

NEW WEBSITE :

newsletter.peopleofnepal.com - Want to be a part of dedicated team, contact us at peopleofnepal.com

Chicago Chautari Times Team wishes you and your family a very Happy New Year 2011.. May all your dreams come true !!!!



Welcome to Chicago Chautari Times— 22th Edition



INSIDE THIS ISSUE :

तुलसी महिमा	1
आयो नया बर्ष	2
Virtual Box	2
ASNEng	2
Potential	3
Aerospace	3
NAC	4
Volunteering	4

Individual members of one family sacrifice personal comfort towards the other members. Such sacrifice is natural out of love, which is due to oneness among them. Oneness is unity. So oneness and love emanates sacrifice when necessary, a healthy and strong family is built. Sacrifice has same effect to unite more families. As one sacrifices personal comfort for the sake of other, they no longer remain different, but become like one family, a larger family. With unity of larger family a community is built. Sacrifice to other in a community is to care each other. Sacrifice from more individual members is

required for a strong larger community. All of us immigrated from Nepal are called Nepali Community. We share many things in forms and facts. However, we also have to love and sacrifice to make our unity firm and community strong. This is very important for us at this time, because, we yet have not built our community strong. We need to take this as our duty. Otherwise we will not be united and we can no longer retain our Nepali identity. We could be lost and nothing will be left for our children for all those good traits found in our Nepali community and

society. Our obligation is to preserve these with commitment to sacrifice to build a strong Nepali community in this country. We need to keep our Nepalese identity as other communities like our own have done and we have witnessed those. Let this be our objective, let it be in our thoughts, and let our actions be guided for this in the New Year 2011 and beyond. Happy New Year 2011 to every member of Nepalese community and our American friends. - Editor

तुलसी महिमा

विन्दा वृन्दावनी विश्वपूजिता विश्वपावनी
पुष्पसारा नन्दिनी च तुलसी कृष्ण
जीवनी -

हन्दुधर्ममा वनस्पति विज्ञानलाऽ महत्वपूर्ण स्थान दिऽएको छ । वनस्पति आफैमा एक पूर्णत्वको परिचायक छ । वनस्पतिका गुणहरूलाई पहिचान गर्न सक्ने प्रबुद्ध व्यक्तिहरूका लागि त बनौषधि नै सर्वस्व हो । त्यसैले त कल्पवृक्षाको परिकल्पना पनि वनस्पतिकै रूपमा गरिएको छ । शारिरिक सौन्दर्य र आरोग्यको आधार वनस्पति जगत हो भन्दा अत्युक्ति न होला । संजीवनी बुटिद्वारा जीवनदान प्राप्त गर्ने श्रीरामका भाऽ लक्ष्मण वनस्पति कृपाका उपज हुन् । भोक मेटाउने, तिखा मेटाउने, जीवनलाऽ संपुष्ट गर्ने संमिऽाणबाट आश्चर्ययुक्त परिणति देखाउने, जीवन र मरणको दोसांधमा

उभ्याउने, आदि क्षमता वनस्पतिमा छ । तीब्रतको एक अनुसन्धानबाट यो पनि पत्ता लागेको छ कि जीवनको परम शक्ति कुण्डलिनी जागरण वनस्पतिबाट संभव छ । संपूर्ण जीवनको अटुट साधनाले हुन न सक्ने काम वनस्पतिको नियमित सेवनबाट संभव हुन्छ भने यो भन्दा ठुलो वनस्पति महिमा अरु के हुन सक्ला । हिन्दुधर्मको घर घरमा पूजिने तुलसी आयुर्वेदिक र धार्मिक दुबै दृष्टिले सेवनिय छन् । भनिन्छ जसको जसको घरमा तुलसीको बन छ त्यहां कुनै पनि कीटाणुहरूको पवेश संभव छैन । वातावरणलाऽ स्वच्छ राख्न मठ बनाएर तुलसी लगाउन हिन्दुहरूको दर्शन र चिन्तन कति महान होला । रोग लागेर उपचार गर्नु भन्दा रोग लाग्न नदिनु बुद्धिमत्ता हुन्छ । हिन्दुहरूका लागि तुलसी, गंगा र यमुना समान पवित्र छन् । सबैको घरमा बीराजमान

