



Welcome to the 8th Edition of Chicago Chautari Times Newsletter

Fall is in its peak and winter has already started peeking from the window. This is how nature is.

Everything that has a beginning has an end. Everything that arises disappears into the womb of nature. This is the wheel of life. Buddha has said in several occasions that because all things are thus conditioned and transient,

they have no real independent identity and thus do not truly exist, though to ordinary minds this appears to be the case. All phenomena are therefore fundamentally insubstantial and empty.

Wise human beings, those who "see things as they are" renounce attachment and clinging, transform the energy of desire into

awareness and understanding, and eventually transcend the conditioned realm of form becoming enlightened.

Ending this note with loving Kindness:

"May all beings be free from aversion and be happy. May peace and harmony prevail"

- Editor (Sagar Regmi)

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नेपालमा दिपावली एवं भाई तिहार

नेपालमा मनाइने दोस्रो ठूलो पर्वको रूपमा तिहारलाई लिने गरिन्छ । जसरी नवरात्री नौ दिन सम्म मनाइन्छ, त्यसैगरि तिहारलाई पाँच दिन सम्म मनाउने प्रचलन छ जसलाई यम पंचक भनिन्छ । यस पर्वमा काग, कुकुर, गाई आदिको पुजा गरेर मानव र प्रकृति बिचको सौहार्दतालाई आत्मसात् गरिन्छ । यहि तिहार पर्वको मूल मर्म हो । दिपावलीको रमझम सबैतिर छाएको हुन्छ । सबैको मनमा आनन्दको वर्षा हुन्छ । घैसी, भैलो गाएर मनोरञ्जन गरिन्छ । लक्ष्मी पुजा गरेर वर्ष भरि आर्थिक अभाव नहोस् भनि माताजी संग प्रार्थना गरिन्छ । खुसि खुसि बाँच्न सकौ भनेर मनाइने यस पर्वले हामिलाई “तमसो मा ज्योतिर्गमय “ को आभास दिन्छ । जिवनका अज्ञान रुपि अन्धकारलाई हटाएर प्रकासको दिव्य आलोकमा प्रवेश गर्न सकौ भन्ने दिव्य संदेश यस पर्वले दिएको हुन्छ । अभाव ग्रस्त जिवनलाई परिपूर्ण बनाएर आत्म ज्योतिको दिव्य प्रकासको अनुभूति गर्न सकौ भन्ने संदेश दिपावलीले दिएको छ भन्दा फरक नपर्ला । प्रकृति भोग्या होइनन् यी त सहगामिनी हुन भन्ने कुरा यो पर्वबाट थाहा हुन्छ । किनकि सर्वत्र चेतनसिल मानवले काग, कुकुर, गाई आदिको पुजा गर्नुलाई नै हाम्रो धर्म प्रकृति प्रेमी हो भन्न सकिन्छ । अनि भगवानले गितामा भन्नु हुन्छ “श्वनी चैव स्वपाकेच पण्डिता समदर्शिन “ सबै प्राणिमा रहेको आत्मा र तिमिमा रहेको आत्मामा कुनै भेद छैन । आत्मिक दृष्टिले हेर्दा सबै भित्र योँटै परमात्माको निवास हुने हुँदा सबैको पुजा गर्नु भगवत पुजा नै हो जस्को अनुभूति ठुला योगिहरु गर्दछन् ।

