



# namaste

Issue 14

October 2013

## Second BAASA AGM held

The second Annual General Meeting (AGM) of Bhutanese Australian Association of South Australia (BAASA) was held on August 4 at Coglin Hall in Adelaide.

The AGM of the organization is held every two years.

Activity and financial reports of the organization in the last two years were presented and endorsed. Auspice groups of the BAASA Bhutanese Ethnic School, Yuba Sansar, Bhutanese Youth Group and Namaste Cultural Group also presented their activity and financial reports.

The AGM also appointed Avishek Gazmere and Ichha Poudel as the election committee members and mandated the executive committee to nominate a third person to make a full committee and initiate new election process.

The AGM also endorsed the resignation submitted by vice chairperson Kamal Dahal.

Similarly, the AGM endorsed the proposal by chairperson Suren Ghaley to have one representative from every auspice groups in executive committee for better coordination and communication. The representatives would be called invited executives.



*Bikram Adhikari presenting Namaste Cultural Group report at the BAASA AGM*

## Interstate soccer tournament in Adelaide

Bhutanese Australian Association of South Australia (BAASA) hosted second Australian Bhutanese Interstate Soccer Tournament in Adelaide from July 4 to 7.

The first tournament was hosted by Bhutanese Australian Association of Queensland (BAAQ) in Brisbane last year.

Nine Bhutanese community soccer teams from five states

participated in the tournament. The teams were divided into three groups for league matches. Best teams from each group and one from rest of the teams were selected for semi finals.

Brisbane, Launceston, Cairns and Adelaide Dragons (Red) reached the semi finals. Adelaide Dragons (Red) lifted the trophy beating Launceston

by 2-0. Adelaide Dragons (Red) was winning of the last year's tournament as well.

Mayor of the City of Salisbury Gillian Aldridge JP distributed the trophies and certificates to the winners, runners and participating teams.

She congratulated the winning and participating teams and appreciated community

*Continue in page 8*

## Training for new radio team members

With extension of funding for one more year from Multi-cultural Youth South Australia (MYSA), six young people from Bhutanese community received radio training from Radio Adelaide. The MYSA funding will cover the training costs and radio access fee from July 2013 to June 2014.

These new young people will join the Yuba Sansar team to run the weekly radio show that's going on air since one and half year. The radio program focuses on educating, entertainment and empowering young Bhutanese.

The new members of the radio team include Narad Dahal, Bikash Dhamala, Chakman Bista, Sova Biswa, Bharat Samal and Raj Sharma.

## New BAASA VC

The first meeting of the Executive Committee and the invited executives on October 5 decided to name Lok Poudel

as the new vice chairperson. Poudel will work the capacity until the new election is held.

The position remained vacant after the vice chairperson Kamal Dahal submitted his resignation. Dahal's resignation was accepted and endorsed by BAASA AGM on August 4.

## Teej in Adelaide

Bhutanese in Adelaide celebrated Teej, the greatest festival for women amidst a public cultural function on September 7.

Female members of the community carried out all the cultural performances while male members supported them technically.

The function was jointly organised by Yuba Sansar, Bhutanese Youth Group, Bhutanese Ethnic School, Namaste Cultural Group with involvement of other active young girls under the coordination of Bhutanese Australian Association of South Australia.

The Teej festival has its roots in Hindu mythology. Hindu scriptures say the god-

dess Parvati launched a hunger strike, demanding she be allowed to marry Shiva, the man she loved. Her friends soon joined her with similar demands, and the young women came to be known as "hadtalika," or protesting girls.

Parvati's father, Himalaya, ultimately bowed to his daughter's demands, and Parvati had a happy life with Shiva, according to the myth.

## Youth Project

BAASA has received grants from the Department of Communities and Social Inclusion through YouthConnect grants to run activities focusing gambling and drinking among young Bhutanese.

Bibas Ghimire and Amber Poudel have been appointed as Youth Project Officers to run the project. Anglicare SA would extend support to run a few activities while many activities will be run by the two project officers.

The officers will be paid 4 hours per week at \$19.12 per hour and superannuation of 9.5%.

## Theatre training for young people

Members of the Bhutanese Youth Group have received a three full-day theatre from Urban Youth Myth Theatre in July.