तुलसी विष्णु भगवानलाऽ अति प्रिय छिन् । चाहे लाखौं प्रकारका पुष्पहरू र हारहरूले भगवानको पूजा गरियोस जबसम्म तुलसी पत्र चढाऽदैन तबसम्म भगवानले त्यो पूजालाऽ स्वीकार्नु हुदैन । मरणासन्न व्यक्तिका मुखमा गंगाजल र तुलसीपत्र हालीदिने प्रचलन अद्यापि जीवन्त रूपमा रहदै आएको छ । जालन्धरकी पत्नी बुन्दाले श्राप दिएर विष्णु भगवानलाऽ शालिग्राम बन्न परेको र तिनै बुन्दाको केशहरू तुलसी बनेको कथाहरू शास्त्रमा वर्णन गरिएको छ । हरिबोधिनी एकादशी देखि लिएर कार्तिक पूर्णिमा सम्म तुलसीको विवाह शालिग्राम संग गरिदिँदा भगवान प्रसन्न भई धेरै धेरै सुख शान्ति र ऐश्वर्य दिने र सद्गति मुक्ति पनि प्रदान गर्ने विषय शास्त्रमा वर्णन गरिएको छ ।

Continued on pg3.....

NEWSLETTER TEAM :

Ankur Sharma
Bishnu Phuyal
Prabhakant Das
Sagar Regmi
Sangita Subedi
Piush Dahal

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



This article is typed by Sangita Subedi

आयो नया**बर्ष**

- Jyoti Adhikari



आयो नया बर्ष
फेरी आज
मिलेर हामी मनाऊं न /
अघिल्लो साल गरेको गल्ती
अब गर्ने छैन भनौं न /

उकाली ओराली यही रहिछ जीवन
सम्म बाटो कहिले पनि आउदैन /
बिसिएर दुःख सम्मालेर सुख
बाचन हामी सिकौं न /

देखेको कुरा गाहारो छ पाउन
सोचेको काम सधै बन्दैन /
अर्कालाई दोष दिनु भन्दा
आफैमा परिवर्तन ल्याऊं न /

सपना देख्छं यी सनगला आखा
इस्वरको बरदान ठानौं न/
हातमा हाम्रो मिहेनत राम्रो
यसैमा गर्भ मानौं न/

आशाको ज्योति बलिनै रहोस
सुनौलो बाटो देखाई/
बिस्वास मनमा बसिनै रहोस
जीवनसित रमाई/

Upcoming Articles:

Blog- Cancun Trip by Nisha Pant

Virtual Box - By Yagna Pant

For the last few months, I have been playing with Virtual Box from Sun/Oracle as the virtualization platform for my laptop. To those not familiar with the technology Virtualization in a very simplistic term, allows to run many operating systems on the same physical hardware. As an example on a Windows XP laptop/desktop hardware (host), it is possible to install most of the operating systems (as guests) such as Linux, Solaris, and different flavors of Windows: Windows 3.1, Windows 2000, Windows XP, Windows Vista, Windows 7, etc. It is also possible to run multiple guest instances of the same operating system (such as Windows XP) on the same physical hardware.



After a brief introduction, the obvious question then becomes: as a home user, what are some of the typical use cases for leveraging Virtual Box? Here are a few of my use cases:

One of my friends recently gave a perfectly working but 8 years old scanner to me. While trying to install Windows XP driver for the scanner on my computer, I found out that the manufacturer only supported the scanner on Windows 3.1 platform. It also did not make any sense to obtain a separate computer with Windows 3.1 operating system just to scan a few pictures/document a few times in a week or month. So I installed Virtual Box on my XP laptop, Windows 3.1 as the guest operating system and the driver for the scanner. These days I only start the Windows 3.1 system when I need to use the scanner.

