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Welcome to Chicago Chautari Times— 17th Edition



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NEWSLETTER TEAM :

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



This article is typed by Sangita Subedi

Once upon a time there was a wise man who used to go to the ocean to do his journal writing. He had a habit of walking on the beach before he began his work. One day he was walking along the shore. As he looked down the beach, he saw a human figure moving like a dancer. He smiled to himself to think of someone who would dance to the day. So he began to walk faster to catch up. As he got closer, he saw that it was a young man and the young man wasn't dancing, but instead he was reaching down to the shore, picking up something and very gently throwing it into the

सत्यं शिवं सुन्दरम्

सत्यं नै शिव हो, शिव नै सुन्दर हो र त्यहि सत्यं शिव सुन्दरम् नै परमात्मा हो। जसरी सपनामा देखि एका चिज सपना चलि रहेको अवस्थामा सत्य नै लाग्छन् आ फुलाई आक्रमण गरेको बाघ ब्युझिदाखेरी नभेटिदा आनन्दको अनुभूति हुन्छ, त्यस्तै गरेर अहिले हामी महानिद्रामा छौ। यहि महानिद्रा अवस्थालाई जाग्रत मानि राखेका छौ। यो निद्राबाट पार भएर जाग्रत अवस्थामा आउन चाहदैनौ। यो महानिद्राबाट ब्युझिनु भनेको ज्ञान प्राप्त गर्नु हो, ज्ञान प्राप्त गर्नु भनेको बुद्ध बन्नु हो। बुद्धले संसारलाई हेर्ने दृष्टिकोण नै फरक हुन्छ, वास तविकताको आखाले हेर्छ, रसग्राही बन्दछ, अनित्य संसारलाई पनि ईश्वरमय बनाईदिन्छ। यो बुद्ध सत्यमा आधारित हुन्छ। त्यहि सत्य नै परम कल्याणकारी हो, जसलाई शिव भनिन्छ। त्यो शिव नै परम सुन्दर छ जसमा विश्व आधारित छ। जहाँपनि सुन्दरताको झलक देखि

ocean. As he got closer he called out, "Good morning! What are you doing?" The young man paused, looked up and replied, "Throwing starfish in the ocean." "I guess I should have asked, why are you throwing starfish in the ocean?" "The sun is up, and the tide is going out. And if I don't throw them in they'll die." "But, young man, don't you realize that there are miles and miles of beach, and starfish all along it. You can't possibly make a difference!" The young man listened politely. Then bent down, picked up another starfish and threw it into the sea, past the breaking waves and said, "It made a difference for that one." There is

something very special in each and every one of us. We have all been gifted with the ability to make a difference. And if we can become aware of that gift, we gain through the strength of our visions the power to shape the future. We must each find our starfish. And if we throw our stars wisely and well, the world will be blessed.

- Editor's Pick (Excerpts from internet)

न्छ त्यो शिवको अंश हो। साहित्यिक संसारमा होस् अथवा भौतिक संसारमा होस्, प्रकृतिक संसारमा होस् या इहलौकिक अनि पारलौकिक आदि जहाँपनि सुन्दरताको अनुभूति हुन्छ त्यो शिवको अंश हुन्छ। सुन्दरताको त कुनै ब्याख्या नै हुदैन। किनकि उ त अपार छ त्यसैले त भनिन्छ "अपार करुणासिन्धु भगवान भक्त तत्परः"। शुद्ध बुद्ध शिव तत्व जव सम्म पाइदैन तव सम्म संसार सुन्दर लाग्छ। शिव पाए पछि पनि संसार राम्रो लाग्छ। तर यी दुवैमा दृष्टिकोण चाहिं फरक हुन्छ। यौटा परम ज्ञानको अवस्थामा हुन्छ र विश्वलाई नै शिवमय देख्छ भने अर्को परम अज्ञानको अवस्थामा हुन्छ जसलाई तत्वको बारेमा थाहा नै हुदैन। संसारलाई नै अन्तिम सत्य मान्ने भूल गरेको हुन्छ। शिवतत्वलाई पाउन ब्यबहारिक रुपमा शिव आराधना गरिनु पर्छ। जीवनलाई सात्विक बनाउदै, ब्यबहारलाई सहज र शुद्ध बनाउदै

