

CONGRATULATIONS
CHICAGO CHAUTARI
TIMES FOR 2 YR
ANNIVERSARY



Welcome to Chicago Chautari Times— 25th Edition



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For birthday
announcements, articles,
success stories,
quotations, poems, write
to us at
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This article is typed by
Sangita Subedi

"None of us including me, ever do great things. But we can all do small things with great love, and together we can do something wonderful" - Mother Teresa. Where were we last year, where are we today, two years have passed since we started our newsletter, we started small, we started growing, our audience started expanding, our contents started broadening, people started talking, and soon, Chicago chautari times became the talk of the town, it became the voice, it became the media to express ones feelings, ones message to

the world. It became the platform for the youth to demonstrate their skills. The credit goes to you all. Congratulations to all of you for bringing this newsletter this far, and hope to receive the same kind of support going forward. However, Sky isn't the limit, there are still many areas for improvement, and we are actively seeking feedback from our readers, contributors on ways of improvements. Please keep your feedbacks coming and/or be a part of this team. We need your help.

Last year, as a token of appreciation we distributed certificates and gift card to our young contributors and published their names on our newsletter. We hope to do so this year as well. Stay Tuned !!!

- Editors Choice.

रामभक्त हनुमान

जवदेखि परमभक्त हनुमानजीले अवतार लिएर यस धराधामलाई धन्य बनाउनु भयो, तब देखि भक्तिको रस सलबलाउन थाल्यो । मानवलाई भक्ति रुपि राजमार्ग निर्माण गरेर सत्मार्गमा लगाउने महापुरुषका रूपमा हनुमानजीको अग्रणि स्थान रहेको छ । भक्तिमा भरोसा र बिश्वासको सर्वोपरिस्थान छ भन्ने कुरा त सर्व बिदित नै छ । तर हामिले गर्ने भक्ति र हनुमानजीले गर्ने भक्तिमा आकाश जमिनको फरक छ । हाम्रो भक्तिमा मष्तिष्क समाहित हुन्छ र मनले भक्ति गर्न खोज्छौ । जस्को स्थिरता अतिनै दुष्कर छ । हनुमानजीको राम प्रति यति धेरै भरोसा छ की जयसिया रामको ध्वनि उच्चारण गरेर त्यति ठुलो समुद्र तर्न सफल भए ।

रामभक्ति नै जीवनको आधार बनाउन सफल हनुमानजीले छाति चिरेर सितारामको दर्शन गराएर भगवानको नित्य निवास भक्तको हृदय हो भन्ने कुरा प्रमाणित गरिदिएका छन् । सितामाताले सिउदोमा सिन्दुर लगाउँदा रामजीको प्रय बनिन्छ भनेर भन्नु भयो । त्यहि अवसर हनुमानजीले खोजेका थिए । पुरै शरिरमा सिन्दुर लगाएको देखेर स्वयं राम र सितामाता पनि हास्नु भयो । आफ्नो स्वामिको खुशीका लागि जे पनि गर्न सक्ने महान क्षमताका धनि हनुमानजीका मन्दिर यति छन जति रामजीको मन्दिर छैन । "अष्टसिद्धि नव निधिका दाता, अवसर दिन्हि जानकी माता" । सम्पूर्ण सांसारिक सुख र पारमार्थिक सदगति प्रदान गर्ने हनुमानजीको भक्ति विना राम मिल्दैन र राम

विना जिवनमा आराम पनि मिल्दैन । स्वयं राम भगवान पनि भन्नु हुन्छ "प्रति उपकार करहुँ का तोरा, सम्मुख होइन सकत मन मोरा" । राम भगवान पनि हनुमानको अगाडि उभिएर हनुमानलाई हेर्न संकोच गर्नुहुन्छ, किनभने हनुमानजी त्यो भक्ति हो जसले भगवानलाई पनि ऋणि बनाएको छ । पूर्ण समर्पणको अद्वितिय नमुनाका रूपमा हनुमानजी प्रस्तुत हुन्छन भने युगयुग सम्म रामनाम जप्न र रामचरित्र सुन्न बाचिरहने हनुमान आज पनि जिवित छन । यो भाग्यशालि भक्तलाई बेलाबेलामा मिल्ने गर्छन् । चिरंजिवि हनुमानले हामिलाई भक्तिको मार्ग प्रसस्त गरुन् । अस्तु ॥ प.तुल्सी राम शर्मा