The training was part of the Civil Rights Project jointly run by BAASA and Survivors of Torture and Trauma Assistance and Rehabilitation Services (STTARS) funded by Department of Immigration and Citizenship (DIAC).

At the end of the project, BYG members performed a short theatre show at Twelve35 Youth Center, Salisbury where around 40 community members attended.



*A glimpse of theatre training session*

## CBSC wins soccer trophy

*By Tej Man Rayaka*

The Cairns Bhutanese Sport Club (CBSC) has won the Hmong League 2013 beating African United Team 3-0 on October 12.

Put of the 18 matches played in course of the tournament, the team beat 11 matches and lost 7. This 'speedy team' of teenagers lifted the cup after the unexpected victory against the popular team.

Prabhu Rai and Tilachan Monger scored two and one goals respectively making the Bhutanese team victorious. Rai has been awarded man of the match of this year.

A crowd of Bhutanese community members were present at the Forest Garden Oval stadium in Whiterock to witness the final match and cheer up the players.

The Bhutanese team has been participating the league organized by Hmong community since three years –the first participation was in 2011. This year's league had kicked off in May.

## Cultural show in Albury

Bhutanese in Albury staged a colourful multicultural festival as part of celebrating Hindu festival Dashain. The festival also marked the fifth anniversary of Bhutanese settlement in Albury-Wodonga region.

Newly elected president of

Bhutanese Association in Albury Teju Chouhan expressed hope for better integration of the Bhutanese community in this border town and expressed thanks to the settlement service providers.

He said that the aim of the event was to celebrate diversity, develop connections and foster partnerships with different cultural communities and encourage people to learn each other's culture.

Other community invited to be part of the function included Australian, Nepalese, African, Filipino, Indian, Maori and New Zealander.

Event guest, Mayor Cr Kevin Mack from Albury City Council, appreciated the efforts made by Bhutanese community to add multi culture flavour to the cultural diversity of Australia.

The event was sponsored by Multicultural Council of Wagga Wagga Inc and supported by Albury-Wodonga Volunteer Resource Bureau and two local businesses.

## Anniversary in Sydney

Bhutanese in Sydney, Australia celebrated fifth anniversary of their settlement on October 5 with cultural events. Organised by Association of Bhutanese in Australia (ABA) the annual day celebration is part of its efforts to showcase the culture and arts of the Bhutanese community.

To promote multicultural cohesion, an Ethiopian dance team was also invited to perform on the occasion.

Fiona Scott, who was in-

vited as guest of the event, deliberated goodwill message from Prime Minister Tony Abbott and honoured the senior members of the Bhutanese community.

ABA also honoured other local organisations who provided support during the settlement process and the students who secured good ranking in their studies in 2011-12.

## Teej observed in Melbourne

*By Devi Ghimire*

Bhutanese Women of Melbourne organised Teej Puja on 8 September 2013. Around 50 women, ladies and girls observe the special ladies festival of Nepalese culture. Youths and seniors member of the community assisted the puja ceremony with arrangement, maintenance and decoration. The attended were served with cultural food. The most interesting part of the function was dances by the ladies on Teej song.

The community is also celebrated Panchami puja on September 10 at Banksia Gardens Community Centre.

On 28th August 2013 Bhutanese people residing in Melbourne observe Shri Krishna Janma Asthami at Senior Citizenship Club, Glenroy. Organised by the senior member of the Community the day was celebrated with Puja in the name of Krishna and Bhajan. Supported by youth group of Melbourne the function was concluded with Prasad prepared by senior women group of Melbourne.

## Planning session in Sydney

By Suman Chhetri

Association of Bhutanese in Australia (ABA Sydney) organised a one day community discussion session on 25 August here in Blacktown Sydney to discuss the various community issues and to plan ahead for the coming days.

The main objective of the session was to plan for the year ahead taking advantages of resources and opportunities available to community and also to know the view of community members on different issues they are facing in their everyday life.

Speaking at the session President Dr. Om Dhungyel emphasized on preserving our own culture and identity. He also talked about the positive and negative part of community organisation and highlighted the need of volunteer in community. In the same way Advisor and former president Om Dhungel talked about the community issues that were identified from the three separate workshop organised by ABA Sydney.

