

SEPTEMBER 2026
NEWSLETTER

CHICAGO CHAUTARI
TIMES - 210th Edition

Dharma protects who
protect it
धर्मो रक्षति रक्षितः

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NEWSLETTER
TEAM :

Ankur Sharma
Bishnu Phuyal
Yagna Pant
Sarana Parajuli
Binod Dhungel
Aditi Khanal
Purnima Pathak

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



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Welcome to Chicago Chautari Times - 210th Edition



At a Crossroads in Life

What truly makes a person happy?

For some, it may be money. For others, it may be family, recognition, success, or a sense of purpose. Honestly, I am still trying to find the answer. For me, happiness changes with the seasons and circumstances of life.

I feel happy when the people around me are happy—when my children listen to me, when my wife smiles, when my family is healthy, when my business is doing well, and when something I do positively affects another person's life. There are many contributing factors, but I have slowly realized that lasting happiness must begin within us. When we carry peace and positivity inside, it spreads to the people around us, and even difficult days begin to feel a little brighter.

My own life has taken turns I never expected.

After spending more than two decades building a stable corporate career, I suddenly found myself at a crossroads. The predictable life I had known disappeared, and I had to decide whether to remain afraid of uncertainty or step into it. I chose to take the risk.

I entered the unpredictable world of entrepreneurship. I became involved in building businesses, opening a restaurant, supporting community initiatives, managing properties, raising a family, and trying to create opportunities for others. Along the way, I faced construction delays, financial pressure, staffing crises, slow business days, difficult partnerships, unexpected setbacks, and many sleepless nights wondering, "What have I gotten myself into?"

There have been days when everything seemed to go wrong at once - when the numbers did not add up, employees walked away unexpectedly, customers did not come through the doors, and the responsibilities of business, family, and community felt almost impossible to balance.

Sometimes I genuinely miss the boring and uneventful life I once had.

But every morning brings another opportunity to learn, adapt, and try again. You make mistakes, you face the consequences, you solve one problem at a time, and somehow you live to see another daylight—another day filled with challenges, possibilities, and hope.

- Ankur Sharma (to be continued on page 2)

Chicago Chautari Times (CCT) has embarked its 18th years of uninterrupted monthly publications from April 2026. CCT would like to express deep gratitude to its subscribers and contributors, especially our young children and youths making this a platform to express their hidden talents via writings and arts.



Buddha

- Aawhani KC



Contd ... At a Crossroads in Life

Life without struggle once sounded ideal. Now I understand that challenges are often what shape us. They reveal our weaknesses, test our character, and show us strength we did not know we possessed. The appreciation, love, patience, and support of my family and friends are what continue to keep me moving forward.

One lesson I have learned is that it is never too late to begin again.

It is never too late to earn another degree, fall in love, raise a child, get married, change careers, start a business, serve your community, or pursue a dream that others may not understand.

The road ahead may be rough and filled with potholes. You may take a wrong turn. You may fall, fail, lose money, lose confidence, or question every decision you have made. But success is not about traveling on a perfect road. It is about becoming aware of your surroundings, learning how to navigate the obstacles, and continuing to move forward.

Keep adapting to the changing landscape. Keep exploring. Keep studying. Keep learning.

Do not be afraid to experiment. Do not be afraid to try something new simply because you might fail. Failure is not the end of the journey; sometimes it is the lesson that prepares you for the next chapter.

What makes us different is not how many times we fall, but how many times we find the courage to stand up again.

Today, I may still be standing at a crossroads. I may not have all the answers, and I am still discovering what true happiness means to me. But I know this: the lessons we learn, the courage we build, the people we help, and the lives we touch along the way will become the real measure of our journey.

Life will never be perfect. But as long as we continue learning, loving, serving, and moving forward, every struggle will have a purpose—and every new day will be another chance to become stronger than we were yesterday.

- Ankur Sharma

Best Wishes to our September Birthday Stars
Arohan Adhikari
- September 1



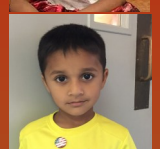
Aashna Adhikari
- September 18



Aditi Bhattarai
- September 28



Aryash Adhikari
- September 18



Chrisha Shrestha
- September 5



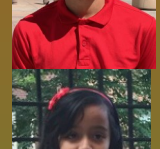
Moksha Rijal
- September 19



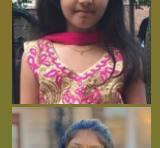
Nishan Pathak
- September 30



Purnima Pathak
- September 15



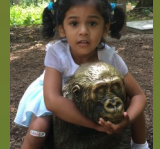
Sanvi Yadav
- September 14

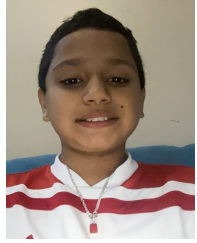


Shreena Gautam
- September 30



Submit your birthday information with picture by 20th of the previous month.