रक्तदान ~ अर्जुन प्रसाद मैनाली, अध्यक्ष, ब्लड डोनर्स अफ अमेरिका

सर्बप्रथम सन् १६२५ मा विलियम हार्भले जीवित शरीर भित्रका मुटु र नशाहरुमा रातो तरल पदार्थ रगत संचार हुने कुरालाई व्याख्या गरेका थिय/ रगतले ग्याँस, खनिज पदार्थ, पोषक तत्व, शरीरका हरेक तन्तुमा पुरयाउने बिकारहरु फाल्ने र रोग प्रतिश्रधात्मक कार्यमा सघाउनुका साथै थुप्रै महत्वपुर्ण कामहरु गर्दछ/ सन् १८१८ तिर बिरामीलाई रगत संचार गरिएको थियो/ तर त्यो सफल हुन सकेन/ सन् १९०१ मा कार्लल्यांड स्टेनरले रगत समूहहरुका बारेमा ब्याख्या गरेपछि यसको संचार सफल भयो/ साधारणतया एक बयस्क स्वस्थ मानव शरीरमा तौलको १/११ भाग रगत हुन्छ/ अर्थात करिब १५० पाउन्डको तौल व्यक्तिको करिब ४ लिटर जति रगत हुन्छ भने भर्खर जन्मेको बच्चाको १ कप जति रगत हुन्छ/ आजको २१औं शताब्दीमा विज्ञानको उन्नत विकास भइसक्दा पनि प्रयोगशालामा रगत बनाउन सकिएको छैन/ केहि गरि कुनै बिरामीलाई रगत आबश्यक परेमा स्वस्थ व्यक्तिले रगतदान गरेमा मात्र उसले पुनः नयाँ जीवन पाउन सक्छ/ तथ्यांकको आंकडा हेर्दा यसबर्ष विश्वमा करिब ८३ मिलियन युनिट रगत र अमेरिकामा करिब १५ मिलियन युनिट रगत आबश्यक पर्दछ/ अर्थात हरेक ३ सेकेन्डमा रगत आबश्यक पर्दछ/ रक्तदान गर्ने व्यक्तिको उमेर १७ बर्ष (१६ बर्षको लागि अभिभावक स्वीकृत लिनुपर्छ/) भयो महिला वा पुरुष हुनुपर्छ/ व्यक्तिको वजन कम्तिमा ११० पाउण्ड हुनुपर्छ/ शरीरमा हेमोग्लोबिनको मात्रा १२.५ ग्राम प्रतिशत भन्दा बढी हुनुपर्दछ/ रक्तादाताको ब्लड प्रेशर कम्तिमा ११०/७० देखि बढीमा १६०/९५ मि.मि. मर्करी हुनुपर्दछ/ शारीरिक परिक्षण गर्दा स्वस्थ हुनुपर्दछ/ यस बाहेक स्वास्थ्य सम्बन्ध अन्य सोधियका कुरामा पास भयोमा मात्र रगत दान गर्न सकिन्छ/ रक्तदान गर्दा ५ देखि ७ मिनेट सम्म लाग्न सक्छ/ तपाइले एक पटक दान गर्नु भएको रगतले तीन जना बचाउन सकिन्छ/ रगतमा भएका चार वटा छुट्टा छुट्टै तत्वहरु रेड सेल्स, प्लेटलेट्स, प्लाज्मा र कोप्रेसिपिटेड छुट्टा-छुट्टै विभिन्न बिरामीहरुलाई संचार गरिन्छ/ साधारणतया दान गरेको होल ब्लडबाट तिन तत्वलाई अलग गरि सम्बन्धित बिरामीलाई उक्त तत्व संचार गरिन्छ/ त्यसैले एक रक्तदानबाट ३ जनाको जीवन बचाउन सकिन्छ भनिएको हो/ रक्तदाताहरुले होल ब्लड या यसका तत्वहरुमात्र पनि दान गर्न सक्छन/ जस्तै रेड सेल्स, प्लाज्मा, प्लेटलेट्स/ यस्तो दानको तरिकालाई एफेरिसिस भनिन्छ/ स्वस्थ मानिसको हड्डी भित्रको बोनम्यारोले नियमितरूपमा ति तत्वहरु बनाइरहेका हुन्छन/पहिलो पटकका रक्तदाताले थाहा पाउनु पर्ने कुराहरुः