Because of so many attacks, internet security experts, these days, advise to use a separate computer for doing web related financial transactions (ebay, amazon, web banking, etc.) and other personal finance activities such as tax returns. I have created another XP guest instance solely for the purpose of web transactions and do not use this instance for general browsing including emails.

The third and final use case is to use Virtual Box as the test bed for running new applications. Before installing any new applications on my main XP instance, I first want to validate whether the new application would meet my requirement. I do not prefer to install the new application on the primary machine to prevent the main appliance from getting cluttered. If you are interested, Virtual Box is available for free download via the following web site: <http://www.virtualbox.org/wiki/Downloads>

News Flash : ASNEng : Scholarship, Awards and Grants Committee

Ankur Sharma named Chair of the Scholarship, Award and Grant Committee of the American Society of Nepalese Engineers (ASNEng). Chicago engineers have shown continued support to American Society of Nepalese Engineers (ASNEng) since last several years. To keep this tradition, Mr. Ankur Sharma has accepted be Chair of the Scholarship, Award and Grant Committee of the American Society of Nepalese Engineers (ASNEng) in spite of his many community responsibilities. He was unanimously nominated for this position during the board of directors meeting held on December 10, 2010. Offering scholarship, award and grant to Engineering and scientific students and professionals within the capacity of the society is one important objective. With his previous successes in leading various community programs including ASNEng events, the society got necessary talent to lead this important program. There have been already several works completed required for this purpose. Two important ones being a completed draft describing high level requirements for the Scholarship, Award and Grant. Mr. Sharma emphasized the importance of beginning such program initially with something that can be successful within the capability of the society. He requested all board of directors to make the pledges before asking for other, although there have been some contribution already received and additional pledges offered. He thanked Dr. Prahlad Pant and Raju Kharel for initial draft, Dr. Bishnu Phuyal and Binod Dhungel. He also appreciated Dr. Ramesh Mall, Dr. Rajendra Shrestha and Prakash Shrestha for their suggestions to improve the draft and hoped that this document can be finalized by the end of 2010. Mr. Sharma will form a team under his chairmanship to offer at least one or two scholarships to engineering students in Nepal as initial step in 2011. All are requested to contact him to offer their pledges and other support.

An Introspective Approach to Potential - By Sutapa Adhikari

Every single one of us has potential but the catch is that the word itself comes along with a degree of flexibility.

As a child, we were granted the gift of creativity and imagination. We utilized these two things and learned what every child learns. We figured out how to fend for ourselves- whether it was waiting for our parents to put a bowl of biscuits in front of us, taking biscuits from the grasps of other babies, or finding biscuits on the floor and scooping them into our mouths. No matter what method we chose the outcome was all the same. At the end of the day we realized that biscuits would always be within reach. Now this principle continues to take effect today. Most of us have the means to get what we want on our own yet we likely have support systems in the form of family and friends as insurance.

The idea of reaching your true potential revolves around the fact that we have to leave the biscuit theory behind. In order to really figure out what we are capable of, we need to pretend that the support systems are not there. Simply knowing they exist and taking them into account when we make decisions skews the outcome of our choices because they skew the decisions themselves. In fact, I would be willing to bet that the choices we

make land consistently to the right or consistently to the left because our support systems remain constant. Therefore, the only way for us to search for our potential is to act and think with clarity.

Luckily, we have the power to test our new method of thinking because our lives have so many different branches. The quest to reach our potential can be implemented into every void of our lives. We can apply them everything from our academics and careers to our parenting and developing.

If we take the time to think and act based on the creativity and imagination that is still within us- something is bound to change. There is no reason that leaving behind everything that inhibits us whether it be responsibility or obligation will not give us a feeling of lightness. This does not mean that we behave like a child but it does mean that we will get the chance to explore our ideas in a way that may now seem distant.

This is an introspective way of thinking but when the light bulb goes off again and again you will be that much closer to reaching your potential. It will be different for each of us but it will be something to notice.



