



People of Nepal

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Chicago Chautari Times



Welcome to the 10th Edition of Chicago Chautari Times

Wishing for success, happiness and prosperity in the New Year
2010 to all our readers

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ॐ सहाना भवतु सहनौ भुनक्तु, सह वीरयम करवावही । तेजस्विना वधीता मस्तु मा विद्विष्वावहै - ॐ
शान्ति, शान्ति, शान्ति: ॥ हे परमात्मा हामि सबैको एक साथ रक्षा गर, हाम्रो पालन गर, हामिलाइ
आध्यात्म विद्या द्वारा तेजस्वी दैवी कार्यमा लगाउ, हामी परस्परमा एक अर्काको द्वेष नगरोँ ।

मानव सामाजिक जीव हो, जसलाई आजिवन समाजको जरुरत पर्दछ । सामाजिक व्यवस्था चलाउन विभिन्न कर्महरु हाम्रा पुर्वाहरुले स्थापित गरेका छन् । यी सबै कर्महरुलाई कार्यान्वयित गराउन स्थानको जरुरत पर्दछ । हाम्रा साखा सन्तानलाई हामि को हौं, काहाँ बाट आयौं, हाम्रो परम्परा के हो, आदि सबै सामाजिक ब्यवस्था चलाउने काम गर्न एउटा स्थाई स्थान चाहिन्छ । हामि सिकागोबासी नेपालीले हरेक महिनाको पहिलो शनिवारका दिन राधेश्याम मन्दिरमा भेला भएर नेपाली आचार्य द्वारा संचालित पूजा, प्रार्थना, भजन गर्न लागेको चार बर्ष भयो । यसै गरि हाम्रा गतिविधिहरु हाम्रो समाजमा पुराउने समाचारको रुपमा प्रकाशीत गरिएको न्यूजलेटर अब एक बर्ष हुन लाग्यो । यी बालखलाई स्याहार सुसार गरि प्रौढ अवस्थामा पुराउन हामि सबैको जिम्मेवारी हो । गत बर्षमा हामीले गरेको अन्य कार्यहरु पनि सबैलाई बिदितै छ । अब आएर सिकागोमा नयाँ नेपाली केन्द्रको अनुपम स्थापनाको शुरुवात भएको छ । यो महान काम सफल गर्न सबैको सहयोग र सहमती चाहिन्छ । यस्ता सुकर्महरुमा अग्रस हुन भगवानले सबैलाई प्रेरणा दिउन भन्दै सबैमा नव वर्ष २०१० को हार्दिक शुभकामना गर्न चाहन्छु । श्री राम बस्याल

योगिभिर्ध्यानगम्यम्

भगवानलाई ध्यान द्वारा साक्षात गर्न सकिन्छ भन्ने कुरा यो सुक्तिको अर्थ हो । आज ध्यान नगरिकनै भगवानको अस्तित्व माथि प्रश्न चिन्ह लगाउने गरिन्छ । “अणोरणियान् महतो गरियान्” अणु भन्दा पनि लाखौं गुणा सुक्ष्म परमात्मालाई गहिराईमा नगडकन भेट्न सकिदैन । परमाणुलाई सयौं टुका गराएर बरु देख्न सकिएला तर बिना ध्यान परमात्मालाई देख्न सकिदैन । त्यसैले त भनिन्छ “ ध्यानावस्थित तदगतने मनसा पश्यन्ति यं योगिनो ” । ध्यान भनेको त्यो विधि हो जस्तै आध्यात्मिक दुनियाँमा प्रवेश गराउँछ र परमानन्दको अनुभूति गराउँछ । ध्यान द्वारा शक्ति प्राप्त हुन्छ । मनलाई सुस्ती र ताजा बनाउन पनि ध्यान गर्नु अत्यावश्यक छ । ब्रह्माजीले सृष्टि रचना गर्नु भन्दा पहिला हजारौं बर्ष ध्यान वसेको र शक्ति प्राप्त गरेको कुरा शास्त्रमा बताइएको छ । जिवनलाई प्रफुल्लित बनाएर परमात्मामा समर्पित गर्ने प्रक्रियाको नाम हो ध्यान । जसरि मुस्कुराई रहेका फुलहरु भगवानलाई चढाइन्छ त्यसरी नै प्रफुल्लित जिवन नै भगवानले स्विकार गर्नुहुन्छ । ध्यानाग्नि द्वारा शरिर र मनमा भएका संपूर्ण विकारहरुलाई जलाएर आत्मालाई पवित्र पारेका व्यक्तिहरु नै परमात्माको दरवारमा शोभा पाउँछन् । अन्यथा सांसारिक उतार चढावमा नै आफुलाई विगारिदिन्छन् । ध्यान द्वारा नै बुद्धलाई बुद्धत्व प्राप्त भयो । जस्तै सांसारलाई आलोकित गर्न समर्थ भए । ध्यानका धेरै विधि प्रचलनमा छन् । तर सबै विधिको लक्ष हो त्यहाँ सम्म पुग्नु । त्यहाँ पुगेपछि ध्यान पनि रहदैन आफुपनि रहदैन । त्रिपुटि समाप्त हुन्छ र तुर्या अवस्थामा पुगिन्छ । जाग्रत, स्वप्न, सुसुप्ति देखि पर रहेको तुर्या अवस्थानै मानव जिवनको लक्ष हो । ध्यान पूर्वक गरिएको सबै कार्यहरुले सफलताको रसस्वादन गर्न सक्छन् । अतः ध्यान नै सर्वस्व हो ठुलो ठुकुटि हो । जिवनको सौन्दर्य हो । हरि ॐ तत्सत् ॥ पं.तुत्सी राम शर्मा