In the discussion, the participating members fully supported the idea of executive members to host interstate Soccer tournament in 2014. All the executive members updated the current progress and issues in

their respective group. Different issues relating to internal communication, English classes, cultural program were also discussed during the day.

## Dashain events in Melbourne

Bhutanese Organisation of Australia hosted a cultural show named Hamro Chinari on October 13 2013. Celebrated in conjunction with the Hume festival of music and Dashain-Tihar festival, the show displayed the pool of cultural programs and games.

The activities of the day included free face painting, jumping castle for children, musical chair, hit the soccer ball through the tire, Bhutanese traditional cock fight, and plug the sweet race by children.

Similarly, Bhutanese Association of Victoria organized a separate event to mark the Dashain festival and fifth year of Bhutanese resettlement in Victoria at Bansia Garden Community Center on the same day.

Chief guest of the event Mayor of Hume City Council Geoff Peter appreciated the Bhutanese activities towards adding multiculturalism promotion in Australia.

*Neeru Mishra and Samjhauta Rai at Teej celebration in Adelaide*



## शरणार्थी क्याम्पमै फर्काइए

तेस्रो देश पुनर्वासका लागि शिविरबाट काठमाडौं पुऱ्याइएका २० भूटानी शरणार्थी परिवारलाई आईओएमले पुनः शिविरमै फिर्ता ल्याएर छोडिदिएको छ ।

तीन दिनअघि दसैको मुखमा उनीहरूलाई शिविरमै फर्काइएपछि उनीहरूको बिचल्ली भएको छ ।

बेलडाँगी शिविरका सचिव सञ्चहाड सुब्बाका अनुसार ऋपाको बेलडाँगी र मोरङको पथरीबाट अमेरिका पुनर्वासमा लिएकाहरूलाई उचित कारण नदेखाइ अन्तर्राष्ट्रिय आप्रवासन संगठन (आईओएम)ले शिविरमै ल्याएर छोडिदिएको छ । पुनर्वासको तयारी भएपछि शरणार्थीहरूले लत्ताकपडा, सबै बिक्री गरेका थिए । सात दिन अघि शिविरबाट काठमाडौं उडाइइपछि उनीहरूका छापामध्ये केहीमा अन्य शरणार्थीलाई सारिएको थियो भने केही छाप्रा भत्काइएको थियो ।

फर्काइएका शरणार्थीलाई व्यवस्थापन गर्न आफूहरूलाई धौ-धौ परेको सचिव सुब्बाले जानकारी दिए । शरणार्थी सम्बन्धी राष्ट्रसंघीय उच्च आयोग (यूएनएचसिआर)ले फर्काइएका शरणार्थीलाई सबै व्यवस्था गरेको जनाए पनि रासनमात्र बितरण गरेको पीडितहरूले बताएका छन् । उनीहरू आफन्तको आश्रय लिएर

बसेका छन् ।

उनीहरूलाई फर्काउनुको कारणबारे यूएनएचसिआरले कुनै निश्चित कारण नसुलाएको शिविर सचिव सुब्बाले बताए ।

## सामाजिक संस्थाको भेला

भूटानमा सुल्ला राजनीति सुरु भए यता धेरै सामाजिक संस्था खलेका छन् ।

तिनीहरूले सामाजिक हितका लागि गर्न गतिविधिमा पनि निकै परिवर्तन आएको छ । सरकारले सुविधा पुऱ्याउन नसकेको ठाउँमा यिनीहरूले सहयोग गरिरहेका छन् । यस्ता सामाजिक संस्थाहरूको काम बारे छलफल गर्न अनि एक आपसमा सहयोग आदान प्रदान गर्न पहल स्वरुप सामाजोल संस्थाहरूको पहिलो भेला हालै थिम्पुमा सकियो ।

सामाजिक संस्थाबाट सहयोग पाएर राम्रो जीवन यापन गर्न सफल मानिसहरूको कथा पनि उनीहरूकै मुखबाट सो भेलामा सुनाइएको थियो । हाल देशमा ३३ वटा सामाजिक संस्था दर्ता