यस पर्वको अर्को पक्ष हो भाई तिहार । दिदिबहिनीले दाजुभाईलाई टिका लगाइदिने मेवा – मिष्टान खुवाउने, मखमली फुलको माला लगाइदिने आदि मनोहर ब्यबहारले भाई-बहिनीको प्रेमको उजागर गरेको छ । यमाराजलाई बहिनी यमुनाले बार बार बोलाउदा पनि ब्यस्तताले बहिनीको घरमा नआएको हुँदा यसैदिनका लागि बहिनी यमुनाले घर आउनको लागि वचन वद्ध बनाउछिन र यमाराज पनि यमुनाको घरमा पुग्छन् । बहिनीले भाई यमाराजलाई स्नान गर्न लगाएर, तेल लगाइदिइन् । टिका र माला पनि लगाइदिइन् । मेवा मिष्टानहरु समर्पण गरिन । बहिनीको प्रेमपूर्ण सम्मानले यमाराज अतिशय प्रसन्न भएर वर माग्नको लागि आग्रह गरे । यमुनाले हरेक वर्ष आफ्नो घरमा आई पुजा स्विकार गर्न बिन्ति गरिन् । यमाराजले तथास्तु भनेर बिदा भए र हरेक वर्ष बहिनीको घरमा जानथाले । यसै पौराणिक कथाको आधारमा हामि यो पर्वलाई मनाउने गर्दछौ । यसदिन भाई पुजा गर्नाले यमाराजको भय हुदैन भन्ने पौराणिक मान्यता छ ।



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Computers for those who need it the most

Members of the American Society of Nepalese Engineers (ASNEng) from the Chicagoland area recently obtained few used personal computers (PCs) from Siemens. These PCs range in speed from 1 GHz to 2.8 GHz, and has 256 MB to 2GB of memory. The PCs did not have any hard drives, and some had other minor parts missing and/or not functioning.



Prabhakant Das, an active ASNEng member, lead an effort to fix these computers and distribute them to Nepalese students, friends of Nepal, or anyone else who would benefit from this offer. In addition to financial aid to purchase new hard drives and other peripherals, he also requested support in refurbishing these computers. So far seven new hard drives have been purchased from funds raised and donated by several people. Few more hard drives were obtained from several local area engineers. Similarly more than ten key-boards and mouse were provided by engineer

Sanjeev Karmacharya. Several more pledges have also been received from different individuals to purchase more hard drives needed to fix the remaining computers.

This offer of computers was communicated to people of Nepali origin and other friends of Nepal. So far six computers have been successfully refurbished and distributed. Few more computers are almost ready and requests for these computers have been received.

In addition to the free computers, the recipients also get free limited technical assistance for about 3 to 6 months from Mr.Das and other volunteers.

In a previous computer drive, about 5 PCs were also distributed to the Bhutanese community. The team is actively collecting information on new needy recipients.



ASNEng members in Chicago believe that this activity to share the technological expertise for social benefit is important for the betterment of the community. To make this activity successful, Mr Das, on behalf of the team of volunteers, humbling request all to support this effort and help complete the distribution by the end of this year. Please contact any one of the following volunteers with your pledges.

Prabhakant Das,
prabhakant.das@sbcglobal.net

Ankur Sharma,
sharmankur@yahoo.com

Yagna Pant, ypant@yahoo.com

Kumar Mainali,
mainali@hotmail.com

Deepak Khanal,
dkhanal@gmail.com

Bishnu Phuyal,
bishnu.phuyal@navteq.com

Pratibha Chaulagai,
pchaulagai@gmail.com

Komal Dutta,
komalidutta@hotmail.com

THANKING EVERYONE IN
ADVANCE FOR YOUR
GENEROUS CONTRIBUTION !!!!

“आउनु तिमी चाखलाई”

चौलानि छुडक्यो भात पाक्यो
अब दाल बा“कि छ, पाकनलाई
हरीयो तरकारी पाकेपछी
आउनु तिमी चाखलाई

तिमी सूतेर बसिरख
या टिभीमा नाच हेरिबस
लामा काला तिम्रा केशहरु
घरिघरि कोरी बस
म रोटी मिठो पका“उछु
त्यसमा नौनी पनी लगा“उछु
मस्यौरा भयो भूजिया पाक्यो

अब साग बा“की छ पाकनलाई
गोलभेंडाको चटनि बनेपछी
आउनु तिमी चाखलाई
ऐनामा आफूलाई हेरिबस
या फोनमा कुरा गरिबस
सुन्दर तिम्रो त्यो मुहारमा
किम पाउडर घसीबस