“Our lives begin to end the day we become silent about things that matter.” - Martin Luther King Jr.

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Best Wishes to our Birthday Stars

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Microsoft Office 2010 and Windows 7

Microsoft had released the beta for their most widespread product, Microsoft Office. This new 2010 version of Microsoft office has an updated UI (ribbon) from the previous Microsoft Office 2007. This look combines a sleek interface with a good-looking outer shell. The beta will expire in October 2010 and the final release date is sometime in July 2010. For the first time there will be 64-bit editions available for sale. 6 editions will be released and the Professional Plus (the highest of the editions) includes Excel, Word, OneNote, PowerPoint, Outlook, Publisher, Access, Communicator, InfoPath, SharePoint Workspace (Groove).

Is Microsoft eating up the market or getting laughed in the face by Apple? Frankly, I can't tell. After the embarrassing failure of Windows Vista, many (including I) didn't expect much of Windows 7. But Windows 7 is bigger and better than ever. With a not-so-surprising price tag of \$119 for the Home Premium Upgrade, you will have a hard time on your credit card bill. Windows 7 has a new taskbar, explorer enhancements, and a faster booting time than XP. We might make a miraculous transition to this new Operating System if you agree with me. I know many are going to cling to their home shell with XP, but I

strongly feel that Windows 7 is a perfect OS. With CineBench (Benchmarking program), W7 had the fastest booting time and the second fastest booting time against XP.

- **By Niraj Pant**



Importance of playing sports

Growing up in the suburbs of Chicago I played organized sports, and the conclusion I've come to is that playing organized sports is one of the best things for a teenager. I played basketball in 4th and 5th grade and then baseball from 6th grade until I graduated high school. As a participant of organized sports since I was 9 years old, I have reaped the benefits offered by organized sports. The benefits of participating in organized sports range from increased self-esteem, better social skills, to improvements in critical thinking and planning. Engaging in regular physical activity improves a person's physical health. An improvement in physical health builds confidence in participants and gives them a sense of accomplishment.

Organized sports teach a person to interact with others and act as a team. Children's social skills improve as they learn to cooperate with each other. Sports thus play a vital role in one's social well-being and positive self-image. Interaction with others fosters collective thinking as well as development of planning and critical thinking skills. Children learn to think critically in order to implement strategies and work together to win games. Reflecting on the years that I played sports, my self-esteem, social skills and critical thinking and planning abilities all improved. With improvements in self-esteem and social skills, I made friends that I am still in contact with today. My improved ability to quickly think and plan has served me well in academics as well as everyday occurrences. Organized sports have served me very well and I am a firm believer that any teenager can benefit from participating in organized sports.

- **By: Aseem Chataut**



Vipassana Meditation As Taught By S.N. Goenka in the tradition of Sayagi U Ba Khin

Vipassana, which means to see things as they really are, is one of India's most ancient techniques of meditation. It was rediscovered by Gotama Buddha more than 2500 years ago and was taught by him as a universal remedy for universal ills, i.e., an Art Of Living.

Since the time of Buddha, Vipassana has been handed down, to the present day, by an unbroken chain of teachers. Although Indian by descent, the current teacher in this chain, Mr. S.N. Goenka, was born and raised in Burma (Myanmar). While living there he had the good fortune to learn Vipassana from his teacher, Sayagi U Ba Khin who was at the time a high Government official. After receiving training from his teacher for fourteen years, Mr. Goenka settled in India and

began teaching Vipassana in 1969. Since then he has established many Vipassana Centers and taught tens of thousands of people of all races and all religions in both the East and West. In 1982 he began to appoint assistant teachers to help him meet the growing demand for Vipassana courses offered at various Vipassana Centers.

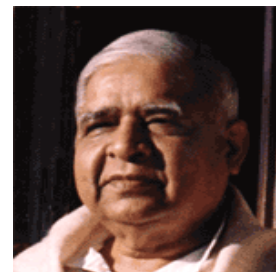
Vipassana Meditation Center (www.dhamma.org/en/schedu les/schpakasa.shtml)

Dhamma Pakasa in Illinois will be offering a Ten Day Vipassana Course from June 30 to July 11, 2010. A prominent Vipassana Teacher from Nepal will be conducting the course in Nepali and English languages. This course is targeted for benefit of Nepali speakers and their families living in USA in a Nepali environment.