The Dark Side of the Universe: Anti-matter

- What is it?

People may have heard about antimatter, but don't know what it is. Well, what is it? Antimatter is an opposite to normal matter. So, for example, an electron and a proton would have a twin and same mass, but different mass and magnetic properties. The opposite of an electron would be a positron, and the opposite of a proton would be an antiproton, they would still have the same mass but different charges and magnetic property.

How does it work?

What happens when matter and antimatter meet? The answer: energy is made. How though? They annihilate each other in a flash. Since this destruction or annihilation makes energy, this follows Einstein's equation of $E=mc^2$, which makes it the most energy-dense potential fuel, (mainly because of how we haven't fully explored or know about how we can use antimatter). Since we know that antimatter has its own opposite, that means there could be anti-universes, which contain anti-galaxies, anti-black holes, anti-stars, anti-planets, and even anti-humans, but we only see tiny quantities because most of these tiny quantities are destroyed through our matter filled universe so, if there was an anti-universe, and it collided with our universe, just imagine what the result would be. It would be like a huge flash that destroys us and the universe along with our antis in the anti-universe.

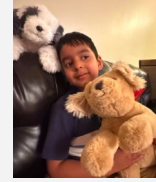
Why is it important?

Learning about antimatter is extremely important because scientists are trying to solve one of the most mysterious phenomena known in theoretical physics and the entirety of the universe and its existence. When the universe was created, matter was created, but also equal amounts of antimatter were also created, which should mean that the universe then should've been destroyed. But no, we are still here. Studies show that an unknown asymmetry resulted in a slight excess of matter, which wiped out the remaining antimatter then. This is why there can be no anti-humans, anti-galaxies, anti-stars, anti-planets because all of the antimatter had balanced with an equal amount of matter, and the excess matter went on to create us.

Real world applications?

Since we can't create an antimatter engine today, or ever in our lifetime, there are other useful tools that require and need antimatter to function. Specifically in Positron Emission Tomography (PET) scans, which help doctors to safely image and identify diseases. Other potential uses are for rocket fuel and military bomb fuel, but that is for the future.

- Rasik Pant



I Am Who I Am -

I am positive.
I am smart.
I am kind.
I am helpful.

I am happy.
I am polite.
I am loyal.
I am nice.
I am proud of who I am.
I am simply me.

- Rivansh Phuyal



Fall

Summer has gone by
Now there's rain in the sky
Soon it's going to be Halloween
All the decorations are to be seen

Everyone is dressed up
Even people who are grown up
Going trick or treat
The candy taste so sweet
The fall breeze feels so nice
Drinks like pumpkin spice
The leaves have changed color
Some are brown and some are yellow
Fall is so nice!!

- Riya Phuyal



ME

i keep my yesterdays tucked away
in places even i forget,
where old versions of myself still stay,
like fading stars the dawn has met.

there are days i feel the whole world shift,
as if the ground beneath me grew,
and pieces of my former self just drift
into a sky i never knew.

maybe i was never meant to remain
the person i once tried to be;
perhaps the strange and restless change
is simply how i become me.

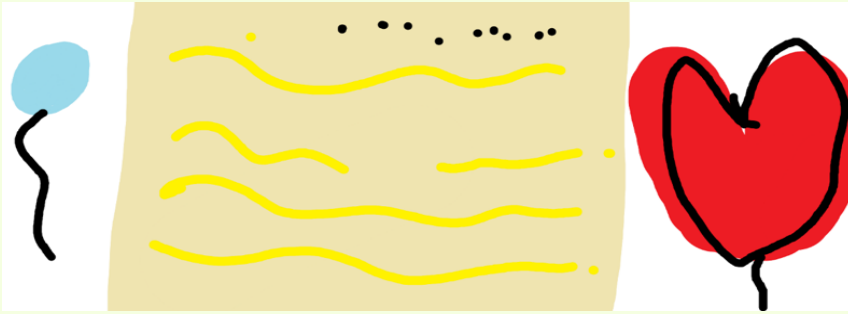
- Aishani KC



The Flying Birthday Card

The piece of paper flew, and Samantha tried to grab it, but she missed. Let me explain ...