तुलसी महिमा - Contd from pg1

हामिले अमेरिकाका हरेक नेपालीको घरमा तुलसी लगाएर प्राचीन धरोहरलाई जीवन्त बनाऔं । तुलसीको महिमा व्यक्त गरिएको यो श्लोक सबैले कन्ठस्थ याद गरौं । या दृष्टा निखिला घसंघसमनी षुष्टा वपुः पावनी
रोगाणामभिवन्दितानिरशनी
सिक्कान्तकत्रसिनी
प्रत्यासत्तिविधायिनी भगवतः कृष्णस्य संरोपिता
न्यस्ता तच्चरणे विभुक्तिफलदा तस्यै तुलस्यै नमः॥

अर्थः जसको दर्शनले पाप-समुहहरु नष्ट भएर जान्छन्, जसलाई छुँदा पवित्र भन्छ, जसको सेवन गर्दा रोगहरु नाश हुन्छन्, जसको सान्निध्यमा यमराज र यमराजका दुतहरु भागेर जान्छन्, जसलाई घरमा मठ बनाएर लगाउदा भगवान श्रीकृष्ण किंकर्तव्यविमुक्त बनेर वरवस खिचिदै आउनु हुन्छ, जसका पात श्रीकृष्ण भगवानको चरणमा चढाउदा मुक्ति मिल्छ यस्तो तुलसीलाई हाम्रो कोटि कोटि नमन - असतु ॥
पं.तुलसी राम शर्मा

Aerospace Engineering - By Paras Adhikari

Flight vehicles take in severe conditions which are differences in atmospheric pressure, and temperature, and structural loads. So they are usually the products of various technologies including aerodynamics, avionics, materials science and propulsion. These technologies are collectively known as aerospace engineering. Because of the complexity of the field, aerospace engineering is conducted by a team of engineers, each specializing in their own branches of science. The development, manufacturing of a modern flight vehicle is an extremely complex process, demands careful balance, and compromise between abilities, design, available technology and costs.

Alberto Santos-Dumont, was a pioneer who built the first machines able to fly, played an important part in the development of aviation. Leonardo da Vinci developed many sketches and ideas for "flying machines" that may have helped in the idea of the first airplane. Orville and Wilbur Wright built and flew the Wright Flyer I, the first airplane, on December 17, 1903 at Kitty Hawk, North Carolina. One of the most important people in the history of aeronautics, Cayley was a pioneer in aeronautical engineering and is credited as the first person to separate the forces of lift and drag, which are in effect on any flight vehicle. Early knowledge of aeronautical engineering was largely guided with some concepts and skills taken from other branches of engineering. Scientists understood some key elements of aerospace engineering, like fluid dynamics, in the 18th century. Several years later after the successful flights by the Wright brothers, the 1910s saw the development of aeronautical engineering through the design of World War I military airplane.

The first area of aerospace engineering appeared in February 1958. The National Aeronautics and Space Administration (NASA) was founded in 1958 as a response to the Cold War. United States aerospace engineers launched the first American satellite on January 31, 1958 in response to the Union of Soviet Socialist Republics (USSR) launching Sputnik in October 4, 1957. But later after the USSR sent the first man in space on April 12, 1961 and the US sent the first man to the moon on July 20, 1969 the race had ended and the US had concentrated more on the wars and all the money was not available to continue the great space race.



Come, Share and Advertise With Us

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

Best Wishes to our December Birthday Stars

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

News Flash : Nepali American Center - Dec 2010 Update

Nepali American Center (NAC) wishes you and your family a very Happy New Year 2011. May this new year bring happiness and prosperity to you and your loved ones.