शरिर, मन प्राणले गरिएको आराधनाले शिवतत्वमा पुराउन्छ। शारिरिक मानसिक र ब्यबहारिक रुपमा पनि पवित्र बनेर अथवा बनाउदै आराधना गर्ने हो भने सफलता पाउन धेरै टाढा जानु पर्दैन। साउन महिनाको र शिवजीको सम्बन्ध अत्यन्त सुमधुर छ। "जलधाराप्रियो हरः" शिा वजीलाई जलधारा अति नै प्रिय छ। यो महिनामा वर्षा पनि निकै हुन्छ। यस मासमा प्रकृति शिव आराधनामा लागेकी हुन कि भन्ने आभाष हुन्छ। वर्षा मासमा जलधारा लगाउदै रुदि पाठ गरेर शिवजीलाई प्रसन्न बनाउन सकिन्छ। शिवजीको पसन्नतामा नै हाम्रो जीवनको सफलता लुकेको छ। ॐ नमः शिवाय यो महामंत्रका जप साउनामा गर्ने हो भने अनन्त गुण फल प्राप्त हुने कुरा शास्त्रमा बर्णन गरिएको छ। पशुपति नाथले हामिलाई भक्ति प्रदान गर्नु। अस्तु ॥

पं. तुल्सी राम शर्मा

2010 Nepali mela

A Fair to Display and Promote Nepali Culture and Heritage

● Live Music ● Games ● Talent Show ● Stalls ● Art Showcase ●
● Authentic Nepali Food for Purchase ● Resume Workshop ●

Saturday, August 21, 2010 • 11:00 AM to 5:00 PM
Harms Woods Picnic Area #5 • 5600 Old Orchard Rd, Skokie, Illinois

Sponsors Wanted

Promote your business to the growing Nepali community in the Chicago land area! Reserve a space for setting up a stall or displaying a banner. Donations to Nepali American Center are Tax-Deductible via the Association of Nepalese in Midwest America (ANMA), a 501(c)(3) organization. For more information, during directions or to volunteer: www.nepaliamericancenter.org • info@nepaliamericancenter.org • (773) 800-3822

आफ्नै नेपाली ठोटो

अरुको सुखमा खुशी हुन

किन हामी सकदैनौं?

नेपाली मात्र हो की तेस्तो किन हामी

बुझ्दैनौं?

उसले धेरै कमायो किन

तिम्रो मन सानो ?

यति पढेर बुझेर पनी किन यस्तो गाहरो?

राम्रो जागीर पायेछ किन दंग नपर्ने ?

बधाई छ हे साथी किन भन्न नसक्ने /

के गरेर कमाईस ये किन सोधन नहुने ?

तुलो मान्छे भयो भनी किन आफै

तर्किने ?

कमाओस धेरै पैसा चडोस राम्रो गाडी /

बसोस राम्रो घरमा तिम्रो हाम्रो आघाडी/

कोही होइन अर्को त्यो आफ्नै नेपाली

ठोटो/

दुःख पाएको भन्दा त सुख पयेकै निको /

---ज्योति अधिकारी (लेक जुरिक)



News Flash : Student Shares love of Reading with Nepal

As a young girl, Kripali Gautam loved books so much that any-time she got extra money from family members, she'd buy a new one as soon as she got the chance.

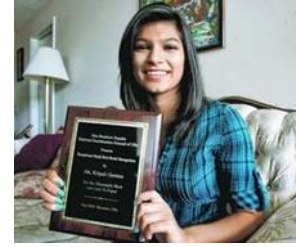
By the time she was 8, she'd read more than 500 books. Since then, the Oakland High sophomore has been helping raise funds for Room to Read. Founded by former Microsoft executive John Wood, the organization helps children less fortunate by building libraries and schools for children in poverty-stricken countries. "I had some leftover money from the holidays and I wanted to buy books. My mom had been reading about the program online and said that I should use some of my book money to help other kids," recalled Kripali, 15.

