



## New Executive Committee of BAASA Elected

New Executive Committee of the Bhutanese Australian Association of South Australia (BAASA) has been elected. The five-member New Executive will replace the old committee which had been working since the formation of the organisation in 2009. The newly elected executive committee members include Suren Ghaley (Chairperson), Sushil Niroula (Public Officer), Kamal Dahal (Vice Chairperson), Jeevan Koirala (Treasurer) and Indra Adhikari (General Secretary).

The election committee, formed by Annual General Meeting (AGM) in July last year, mandated to elected five-member executive board within the first quarter of 2012. The committee members include

Ichha Poudel (chair), T. B. Rai (member) and Bishnu Dahal (member). As the committee received only 5 nominations within the given timeline, voting process was not needed. The committee declared the result on March 24.

According to amended constitution of the organisation, chairperson, vice chairperson, general secretary, treasurer and public officer form the executive committee.

In the meantime, the new Executive Committee has taken over the responsibility from previous committee. The handing-taking ceremony was held in Salisbury on 6 April 2012.

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*New Executive from right, Kamal, Suren, Jeevan, Indra and Sushil with Jogen, ex-chairperson*



## Info session on Centrelink

BAASA plans to hold an information session in May or June to inform the community members regarding the services from Centrelink, rights and responsibility of community members receiving Centrelink benefits, support claims procedures and other issues related to Centrelink.

The information session will be held in Salisbury, the suburb of largest Bhutanese settlement. The date and venue of the event will be sent to community members through email or announced on radio later.

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## Info session on education

As part of the Settlement Grant Program (SGP), BAASA organised information session on Education System in South Australia on March 31.

Two officers from Department of Education and Child Development Loan Binnie and Phann Pech facilitated the information session held in Salisbury.

This session was expected to help the parents of the school children how to support their children with their studies and other school activities.

The facilitators shared information on how to con-

tribute healthy and successful lives for school-aged children and many more.

A total of seven people from the Bhutanese community participated the information session.

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## Interaction with AUSCO trainer

Bhutanese community members who are resettled in South Australia since 2008 held interaction with Australian Cultural Orientation (AUSCO) Trainer J. B. Rana Magar who was in Adelaide in third week of March.

Rana is part of the orientation program run by International Organisation of Migration (IOM) in Nepal. Rana gives orientation about Australia laws, culture and system to those preparing to fly to Australia.

A total of 20 people attended the interaction. A separate interaction was organised by Migrant Resource Centre (MRC) of South Australia where more than 40 people from Bhutanese community participated.

Participants apprised the trainer for orientation that helped a lot while resettling in Australia. They also suggested several more areas where information is necessary for people resettling in Australia. Rana assured to include them in orientation.

## Swimming lessons

Friends of Marion Outdoor Swimming Centre organised swimming lessons for Bhutanese community members who recently arrived in South Australia.

The swimming session was held in Marion Outdoor Swimming Centre in February-March. Volunteer trainers were made available by the Centre to train the participants.

In average, 10 community members participated the swimming lessons. Eight lessons were held in the swimming centre while two sessions were held at Brighton beach conducted by BSLSC. It was intended to train community members on beach safety and surfing.

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## Ethnic School to be run

The New BAASA Executive has held discussion with the ad hoc committee in Salisbury on management and operation of an ethnic school.

The ad hoc committee formed by Bhutanese community members have already started running Nepali-language classes for young children in Salisbury since March this year.

Both the side agreed that BAASA will be auspicing agency for the ethnic school.

## SA to participate in interstate soccer

Two teams from South Australia are preparing to participate in the interstate soccer carnival to be held in Brisbane this winter.

Organised by Bhutanese Community of Brisbane, the event will be held on July 1-3. Bhutanese soccer clubs from all states where Bhutanese live will be participating the competition.

Bhutanese in Adelaide are preparing for two teams and training, management and coordination is underway. The training is supported by Parafield Garden Soccer Club, which has been helping the Bhutanese soccer players since few years.

Since the team members have to bear travel cost, Adelaide clubs are planning to put stall at BAASA annual day event for fund raising. They are also seeking financial support from other individuals and organisations.