म कूकरमा सिठी लगा“उछु
मिठा मिठा द्रयन्जनहरु बनाउ“छु
तरुवा तर्यो आलूदम पाक्यो

अब दुध बा“की छ तात्नलाई
गेडागुडि गली गएपछी
आउनु तिमी चाखलाई



A poem by Bikram Kumar Niraula
“Kramasha”

NEW !!!!! PEOPLEOFNEPAL YOUTUBE CHANNEL

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What-If

What if you being the first one to say hello or Namaste when you meet people you already know in the hallway? You avoid eye contact, ignore the person, or exit from the opposite direction most of the time. You are just not comfortable with certain personalities because most of us have the habit of judging people. For example: a person is not that important or that person should come to me first. No body too is big and small here. You should not judge people. **"If you judge people, you have no time to love them": Mother Teresa.** You must always look at people with acceptance because you can't please everyone but you can be nice to everybody. People love to hear compliments. They love the fact that you noticed a certain "something" about them. By giving your sincere complements they will consider you to be extremely significant. Long time no see? Where have you been? You have lost weight, you are looking good, and I like your outfit are some easy ways to start conversations. Girls usually like these comments and I am sure guys don't mind either. Secondly, you can ask about his or her kids. Remembering a kid's name can add a personal touch to the conversation. Now it is time for you to wrap up the conversation. You can say: I have an appointment at 4, I

will see you next time, or I will see you at the temple next month. These simple lines show that you care and value that person.

If you only talk to people after you know them well, you might be **missing a lot**. Not being around your own type of people means a **chance to open your horizon**. You will be able to establish strong networks and help your understanding of others grow by talking to different types of people.

Sometimes spending time with one of your outgoing friends may ease your burden and help you make confident eye contact. Do not expect others to approach you; instead you can be the first one. As you pass people in the hallway smile and say hello or Namaste. You will be glad that you did.



By Jyoti Adhikari

Leaving Microsoft to Change The World (BookReview)

Ugh! Do you wish you could push all the conference calls and e-mails aside and focus on bigger things in life. This is what John Wood recalled when set out on his 2 week trip to the snow-capped Himalayas.

John was a hot-shot just out of college working a hectic job at Microsoft. He felt like getting away...to a serene, peaceful place [Mt. Everest]. Not only did he see Mt. Everest, but he also saw a primary school in Nepal with very few resources. When he visited, the headmaster said some life-changing words: I hope when you visit us, you will bring back some books. That got John churning more ideas than his hand could write. "What if I could bring back books by yak?", He proposed. The situation in Nepal for learning was very poor. The library of the school had 2 books that were locked up in a security box. This was how precious books were to everyone in the village. John Wood later went on a hunt and asked friends and mutual friends for donations for books. The money starting rolling in and the charity worked. This project was a success and led to many other projects in Nepal. Mr. Wood had to leave a relationship, a job at

Microsoft with a whopping six-figure salary, and the country he loved.

I made a connection with the setting because John Wood traveled to Nepal and helped hundreds of thousands of kids to have a learning opportunity. My dad wished he had a person like John Wood there to help improve the schooling in his village. Walking 10 miles just to go to school was a pain. I hope you will take this wonderful opportunity to read this book and stress how much he did to help improve the schooling system.



Do you have any Questions or Comments?

Please e-mail me at nirajpant7@gmail.com (Age: 12)

Best Wishes to our Birthday Stars

Oct 23rd – Bishnu Phuyal



Oct 6th – Shraddha Upreti



Nov 3rd – Leena Shrestha



Nov 26th – Anima Regmi



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.

4 **Community News: Update on Nepali Cultural Centre in Chicagoland**

It has been a few months since ANMA president Mr. Mukesh Singh announced a proposal for a need felt by all Nepalese for the establishment of a Nepali Cultural Center Chicago in affiliation with ANMA during the third annual puja celebration in June 2009. Since then there have been a few but very important and significant activities taken place that I like to inform you all.

Some of the important activities include a number of us are discussing this announcement to Nepalese and friends of Nepal who may not have heard about it before, discussing among ourselves ways and means how to make this effort a successful one, a presentation to a large audience in the eighth joint ANMA/NASeA convention in September 2009, completion of a draft By-Law for the Cultural Center, etc.