Since then, Gautam and her family have raised more than \$36,000 to help build schools in her parents' native country of Nepal. They are hoping to raise another \$5,000 during the Nepal Night event set for 5 p.m. Saturday at Patterson Park Community Center. Girija Gautam, Kripali's father, grew up in Nepal's Southern Plains and attended a primary school co-founded by his father, a village leader. When it was time for high school, Girija Gautam had to go to a nearby city to attend school during the week and rent a place to live.

"Three hours of walking is common for kindergarten students," said Kapila Devkota, the teen's mother. Devkota grew up in Kathmandu, the nation's capital, and had easy access to educational opportunities. The schools and libraries built by Room to Read are mostly located in the hill country, where schools are few and far between. If schools do exist, Devkota said, they are in poor shape. "It costs about \$30,000 or \$35,000 to build a school. It isn't anything fancy, it's just a simple room," she said. "Sometimes they have to walk through water up to their chest with books on their backs. It's something you couldn't imagine doing here." The mother and daughter traveled to Nepal about 18 months ago where the second of Kripali's schools was under construction. They were formally greeted by close to 300 children.

For detail news, please visit: <http://www.tennessean.com/article/D4/20100722/>

[NEWS01/7220331/Student+shares+love+of+reading+with+Nepal](http://www.tennessean.com/article/D4/20100722/NEWS01/7220331/Student+shares+love+of+reading+with+Nepal) or www.peopleofnepal.com/wpress



News Flash : Chicago Engineers Shine in ASNEng 2nd Election

American Society of Nepalese Engineers (ASNEng) conducted its 2nd election on July 4th, 2010 in Boston, MA at the annual conference and general membership meeting of the society. The nomination/election committee selected six executive officers and twenty seven Board of Directors from throughout the US. Five Engineers from Chicago land area were selected to serve in the ANSEng board, which includes Smarika Paudel Sitaula as Treasurer, Dr. Bishnu Phuyal, Ankur Sharma, Prativa Phuyal, and Komal Dutta as Board of Directors.

We would like to congratulate our newly elected officers. Our sincere thanks goes to Binod Dhungel Jyu for his contribution in the election committee. Nepalese engineers from Chicagoland area have shown great support to ASNEng since its inception in 2007. ASNEng currently contains more than 30 active members from Chicago land area.

ASNEng Chicago team has been actively involved in many volunteer works – one of the most appreciated works has been the PC distribution effort. With the help of Chicago team the Society has already accomplished donating several personal computers to the needy people living in the greater Chicago area. There are some potential projects that the society engineers are interested in. The two areas that have come in the discussions are support to Mahabir Pun projects and establishment of two scholarships--1 merit and 1 need based to study engineering in a college or university in Nepal.

ASNEng has now received an official approval from IRS for the tax exempt status 501(c)(3) under the Federal Internal revenue code. This status is effective from June 22, 2010. ASNEng officers worked on this very hard continuously for more than 2 years to make this happen.

Upcoming Articles for Next Edition:

TV MEDIA, MARKETING AND CONSUMPTION—BY YAGNA PANT

TWITTER—BY KUNZ MAINALI

MY JOURNEY—BY DIPTIKA KHANAL

Please email your articles, news-flash, announcements, success stories to peopleofnepal@gmail.com to be published in our next edition.