All old students are requested to help make this course a success; which will pave the way for such types of courses in the future in Dhamma Pakasa as well as other areas of USA where many Nepalese reside. Applications should be submitted before the end of May 2010. Applications can be sent online or in hard copies. For further information please contact: www.dhamma.org and for registration information at:

www.dhamma.org/en/schedu les/schpakasa.shtml. You may also call Teacher in charge of Dhamma Pakasa: Van Shaffer (815) 489-0420), Bishnu P. Phuyal (773 469 0684), Binod Dhungel (312-802-1839) and Dabit Acharya (216-407-8212) for additional inquiry.

S.N. Goenka



Message from ANMA President on Nepal Cultural Center Chicago

Dear Friends,

It is my great pleasure to announce that we have formalized legal requirements of Nepali Cultural Center Chicago. The State of Illinois has formally registered our upcoming Cultural Center. Additionally, we have also made an arrangement that ANMA will be the financial sponsor until Nepali Cultural Center Chicago obtains its own tax exempt status. This arrangement will allow us to move ahead with opening a bank account and start collecting funds for the building. Furthermore, this will also permit us to extent tax exemption letter to our donor for their contributions.

This mission is not going to be successful without active participation from Nepali Diaspora members in general and Chicago members, in particular. In early discussion with our members, we already have pledges of \$100,000 (one hundred thousand). This really is a great news and it shows a great deal of enthusiasm and excitement!

This center is being built in Chicago, therefore, it is very important that Nepali Diaspora members of Chicago needs to actively participate and take the leadership role. We are committed to reach out to everyone and ask them to participate as an investor or donor. This is a great opportunity for us to make this happen, which

we have been thinking and discussing for a long time.

I would like to assure all of you that we are very committed to extend our full support and work hard to make this a reality. Additionally, based on personal conversation with several of our members, I am confident that finally our dream of having our own Center is very near.

Thanks!

With Best Regards,

Mukesh K. Singh

President, ANMA

Sum of little things

Mary and I sometimes come together during work. Mary may be a decade older than my Mom, works very hard and is better known for her perpetual silence. She comes to work, works & leaves, utters very few words throughout the day. When somebody greets her, she replies with eyes, neither polite nor rude, but always tight lipped. Nobody knows much about Mary, her story remains untold as a story inside writer's pen.

She looked same when I met her last time, expressionless and intelligent may be more than she actually is (her silence and specs aggrandizes her intelligence). I assumed she replied with eyes behind thick power glasses, when I said "Hi". That day we both were involved in same project, our desks pretty close with glasses full of "coca-cola classic" on it. In course of work I took the glass of Coke (not realizing it was Mary's) sipped mouthful but before swallowing I heard "That's mine". I spat immediately, dumped the glass, picked up new one and moved towards her. She was already on the move towards vending machine,

I interrupted "I am very sorry, I will get new one for u". She stopped and said "I prefer lots of ice". I replied "sure" and moved towards vending machine, with my left hand inside left pocket searching coins. I was wondering why she had to wait until I sipped her drink. She could have interrupted right away when I picked her glass as I was just in front. Probably it was propagation delay from heart (or mind or whatever it is) to tongue as she is not very much accustomed to speak. I returned and handed "ice & coke" mix to her and repeated "I am sorry" again. She was silent, may be she thanked through eyes once again.

Later, I had to leave my workstation for about twenty minutes. On return, I found my half filled glass was replaced with brimful glass of "Coke and ice" mix. I looked toward her, "I guess yours was warmed up and thought u would enjoy the chilled one", she had actually bought it for me and this time it was not only eyes that spoke. I certainly enjoyed the "chilled one"; I enjoyed her kindness even more and now it was my

turn to remain silent.

"It is not great deeds from which happiness springs, but just the sum of little things"

- By Saurav Poudel

*MSEE, Northwestern
Polytechnic University
Fremont, California*



"Curry House in South Loop adds Nepali fare to usual buffet".

One of our community person owned restaurant in Chicago is highlighted for its delicious food and services in Chicago Business News. Please find more details at:

<http://www.chicagobusiness.com/cgi-bin/mag/article.pl?articleId=32846>.

Our congratulations to Mr. Baram Ghimire and his staff at Curry House at 899 s plymouth ct, chicago, IL 60605, Tel: (312) 362-9999.

Tabla, Harmonium and Flute training opportunity

Govinda and Bhola Phuyal are brothers of a recently arrived and resettled Bhutanese family. The two brothers are very proficient in Tabla, Harmonium and Flute. Anybody interested to learn these instruments can contact them at 773 338 8113 or write email at radhe_govinda@yahoo.com. The Phuyal family lives at 6422 N. Francisco, Chicago, IL.

They are visiting Radheshyam Temple on January 2 and like to show their talent by singing Bhajans in our regular Puja. A sample of Govinda's Bhajan can be found at <http://www.youtube.com/watch?v=4KO30kaSBP0>


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