(क) रगत निकाल्नका लागि प्रयोग गरिने सुइ देखि डर लाग्न सक्छ, तर नडराउनुहोस/तपाइको अलावा रक्तदान गर्नेहरुमा अरु पनिछन /सुरुमा सुइले छुसुक्क घोचेको जस्तो महसुस हुन्छ र त्यसपछि केहि दुख्दैन/

(ख) प्रायःजसो आइरन युक्त खानेकुरा खानु पर्छ/

(ग) रक्तदान गर्नु अघि र पछि पनि प्रशस्त तरल पदार्थ पिउनु पर्दछ/ यसले शरीरमा सुखखापन हुनबाट बचाउछ/

(घ) रक्तदान गर्नु पूर्व स्वस्थ खानेकुरा खानु पर्दछ/ सकभर चिल्लो खानेकुराहरु नाखानुहोला/ परिचयपत्र लियर जानुपर्छ/

(च) रक्तदान गर्ने अघिल्लो दिन चाडै सुतेमा राम्रो/

(छ) रक्तदान गर्न जाने ठाउमा जाँदा सजिलो खालको सर्ट लगाएर गएमा राम्रो/ रक्तदान गर्न बाहुला माथि सार्न सजिलोहोस भनेर/

(ज) रक्तदान गर्ने बेड वा मेचमा सजिलोसग बस्नुहोला/ सकभर मनमा राम्रो कुरा मात्र लिनु भयो राम्रो/

(झ)अन्त्यमा,बढो गौरवान्वित्कासाथ रमाउदै आज मानव जीवन बचाउन सहयोग गरियो भन्ने सम्झनुहोला/

How the meat industry fuels starvation - By Ravi Grover

A common misperception is that there's not enough food to feed the world's 1+ billion who go hungry every day. Another lie is that the population growth is too high to feed so many people. The truth is *there's more than enough food to feed everyone*. In fact, the majority of the world's food supply doesn't even go to people but to fatten farm animals raised for meat. This is also why food prices have risen – food that could be sold to people is in shortage because it's instead eaten by cows, pigs, chickens, fish, and other livestock.

In America around 10 billion animal are killed to be eaten every year. These same animals eat hundreds of millions to billions of lbs of grains, oats, soy, and corn. Just a small fraction of those same crops could easily feed the planet many times over. World-watch Institute warned that this trend would lead to increasing poverty around the globe: "Continued growth in meat output is dependent on feeding grain to animals, creating competition for grain between affluent meat-eaters and the world's poor." In 2010 the United Nations reported that in order to end world hunger people would need to avoid western diets rich in meat and dairy.

Poor nations are also suffering from water shortages. Again, the planet's water supply is not being depleted by people but by the meat industry. American chicken farms alone use more than 100,000 gallons of water/day. 2,500 gallons of water are used to make one lb. of meat that goes from a farm to a store. One lb. of wheat only uses 25 gallons!

The easiest step a person can take to help out those in need is to either reduce their meat intake or better yet completely go vegetarian. The money saved on one's groceries bills from not buying meat could be used to buy or donate food to the less fortunate.