भएका भए पनि सो भेलामा २० वटाले मात्र भाग लिएका थिए ।

## Bhutan Airlines को सेवा सुरु

भूटानमा पहिलो नीजि वायुसेवा सुरु भएको छ । Bhutan Airlines नामको सो कम्पनिले यही अक्टोबर १० तारिकदेखि सेवा सुरु गरेको छ । १५० सिट क्षमता भएको सो Airbus A320 ले अन्तर्राष्ट्रिय सेवा दिने क्रममा बैककलाई पहिलो गन्तव्य रोजेको छ ।

यो संगै भूटानमा Drukair ले रास्ट्रै आएको वायुसेवा एकाधिकारको अन्त भएको छ ।

Bhutan Airlines सो विमान Small Planet Airlines नामक कम्पनिबाट ६ महिनाका लागि भाडामा लिएर सेवा सञ्चालन गर्न लागेको हो ।

Bhutan Airlines ले दुइ वर्ष अघि आन्तरिक सेवा सुरु गरे पनि नोक्सान परेका कारण ६ महिना नपुग्दै सेवा बन्द गरेको थियो । सरकारले उसलाई आन्तरिक र अन्तर्राष्ट्रिय सेवा संगै सुरु गर्न अनुमति दिएको थियो ।



## केराले मुटु रोगबाट बचाउँछ

केरालेको नियमित सेवनले मुटु रोगबाट बचाउ गर्छ । इम्पिरियल कलेज अफ लन्डन र बोरबिक मेडिकल स्कुलका अनुसन्धानकर्ताहरू ३३ वटा अध्ययनलाई विश्लेषण गरेपछि यो नतिजामा पुगेका हुन् ।

केरामा पोटसियम धेरै बढी मात्रामा पाइन्छ । उच्च रक्तचाप र हृदयाघातको खतरा कम गर्नमा यो तत्वको महत्वपूर्ण भूमिका हुन्छ ।

योबाहेक दही, दाल, च्याउ, पालुंगोमा समेत पर्याप्त मात्रामा पोटसियम पाइन्छ । अध्ययन अनुसार, यस्ता वस्तुको सेवन मुटुको स्वास्थ्यका लागि फाइदाजनक हुन्छ ।



## गर्भावस्थामा सक्रिय रहनु फाइदाजनक

गर्भावस्थाको समय दिनभरि सक्रिय रहनु महिलाको स्वास्थ्यको दृष्टिले फाइदाजनक हुन्छ ।

नयाँ अनुसन्धानमा दाबी गरिएअनुसार, दिनभरि सक्रिय रहेर गर्भवतीहरू अतिरिक्त तौललाई नियन्त्रित गर्न सक्छन् ।

अमेरिकाको लोवा स्टेट युनिभर्सिटीकी प्रा. क्रिस्टिना केम्पवेल भन्छिन्, 'यो अनुसन्धान अन्तर्गत के पाइयो भने, गर्भवती महिलाहरूले दिनभरिमा ७५ प्रतिशत समय शारीरिक रूपले निष्क्रिय भएर बिताउँछन् ।'

अनुसन्धान अनुसार, गर्भावस्थाको समय बढी सक्रिय भए आमाको तौल नियन्त्रण

मात्र हुन्छ, गर्भमा रहेको शिशुको स्वास्थ्यसमेत राम्रो हुन्छ । तर सन्तान बाल्यकालदेखि नै मोटोपनाको सिकार हुने आशंका पनि रहन्छ ।

यति मात्र नभई, गर्भावस्थामा बढी तौल भएका महिलामा प्रसूतिको समय उच्च रक्तचापले सताउँछ र शिशुको

जन्मपछि उनीहरूमा मोटोपनाको समस्या पनि देखिन सक्छ ।

अध्ययनअनुसार, महिलालाई आहार र व्यायामको माध्यमले गर्भावस्थाको समय आफ्नो तौलमा नियन्त्रण राख्नुपर्छ । गर्भावस्थाका बेला शारीरिक रूपले सक्रिय रहँदा आमा र शिशु दुवैलाई फाइदा हुन्छ ।



## New committee at Bhutanese Ethnic School

The Bhutanese Ethnic School in South Adelaide has re-constituted its committee at a meeting held on Sunday, September 15. Chaired by outgoing chairperson R K Ghaley, the meeting restructured the committee. The new team comprise of the following individuals.