It's Samantha's 9th birthday today. Her classmates made her a cake, but they realized that something was missing, and it was something big, something very big. Want to know? Well, I can tell you. They forgot to make a card!



They did not know what to do, so they all took turns writing in that card. Suddenly, a girl named Calerinara saw a piece of paper. It flew onto her desk from the wind, so she wrote, "Happy Birthday, Samantha!" Then she gave it to Ammy, and Ammy gave it to Carlos. He gave it to Camerliousiva-ro, who is the new kid.

Soon, it became a birthday card, and a good one!

Soon, it was lunch. The class arrived at the lunchroom, where everyone was waiting for them. Carlos gave the cake and card to Samantha, and everyone sang "Happy Birthday!" It was the best birthday ever ...

Or was it?

THE END

- Ruby Phuyal

Cosmos continuum

It all begins and it ends

It rises and it falls

It lights and it dims

It shines and it dims

It rises and it sets

It evolves and it ceases

It forms and it deforms

It evolves and it dissolves

It appears and it disappears

It comes and it goes

It goes and it returns

It doesn't remains but it moves

It starts but it doesn't stops

It doesn't stops so it continues

It doesn't stops but it repeats

It is the same but appears different

It is the continuum of the cosmos

It is just like the impression one observes

in the solid like appearance of a high-speed rotating fan

- Bishnu Phuyal, Ph.D.



RECENT FLOOD IN NEPAL

4 days ago a massive flood came in the border of Nepal and China. It went through Rasuwagadhi following Chitwan. So, what caused the flood was a massive land slide came crashing into the (NATURAL LAKE) present in China. As the water stream kept on growing larger as the water could not flow

through the rock, the rock and the water reached their maximum limits and as the river was narrowed there the massive rock broke into pices and a deadly combo of rock, mud, snow and also some sharp pices of elements came creating a massive flood which was able to kill about 600 people of China and Nepal both. Many nebhouring countries have offered help in this situation of Nepal. The dam also destroyed the famous (GYIRON



PORT) located at China and Nepal border. Also, the hydropower station, Data base and the research center of Nepal have been

destroyed, kicking Nepal into the danger zone. According to some famous news companies like (THE KATHMANDU TIMES, BBC, CNN etc...) there are still some massive floods left to come into the teretory of Nepal which can harm the population of Nepal as well as the economies and other activites of Nepal.

- Abhudaya Phuyal



Nancy Grace Roman Telescope

The Nancy Grace Roman Telescope, launched on August 30, 2026, was named after NASA's first chief astronomer for her enormous contribution in launching the Hubble telescope. This telescope will be 100 times stronger than the Hubble itself, requiring over 500,000 4K screens in order to display a single image. With its main features being its 2.4 meter diameter mirror, 6 solar panels, WFI, and CGI, the telescope will be exploring the most mysterious parts of our universe: dark energy, dark matter, black-holes, and many exoplanets. All this information will be interpreted by the telescope with the inferred and visible light spectrum.



This summer, me and my team at ASM Astronomy were able to build a 1/6th scaled model of the Grace Roman Telescope, including accurate replication of its exterior features. With a three day deadline to plan, execute, and finish the model, me and my team divided the model into three sections. With the support of our inspiring instructor/Chicago's astronomer Joe Guzman and our efficient collaboration we were able to complete and present the model at the ASM showcase. Thus since, the telescope has been displayed at Chicago Astronomy's public observation at McKinley Park, WGN Channel 9 Spotlight, and will be present at the Griffin Museum of Science and Industry on October 10th. Now, as our model of the Nancy Grace Roman Telescope travels around Chicago, the actual telescope is traveling in zero-gravity, ready to capture some of the most unexplored regions of our universe.

– Ayushka Joshi



A Little Happiness Goes a Long Way

Once upon a time, there lived a marker named Timmy who was very happy. He loved being used and enjoyed helping people color and create beautiful pictures. One day, while Timmy was being used for coloring, he suddenly stopped working! Then he saw a brand-new pack of markers. His owner, Lilla, took the new markers and put Timmy in the trash can. Timmy was very sad, so he left to find a new owner who would still use him. But after searching for a while, he realized that no one wanted him anymore. On his way, he met a group of old markers. Timmy asked, "What are you guys doing out here?" They replied, "We are all dried out. We aren't usable anymore." Timmy said, "Me too. But we are not reusable. What should we do?" Then Timmy had an idea. "Instead of being sad, do you want to play some games?" Everyone shouted, "Yes!" So they started playing games together. They played tag, hide-and-seek, and even soccer. They laughed, had fun, and enjoyed spending time together. Even though they could no longer color, they found a new way to be happy. And they all lived happily ever after!