Nepali New Year 2068 Celebration

Chicagoland Nepali Friendship Society (CNFS) is organizing "Nepali New Year 2068 Celebration" on Sunday April 17, 2011. All Nepalese friends and guests are requested to get involved and make Nepali New Year 2068 celebration successful. The main attraction of the event will be performance of popular band Karma Band (Surendra Man Singh) Featuring with Bhim Tuladhar and Ram Shrestha. There will be some dances and songs from local artists and professional DJ to make the New Year nights' memorable. Let us celebrate "New Year 2068" together and share our values, culture, tradition and New Year greetings with each other. Tickets and seats are limited.

Contact for Program Details

Khem Pathak 773 590 2213 Channu Bhattarai 773 510 7935

Bigyan Shrestha 773 386 4003

Ticketing and PR

Dilu K.C. 773 319 2804 Mohan Poudel 773 226 7774

Piush Dahal 773 669 7487 Khem Bhandari 773 593 1547

Kashi Prasad Singh 773 317 0460 Dal Shrestha 773 807 4196

Date: 17th April, 2011 **Time:** 6.00 PM to 12.00 AM

Venue: 2519 W Devon Ave, Chicago IL 60659

Tickets: Regular price \$ 35.00/per ticket

Member \$ 33.00/per ticket

Student: \$ 30.00/per ticket (with valid ID)

Life members: Free entry

Children under 10: Free entry

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Email:
peoplelofnepal@gmail.com
Please share your stories, pictures, and be an active contributor.

Holi - Kunjal Bastola



Have you celebrated Holi? I did. This is what I

know about Holi. Many years ago a demon wanted to kill his son who was very good and always prayed to god. One day the demon wanted his sister, Holika to kill his son by placing him on her lap and sitting in the fire because she had a blessing that even fire would not destroy her. But Holika died instead of the demon's son. That is why we celebrate Holi.

Tablet Mania - By Niraj Pant

Welcome to Tablet-mania. You now have the choice between three top-of-the-line, innovative tablets that have been released in the market. What will it be? Google's Android OS or Apple's iOS? Seven inch or ten inch display? Your final decision will be made much easier with the help of these articles and the new star-rating system.

Apple iPad 2 ★★★★★★ (9/10)

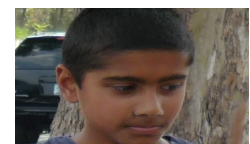
Ahh, the beloved Apple iPad. You get 1 GHz of untamed, raw speed and Apple's unique iOS version 4.3 for only a couple of benjamins (five, to be exact). You can buy the tablet in a Wi-Fi version or a 3G version with a plan from Verizon or AT&T. Dual cameras with Facetime™ makes video calling a whole lot easier. Major improvements include a dual-core processor, a three-cell battery instead of a two-cell, and a lighter + thinner frame. A big kudos goes out to Steve Jobs for dominating the tablet market in this "war".

Motorola Xoom ★★★★★★ (9/10)

As the iPad's only serious threat, the Xoom attempts to throw a hard punch at Apple's iPad. Priced with a hefty \$799 price tag, this tablet includes Android's latest release (3.0 Honeycomb), access to the ever-expanding Android Market, flash capabilities, and much better media playback all in a sleek, black fiberglass package. Well, a cardboard package. Anyway, this demon houses the new Gorilla Glass™ technology and is deemed "unscratchable and unbreakable" and will be in use in Sony HDTVs in the upcoming summer. The only tablet in the market with the tablet-exclusive Android Honeycomb gives a big advantage to the Motorola Xoom with the Honeycomb's vast improvements and more tablet-like structure.

Samsung Galaxy Tab ★★★★★★ (7/10)

This tablet follows an old proverb: Good things come in small packages. The small, but powerful 7" Galaxy Tab, a much-hyped tablet that has been circulating on computer blogs since May, is now being carried by all four major US carriers (Sprint, AT&T, Verizon, and US Cellular). Great for one-handed use and has a stunning 1024 x 768 display to show off their TouchWiz 3.0 Android "skin", which many consumers feel has a "cartoonish" design. It seems that the Galaxy Tab has a long way to go before becoming a worthy contender.