**Chair Person:** Kamal Dahal, Til Chand Sapkota

**Secretary:** Laxmi Bhattarai, Mohan Prasad Bhattarai

**Treasurer:** Chudamani Pokhrel, Chitra Gautam

**Public Relation Coordinator:** Dom Nath Kafley, Bhola Nath Dhamala

**Principal:** Hom Prakash Dhamala

**Vice Principal:** Ganga Adhikari

**Cultural Coordinators:** Narad

Dahal, Pooja Gurung, Laxuman Gurung, Bikash Biswa, Mangali Gurung

**Teachers:** Birkha Gurung, Devi Charan Dhungyel, Hom Prakash Dhamala, Ganga Adhikari, Laxmi Bhattarai, Kula Chandra Bhandari Hari Pokhrel, Dom Nath Kafley, Jyoti Khatiwoda, Jai Bhandari, Kamal Dahal, Mohan Prasad Bhattarai, Thak Prasad Dahal, R K Ghaley, Chudamani Pokhrel, Chitra Gautam, Som Nath Bhattarai, Hema Nepal Laxmi Dahal, Chandra Rai, Taramani Gautam, Indra Prakash Niroula

**Sports Coordinator:** Biren Dahal

### Curriculum Development

**Team:** Jai Bhaandari, Dom Nath Kafley, Bhola Nath Dhamala, Hom Prakash Dhamala, Birkha Gurung, Devi Charan Dhungyel, Santi Ram Dhakal, Narad Dahal, Laxmi Bhattarai

## First voting for Aussie Bhutanese

Bhutanese in Australia for the first time voted in Australia's federal election held on September 7. This was the first experience in life for Bhutanese voters.

The complicated voting system was quite perplexing for them and it was extremely difficult for the senior members of the community who are illiterate.

Once registered at the Australian Election Commission (AEC), voting in Australian federal election is compulsory, which otherwise would result in monetary fine.

In Adelaide, a special workshop was organized by Australian Refugee Association (ARA) in cooperation with AEC ahead of the election to educate the voters on voting process.

Election in Australia's federal parliament is held every three years.

# BEC Notice

Dear parents/Guardians and well-wishers

Bhutanese Ethnic School (BES) cordially invites you and your family to take part in the celebration of a grand program organized as a combined event to observe the great festivals of Dashain and Tihar and the 105th Birth Anniversary of Mahakavi Laxmi Psd Devkota.

This event organized by the school as its annual event, it shall be marked by a cultural program comprising of songs,

dances and items of cultural, traditional, linguistic and ethnic importance.

**Venue:** 14 Farley Grove Salisbury North 5108 SA

**Day and date:** Saturday , 2nd November 2013

**Time:** 10:30 am

We look forward to celebrate together.

Bhutanese Ethnic School  
Adelaide SA

# Interstate soccer....

*From page 1*

for hosting the interstate soccer tournament in the City of Salisbury. She also appreciated community's enthusiasm towards sporting events.

Man of the match was awarded in all matches. The award trophies were sponsored by the community members.

Grants were received from City of Salisbury, City of Salisbury sports department, Multicultural SA, Family SA, Homestart and Adelaide Airport to run the event. Following is the list of community donors along with their donation amounts.

Seniors Gathering	245
Sushil Niroula	60
Ganga Giri	110
Dhan Rai	60
Kamal Dahal	70
Tilchand Sapkota	40
Punya Foundation	40
Ramesh Dahal	40
Jyotsna Karki	40
Jeevan Koirala	75
Adelaide Sangam	300
Happy Club	190
Devi Katel	40
Bayung Family	70
Bhutanese Youth Group	110
Prakash Karki	40



**Editor:** Indra Adhikari  
**Published By:** Bhutanese Australian Association of SA, P.O. Box 785, Prospect, SA 5082  
**Office Location:** 304 Henley Beach Road, Underdale, SA 5032  
 Ph: (08) 8161 3314 Fax: (08) 8354 2953  
[basa@bhutanese.org.au](mailto:basa@bhutanese.org.au)