious tradition. By now, we also managed to strengthen it as a social form of activity. We began to realize that it has a greater effect in our Nepalese culture and society in Chicago and even beyond. The program, popularly called PUJA, included puja rituals for different deities of God, religious songs (Bhajan and Kirtan), speeches, community discussions, children program and lunch.

A common perception now is that it is liked by all, because it has many advantages. There are many positive effects of this program in our community and there are hardly any who have not benefitted from it. This program has provided all of us a great opportunity to do spiritual and pious activity for personal satisfaction and for our community. We also are able to maintain our religious and cultural heritage through this. With this program, we are expressing our deep-rooted value of Nepali civil culture for our children to see and learn and also for others to see. We are able to develop greater unity among ourselves, enjoy our friendship, help each other and many more. In essence this activity has put us on the right path in our journey to our destiny. This activity now is in its full rhythm, it will continue as a part and parcel of our community and it will help benefit all of us in many ways.

On the eve of its twentieth-year completion, all of us must be very proud of the path we began twenty years ago. We certainly have more things to do for ourselves and for our community but what we have proven with the PUJA program is that we have accomplished some success that we can proudly call it as our culture. This shows that if we want, we can progress, and we can be successful. We also proved that we have the desire and potential to do the right things. God bless all of us so that we will do similar other things as we march ahead. HAPPY TWENTIETH PUJA ANNIVERSARY.

- Bishnu Phuyal, Ph.D.



Behind the Wheel

I like to think of life as driving past a street where the sun shines on your face for a moment before becoming hidden behind tall buildings. Whether you see the warm sunlight as the “good” days in life and the buildings as hurdles blocking your happiness, or you see the sun as a blinding light and the buildings as protection, everything depends on perception.

Whether the sun disappears behind the buildings or the buildings slowly fade as you leave the busy city behind, what remains is you. You will always be there behind the steering wheel of your own car. The car may be driven by your parents when you are young, or by your children as you begin learning how to use a cane, but there is a period in life where you are the one behind the wheel.

It is important to take control of your life for as long as you can. You decide whether to drive toward the lake to watch the beautiful sky with warm sunlight against your face or toward an alley surrounded by tall buildings that make you feel safe. Whichever route you choose, remember that at the end of the day, you are all you truly have. So, indulge in the things that bring you joy, steer out of your comfort zone, do not be afraid to return to places that feel safe, and always remember that you are only behind the wheel for so long.

- Krisha Pandey



Siberian Tiger

Imagine a big cat roaming around the jungle. That's a Siberian tiger! A powerful animal both large and scary. A tiger may be big and strong but it's related to a tiny house animal, a cat. A Siberian tiger looks big and fierce, has awesome ways to survive, and is able to adapt to their eating habits.

A Siberian tiger is a large creature. It could grow to be about 8 to 10 feet tall, weighing nearly 650 pounds (294.8 kilograms). Their massive body is covered with thick fine fur and walks with four sturdy legs. It also has powerful paws, claws, and its skill of leaping and hunting, because of its big body and powerful skills the Siberian tiger has what it needs to survive the wild jungle.

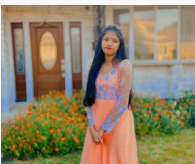
This big cat lives in eastern Russia or western China. The Siberian tiger lives in the wet forest or the jungle. When it snows the Siberian tiger has no problem because of the thick fur for the winter and their fine,

sharp claws which helps them to have a good grip. Also, when the weather becomes much better, they shed their skin so they don't get too hot. Siberian tigers are the biggest and strongest tigers in the world.

As they were carnivores, the Siberian tiger was a big predator. They'd munch on wild pigs, badgers, elk, and goats with their strong teeth and powerful claws. They're really skilled with hunting and being quiet so they can sneak up to their prey. Sometimes they hide in dens just in case an animal comes.

The Siberian tiger's nickname is "Panthera Tigris". The Siberian tiger is a fierce animal with a massive body, awesome structure to survive in the jungle or forest, and has powerful tools to help them find food. Although they're scary, imagine you were in the jungle and you heard a roar and saw a giant Siberian tiger. That's how the animal world has changed.

- Avah Shrestha



Eight Grade Graduation

Yesterday was my 8th grade graduation and I was feeling sad and excited at the same time.

First, I had my graduation practice rehearsal in the morning. Then my dad picked me up and we went back home to get prepared for my graduation ceremony. After 2 hours, I got prepared and

I wore my graduation gown, and my dad dropped me off to my graduation ceremony. I went inside the building, and I saw my friends and we took some pictures and selfies. After taking some pictures, I had to get my card with my name on it. We had a little bit more time to hang out and take some selfies. Then everyone had to get in two lines, so everyone lined up in order by their last names. After some time, we started walking until we got to our seats. After that, the national anthem was playing. Then the principal of my school had some speeches to say about the 8th graders. Then they were starting to call people row by row in order of their last names to get their diplomas. There were some speeches at the end. Then everyone was heading outside and all the parents came and took some pictures of their kids. After that, I headed back home.

— Sanvi Yadav