– Ruby Phuyal



My hajur-aama

Today is a lonely day.
I awake, already feeling lethargic, and
cancel my plans.
The somber clouds I see forming
promise to sour my mood,
But I am determined not to let the day
win.

At the peak of my boredom in the afternoon,
I scour through my cupboard for the Himalayan green tea
Baba had brought back from his recent trip to Nepal.
I thought maybe this will cheer me up.

I sit on my papasan chair on my covered balcony,
Watching the raindrops hit the railing and roll to the
ground.
I have my book in one hand and my cup in the other,
But something compels me to smell the tea before I let it
touch my lips.

The flavors twirl together in a scented steam
That brings only one image to mind when it hits my nose.
The smokey but slightly floral scent congregates into an
elderly woman
With skin like weathered wood from a lifetime of hard-
ship.

My hajur-ama carries in one hand chiya in a silver glass

And in the other a plate of biscuits.
With short steps and a curved back,
She crosses the room to join me on the wooden bench-
table.

She asks me about my day, her voice thick and raspy.
Her face is full of love and worry at the same time.
There's no doubt her life's struggles are imprinted on her
face,
Making it unnatural for her gaze to soften and become
carefree.

We sit on the bench in the balcony of her home in
Letang,
Built from decades of labor and dedication.
It's just past monsoon season, but we watch the rain to-
gether
As it howls and slams against the first floor's tin roof.

And I am not alone.
Although she is thousands of miles away,
The universe knew to give me a gentle reminder
She is with me.

It knew I needed to reach for that teabag
That traveled half a world to my apartment.
It knew I needed to stop and smell the fragrance
And be reminded that I was never alone.

– Shikha Adhikari



Another Time

To love is to let go, they say
Every day we spent together
To be spent alone now

All the secrets we told
Now only mine to keep
I could only watch as you slipped from my grasp

It's too early
We are too early

To love is to let go, they say
I love you
And yet I can't let you go
So, I will let myself go
And meet you once again



Autuman Tree

- Shrija
Kabra



Nepal Flash Flood

There was a very bad flash flood in Nepal. Thousands of people have lost their lives and many more are still missing. Schoolchildren, workers and even entire family members are still missing. Houses, roads and bridges were swept away. So in Chicago, Illinois about 100 people came together and decided to honor the people that are missing and lost their lives. In a temple we had a candle lighting ceremony. This is to honor Nepal and pray for the people. The flood happened towards the China side of Nepal which unfortunately wiped out a lot of villages and homes.

In the ceremony we all got candles and put them in the middle and showed our respect. We all helped to arrange candles. There was a charity my mom donated to the people who lost their lives. It affected the entire nation; it was like a natural disaster. It was such an honor that everybody came here to honor the people that have lost their lives. The good thing is that Nepal with the big cities did not get affected but still that is sad. We laid out chalk so that we could make the flag and the Himalayas. Then we put the candles in shape, and each lit the candles. We got up and sang the national anthem and did 1 minute of silence for the people who lost their lives. A lot of people donated to charity and helped out to make this event possible.

So yes, again the flood is really bad but thankfully not that many people were harmed. Which is good.

In conclusion the flash floods went really bad that did harm many people and damaged a lot of structures. Doing the candle ceremony to honor them was a nice thing to do from overseas. - **Arvik Baral**



NAC Temple Fund SEPTEMBER '26 Summary

Thank you all for attending September 2026 puja. And thank you for your contribution.

Thanks to our sponsors and devotees. Your presence and donation makes it possible to continue our regular monthly puja and gathering to practice our religion and culture. Here is the summary of collection from September 2026 puja.

Total collection (Cash and Zelle): \$3006

Total expense: \$475 (Temple \$225, Other \$250), Saving: \$511

Number of NAC Trustees: 36 as of August 2026

Total assets so far: >\$200,000

Note: The savings from this event along with all other donations received by NAC for Flood Relief will be sent to the Prime Minister Relief Fund in Nepal for helping the Bhote Koshi Flood victims and reconstruction work. A total of nearly \$25,000 have been raised so far. NAC is grateful to all the donors.