NAC board members held on-site meeting at Dr. Bishnu Phuyal's residence on Dec 19th 2010 and the meeting continued for more than 5hrs discussing the goals and various activities for 2011. The main highlights of the meeting are:

- Complete NAC goals, vision and mission, and financial strategy document by Jan of 2011 and hold a townhall meeting by sometime in Feb to cascade these information to the community members and seek their feedback. Further details and announcement regarding the exact date and location will be sent via NAC email. Stay tuned!
- Hold a public election for the position of NAC officers (President, vice-president, treasurer, secretary and 15 board of directors) by Aug-Sept of 2011. Until the formal election is held, the following members will serve as adhoc officers for the day to day operation of NAC. Dr Bishnu Phuyal - Interim President, Piush Dahal - Interim Vice-President, Ankur Sharma— Interim Secretary, and Ramakant Kharel - Interim Treasurer. More details regarding the election and election process will be sent once the election committee has been formed. If you are interested to be part of any of these positions, please email info@nepaliamericancenter.org.
- NAC will work closely with nepali organizations in chicagoland and Midwest, and help them facilitate various activities planned for yr 2011.

NAC feels very positive about 2011 and with all of your continued support , that day is not far, when all of us, will have our own identity, our own center, a place we can call our home, far away from home.

Volunteering in Damdame - By Biswa Phuyal

During my most recent trip to Nepal I volunteered teaching English in the village of Damdame, a small rural village several hours north of Pokhara. I was there for one week with an American friend and two other Westerners. Volunteering in Damdame was a thoroughly rewarding and thought-provoking experience. The village, though poor financially, and rural (no electricity or roads), was extremely rich in culture, its inhabitants among the most hospitable to be found anywhere in Nepal during my trip. The people of this small community were mostly Gurungs and almost all of them farmers. They live traditionally with extended family and ate most of their food from the land.

Being Nepali, surprisingly I found myself accepted by the family I stayed with along with the locals as a part of village life. They were very impressed by my Nepali and wouldn't have guessed that I left for America at a very young age. Also they felt comfortable with my arrival since the other three volunteers spoke minimal Nepali and aside from the teachers in the school the locals didn't speak too much English. So it's fair to say both parties benefitted by my presence and the slight awkwardness that was there was suddenly replaced by curiosity as both sides began asking each other questions about their life with me translating. The questions were endless and many responses drew laughter, curiosity, and bewilderment. And this was all on the first night.

Each morning after a light snack of popcorn and tea we headed to the school to teach English. The school schedule was informal. Basically we would consult with the principal who would let us know which classes were currently learning English and together or alone we would go to that class and start the lessons. The children I taught were very inviting. They are different from one another, some are more forthcoming, and some are very shy. First, I wanted to make sure they were participating in the lessons rather than staring at us and smiling since they are not used to having young Western volunteers teach them English regularly. What I quickly learned, however, teaching English three or four periods a day, was that 'English-medium' did not necessarily mean any of the students were accustomed to lessons being taught in English. The local teachers simply did not have enough confidence in their linguistic ability to teach in English — it was much easier to use Nepali. Communication therefore was an issue, not helped by the students', especially the girls', initial shyness. With a little creativity though, we soon found a solution — pictures as well as my ability to translate back and forth between English and Nepali. Drawing enabled us to move beyond the memorization and rote learning the students were accustomed to, starting to promote understanding and independent thought. It became easier, too, as the students grew more comfortable with us and vice versa.

Aside from teaching English at the school there were regular breaks in the routine. We participated in volleyball and soccer matches with the locals. And if anyone is interested to know, the volleyball players from Damdame even if they are vertically challenged, are some of the best volleyball players I have seen with my eyes. We also went on day hikes around the beautiful village. Many of the locals would invite us to their house for tea when they would see us walking to and from the school.

Sadly the day came when we had to leave. Before we said our goodbyes, the family had a small departure ceremony for us and invited many of the locals, and if they weren't invited they showed up anyway. The host family's matriarch put tika on our forehead and placed flower garlands around our neck. The family and the kids that came to the departure ceremony followed us to the outskirts of the small mountain village and we waved our last goodbyes and blew kisses. It had only been a week but I was glad and proud to be able to help even if it was for a short time. I hope to come back and do it again.