An Inconvenient Truth (A Book Review) - By Niraj Pant

Paving the Way to A Greener Lifestyle: Al Gore's An Inconvenient Truth Book Review: After Reading Al Gore's book, An Inconvenient Truth, I am even more astounded by the harmful effects of Global Warming. Al Gore has proved that global warming disrupts the balance of nature and I now truly believe that the earth does hang in the balance. Our pragmatic lifestyle consisting of everyday tasks such as eating, drinking, working, transportation, and more is the cause of this never ending problem. We are responsible for not taking action. Let's take the countries, Haiti and The Dominican Republic on the Island

of Hispaniola for example. Haiti doesn't protect their forests, therefore 98 percent has been cut down. On the other hand, the Dominican Republic is working tirelessly to help protect nature and has remained beautiful with lush and full forests. Bordered by the countries Chad, Cameroon, Niger and Nigeria, Lake Chad has shrunk from about 25,000 km² to 1350 km². There are riots commencing about who has the rights to the lake's water supply and is labeled as an ecological catastrophe by the UN. As more trees are being cut down, countries in Africa are fight over Lake Chad's water supply, and polar ice caps start to melt, now is the

time to take action. Your small contribution is critical. Using a refillable water bottle, using a bike for short trips, and increasing efficiency in your homes are some ways to further help in our quest to turn global warming in the opposite direction. For additional ways to help stop global warming visit <http://www.seql.org/100ways.cfm> now!



Temple - By Shraddha Adhikari

It is through communities and groups that we join and associate with throughout our lives that define who we are and help fulfill our personality and sense of self. Whether it is a sports team or a book club that we're a part of, any group we join gives us a sense of belonging, shapes our personality, and at an even higher level provides a sense of achievement. Community is characterized and refined by the people in it, but the inverse holds true as well—the individual is characterized and spirited by their community. In this context, the monthly Nepali Puja and our Nepalese community helps many Nepalese families find a sense of

belonging and attachment to other Nepali people. For many, this temple is like a second family, and everyone there is like a brother and sister. This second family is their crutch in times of need and the place to pour their happiness during times of success. For those who are new to the country, the transition from Nepal into the States can be very difficult and awkward, but membership in this temple can help them through their social and cultural uprooting. Our monthly mass gatherings are a great way for the new members to share their experiences and see that they are not alone in what they do and where they are. It helps them hold on to their sense of self and iden-

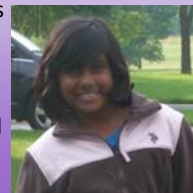
tity they were born and raised into without having to change themselves to fit into the American way of life. Thus, this religious affiliation helps them not only keep their identity but a sense of achievement in being able to maintain their heritage.



My Dad - Nisha Pant

Sometimes you are busy,
But I know you still love me.
Sometimes we fight,
But I will always love you.
Sometimes I am sad,
because you can't do things
with me.

But I always
know you
are
there for
me and still
love me!



Treasure Box - By Deepa Phuyal

After school, I have Kids club. In kids club, we do Treasure box. Treasure box is a box of prizes, candy, stamps and notebooks. At the end of the day, our teacher calls 6 names/ tickets and if your name is on the ticket then you get a prize from the treasure box.



Best Wishes to our July Birthday Stars

Aug 6: Abhaya Byanjankar



July 3: Nisha Pant

July 19: Rummy Pant



July 13: Sagar Regmi and Kunz Mainali



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.

Come, Share and Advertise With Us
Email: templetimes@peopleofnepal.com
Please share your stories, pictures, and be an active contributor.

News Flash : Nepali American Center (NAC) Updates – July 30, 2010

NAC Executive Board Meeting - NAC board members met in the morning of Saturday July 2010 at Des Plaines public library. The meeting discussed NAC general policy matters in relation to be secular or adapt a policy to follow the majority religious faith or support different faiths. All the members agreed its purpose to be charitable, educational and religious with full support to serve all according to their faith and without any discrimination to any other faith. All members present also pledged donation for NAC. They discussed matters related to NAC purpose, vision and mission and decided to review existing ones within some time frame. It was agreed that these discussion will be communicated to the community for information through website and other means for their comments and endorsement. NAC board likes to thank Deepa Shrestha for reserving the room for this meeting.