NAC - Phase 2 - Volunteering Opportunities and Incentives Policies

NAC would like to request community members to sign up for various volunteering positions. The Center is also planning to organize volunteer social event in coming month to welcome new volunteers and kick off NAC Phase II projects. Similarly, current volunteers will share their experiences and stories to new volunteers in the event.

Please contact to info@NepaliAmericanCenter.org or (773) 800-1622, if you or someone that you know is interested in donating time to NAC.

Phase II Volunteering Positions

Adhoc Volunteers || Legal Advisers - Immigration || US Government Public Policy Experts || CPA or Bookkeepers || Construction Engineers || Real Estate Experts || Demographers || Finance Experts || Technical Writers || Grant Writers || Marketing Strategist and Experts || Communication Specialist or Social Media Coordinators || Videographers || Web Developer || Designers || Project Managers

NAC Labor Donation Policies and Incentives

NAC may accept donation of time and expertise from individuals and organizations. The donor shall seek approval for work from the Board of Directors prior to performing the work.

NAC may impose a cap on the maximum amount of time a donor may claim for any unit of work to be performed.

NAC shall issue a voucher of work performed to the donor, unless the donor wishes to remain anonymous. The issued voucher shall be itemized with a fair market cash value for the work performed by the donor.

The fair market value hourly rate for the work shall be approved by the Board of Directors prior to the work to be performed. These rates may be reviewed once a year. The labor donation voucher issued shall have an expiry date of five years from the date of issue, and not bound by the 1-year closure policy for other types of donations. The donor of a labor donation may redeem any unexpired vouchers in exchange for a receipt of cash-equivalent donation in the amount totaling the value of all vouchers being redeemed.

Upon the redemption of the vouchers, NAC shall bestow upon the donor the privileges and recognitions allowed per the NAC Bylaws for the cash-equivalent donation amount.

Best Wishes to our Dec- Birthday Stars

Submit your birthday information with the pictures by via email to peopleof-nepal@gmail.com by 20th of the month, to be included in our next edition.

Coming Soon ..

**ANMA (Association of Nepalese in Midwest Americas)
ViewPoint Quarterly Newsletter**

Please submit your article or news/views around your community to the ANMA Secretary - sushishma@gmail.com by Apr 15th 2011.

Mark Your Calendar

Apr 17th Sunday 6pm to 12pm - Nepali New Year 2068 Celebration (Details on pg3..)

Sep 2-5th 2011 - ANMA/NASeA Convention in Atlanta Georgia

News Flash: Invitation to 8th NASeA/ ANMA Convention, Sept 2-5th 2011 in Atlanta, Georgia

It is our great pleasure to announce that Nepalese Association of Georgia (NAG) is hosting 8th Joint Convention of Nepalese Association in Southeast America (NASeA) and Association of Nepalese in Midwest America (ANMA) in Atlanta, Georgia during Labor Day weekend September 2-5, 2011 at hotel Marriott at Century Center.

We are celebrating the years of successful collaboration between the two regional organizations NASeA and ANMA. This convention is also the 21st NASeA Convention and 28th ANMA Convention. This partnership has played vital role in championing several issues important to Nepali Diaspora.

The Convention will bring together hundreds Nepalese in the Southeast and Midwest America to participate in a range of currently relevant topics and issues, including, but not limited to healthcare, common investments, children's program, youth programs, Nepali language, literature and school, cultural center, saving the Himalayas, tourism and cultural promotion, women's issues, indigenous issues, leadership development, immigration, tax etc.

Many United States and Nepalese dignitaries will address the convention to inspire us, motivate us and unite us in a common cause of collective and individual human development.

The convention will also provide opportunities to get together, renew friendship, meet long lost friends.

The convention will also showcase entertaining cultural program performed by new and emerging talents from the growing Nepali Diaspora. Both organizations, NASeA and ANMA, as well as NAG are committed to continue the effort to uplift our community. With our open arms we invite you to participate in the vibrant and bustling convention.