It is extremely encouraging to report you that I am personally approached by many friends at each and every gathering I have attended how enthusiastic they are to hear this news and are ready to offer both monetary help and other support required for it. The audiences in the ANMA/NASeA joint convention were also found very supportive for this initiative. Therefore it is my belief that we are going to receive required help just not from here but from far and wide.

I also like to inform today that ANMA executive members and ad-hoc committee members of the Cultural Center are meeting on November 7 2009 to discuss this matter further. The discussion will cover completion of the by-law with feedback from all of you, incorporate the Cultural Center in the state of Illinois, open a bank account with ANMA Fiscal-sponsorship to begin start raising fund and begin applying the process for IRS Tax Exempt status (501 (c)(3)) this year.

All of you know that there are many works still left to be done. We are just taking a small step only so far. We have many things to discuss and decide among ourselves for this endeavor. However we believe that this work is important for us and we will succeed. Therefore I like to appeal all of you to read the proposed by-law that I already sent you, participate in this effort to provide your comments and suggestions and inform all of your family and friends that its success lies in every bodies participation. THANK YOU !!

- By Dr. Bishnu Phuyal

News Flash: Listen Live to our very own Dr. Bishnu Phuyal

"Dr. Bishnu Phuyal radio interview schedule: A subdivision of Chicago Public Radio (89.5 Vocalo.org) will interview Dr. Bishnu Phuyal on Tuesday Nov. 24 from 6:20 PM – 7:00 PM on matters of immigration. It is believed that he will be asked to discuss matters of immigration related to people of Nepal, recent activities related to Nepali immigrants, etc. Please mark this data and time and listen his interview."

My Trip to National City Bank

On Monday, October 5th, 2009 at 3:00 PM, Brownies (Girl Scouts) started. So we went downstairs and we met Lee and Felicia (our brownies instructors). We had trail mix for our snack. Then we walked to National City Bank. First we talked to a person that works there. His name is Siraj Hashmi. He talked about what they do there. Then we went to the vault where they store all the money. We felt the safe and it was hard. It was waterproof, fireproof, and tornado proof. We guessed how the amount of money in the bank and it was around \$50,000 dollars. It was so cool! Then we looked at the dollar

bill and cents counting machine. Then we looked at the security boxes. They held gold, jewelry, paperwork, and passports. Then we learned to spend less money and save more. After that, we got our goodie bags. Inside that there was a key chain, 2 boxes of crayons, a pamphlet and lollipops. You may ask: Did you get any money? NO! Then my mom picked me up. My brother was pumping music and I got so annoyed! It was so fun!

- **By Nisha Pant (Age: 8)**





Location : 630 Church Street, Evanston, IL
Phone : 847 491 1069

Visit for a delicious Nepali and Indian Cuisine!!!

**NEED A PC, BUT CAN'T AFFORD ONE, WE WILL HELP,
CONTACT US AT peopleofnepal@gmail.com**

Shailesh and Aimee Ghimire from Arizona like to introduce SabdaMala.com to the Nepali Community! SabdaMala is a video-based program, teaching school-aged children who are growing up outside their home-culture of Nepal, to read and write the Nepali alphabet. It is ideal for children ages 8-13. This entire program is available to view online at SabdaMala.com. You will find twenty 15-minute videos along with twenty homework assignments. By the end of the program, your child will be able to read and write the entire Nepali alphabet! Let's pass on our heritage to the next generation. Come visit SabdaMala.com and sign up today!



Sabda Mala

Welcome to Sabda Mala. A place to learn basic Nepali reading and writing!

Sabda Mala is a video-based, Nepali reading and writing program. It is designed to teach basic reading and writing to school-aged children. It is most useful for children being raised outside of the home culture of Nepal. Learning to read and write in Nepali has never been easier for kids growing up in the United States, United Kingdom, Australia or any other non-Nepali speaking culture.

20 videos
15 mins each
20 assignments