NAC Preparation for 2nd Nepali Mela – NAC board, website, editing team members and more other volunteers from the community are conducting regular weekly meetings for the preparation of second Nepali Mela to be held on August 21 at Harm's wood. They have planned to conduct this time Mela with many different activities adding Nepali flavor such as food from Nepali Restaurants to purchase, stalls from different people to sell their products, Nepali ping, Nepali Shell Roti and Malpuwa, sports, resume workshops, talent show, music and entertainment, etc. The organizers are working hard to make it very entertaining event for all to enjoy and present as a united body for the enjoyment and benefit of Nepali community. They are requesting every Nepalese and friends of Nepal to participate and support the event. Attendees are requested to participate in Nepali attire. Please visit <http://nepaliamericancenter.org/node/309>.

NAC preparation for ANMA – NASEA Joint Convention – ANMA/NASEA joint convention is being held in Lexington KY during the Labor Day weekend. NAC board members and several other Nepalese from Chicago area are putting their time and effort to support the event with maximum participation from Chicago. They are in preparation to charter bus(es) to go there all together. Chicago Chi-Town Band and other local talents are putting effort to present music and entertainment programs for the conference attendee. There are also efforts to shore support by contributing to Yeti View Point publication from Chicago area entrepreneurs and other volunteers sending their articles and monetary support. Some also have agreed to serve in the ANMA executive committee and provide ANMA required help to fulfill its objective. This is done to set examples of unity required for Nepalese to make available various levels of community services enjoyed by people from other community. Everyone is requested to associate in this effort as much as they can by visiting <http://www.jointconventions.org/> and registering for the convention.

News Flash : Binaytara Foundation to provide 10 Research Grants to Medical Students

Chicago, July 26, 2010. Binaytara Foundation (BTF) has announced that it will be providing upto ten medical research grants for the year 2010. The purpose of the research grants is to promote evidence based medicine in developing countries by familiarizing medical students to the research process, encouraging them to conduct small scale research, and inspiring them to practice more scientific and cutting edge medicine that is based on evidence and not only on experience.

BTF has been providing research grants to medical students since 2008. Medical students studying in medical schools in Nepal or India apply for the grant using online submission system on BTF website www.binayfoundation.org. Each proposal is thoroughly evaluated and graded by members of BTF scientific committee which is chaired by Dr. Damiano Rondelli, a distinguished researcher in the field of bone marrow transplant and myeloproliferative disorder. Based on the recommendations of the scientific committee, medical students are awarded the research grants to conduct their proposed study.

BTF believes that today's medical students are the future healthcare leaders and an experience in conducting research early in their career will encourage them practice scientific and evidence based medicine that is essential to manage complex health problems. BTF board member Dr. Divyesh Mehta, Associate Professor of Medicine at University of Illinois at Chicago School of Medicine says "Education and research are both tools to improve future of health care. Medical students need to develop inquisitive minds that go beyond textbooks and ask and solve questions of tomorrow. BTF wants to pave the way for a bright and inquisitive group of students to be involved and contribute."

Binaytara Foundation (BTF) is a United States public charity established to bring positive changes in the society by promoting health and education. BTF's current activities include providing scholarships to underprivileged schoolchildren in Nepal, providing medical research grants to medical students in primarily in Nepal and India, and tele-medicine between the expert physicians in USA and physicians in the Manipal College of Medical Sciences, Pokhara Nepal.

Contact: Tara Shah, Secretary, Binaytara Foundation;
Email: support@binayfoundation.org, Phone: 3126432301

Mark Your Calendar

The Kentucky Nepali Society is Hosting
ANMA/NASEA Convention

Sept 3 – 5, 2010 , Lexington, KY

Come join us and feel the warmth of southern hospitality, reconnect with your friends and Nepali Diaspora, participate in various cultural, social programs, enjoy the cultural show put together by talented children and established Nepali artists, discuss the burning issues related to Nepali Diaspora and get involved in greater Nepali community events.

WITHIN YOUR DRIVING DISTANCE, LEXINGTON IS WAITING FOR YOU

Please go to <http://www.jointconventions.org> and register today!