## Tasmania plays friendly soccer

It may not have had the usual north-south rivalries of Tasmanian sport but a soccer tournament at Wentworth Park, Howrah, by Bhutanese communities displayed plenty of skills, passion and enthusiasm.

Bhutanese in Tasmania played friendly soccer match in Hobart on April 10 that was organised by Bhutanese Community in Southern Tasmania with the support from Centacare with grant from Clarence City Council. The council had approved grants of AUD 950 under local development, community president Kharga Thapa said. Centacare, the resettlement agency in the state, supported to

find sponsor for jersey and medals.

A team from the Bhutanese community of Hobart (287 people) challenged a team from the more than 350-strong Bhutanese community of Launceston. Yet Launceston won the match.

The event also saw soccer clinics for children and array of Bhutanese dances. This is the first time Bhutanese from two cities came together to play friendly sport matches. The resettlement of Bhutanese in Tasmania began in 2008.

The participants were served food and fruits at the end of the event while Bhutanese youngsters performed cultural dances to entertain the audience.

## One dead in Tasmania

One 22-year-old resettled girl, HariThapa, who was a nursing student in Southern Tasmania, was said to have taken her own life in what her brother described as the most terrible tragedy to have occurred in his family recently. She was resettled some 17 months ago.

Dozens of her fans were shocked to watch the last 7-minute long video post in the Facebook before she killed herself.

According to Bhutan News Service, she took her life being betrayed by her boyfriend.

She was a very wonderful, friendly, hardworking and smart girl. Investigation result has not been made public so far.

Any visitors to her Facebook walls could figure out that she was trapped between agony and tragedy for quite a long time, teaching parents and guardians a lesson to constantly monitor contents posted by juniors in social media for saving irreparable loss of human life.

स्वर्गको सम्झना

निमेश भूटानी, सिङ्गी,

ठूलो पार्न पर्यो कठिन कति यो विग्रेर जाला भनी  
हुर्क्याँ पिरलो सहेर कति हो घुर्क्याँ चुस्ता पनि।  
आफ्नो सन्ततिको भविष्य बनिने चिन्ता लियौ हर्दम  
पाएनौ सपना पुरा नहुने भो तेस्यो बडो बन्धन।।

सुर्ता लाग्छ सधैं चसक्क मनमा विज्दछ त्यो संछ्दा  
पोल्छ भित्र मूटु सकिन्न सहनै माया बडेको हुँदा।  
तिम्रो कोख बिसे लुकेर कति हो खेल्ये म सानो छँदा  
रम्ये पो बनका चरा पनि सँगै आएर ती सर्वदा।।

बस्ता हुन् कति पात शुद्ध बनका मेरो सुस्वागत गरी  
रूँदा हुन् पशु ती विरक्त बनिदै आमा हराए सरी।  
खोज्दा हुन् बनका जनादि सबले मीलेर खेलन भनी  
कुर्दै पो छ कि त्यो बगाल बनको छोडेर पक्षी  
पनि।।

बाखा बस्तुसँगै बगाल बनमा खेलदै गएको पनि  
आयो याद सधैं पिरोल्ल मनयो कस्तो रुखो जीवनी।  
टाटूनामा पशु थ्ये कति भोकसँगै संघर्ष होला सँधै  
पानी मिल्न सके बरा घिडघिडो बँच्ने थियो कि  
कतै।।

पाखा खेत भरी पराग बनिदै फुल्दै छ की पावन  
ल्याई बासन त्यो भरेर बनको डुल्दै छ की आगन।  
मेरा ती रस राग लिप्त मनका प्यारा परेवा पनि  
घुर्दा हुन् घरका बसेर सिँढिमा देला र खाने भनी।।

विकाश धमला प्रान्जल, एड्लेड,

एकलाशमा मरिरहँ

छातीभित्र गहिरो  
यो चोट लागेपछि  
सपनाका सुन्दर फूल  
ओइलिएर फरिरेहे  
शितल थियो जूनजस्तै  
अन्धकारले ढाकेपछि  
जीवन छैन, ज्योति छैन  
एकलाशमा मरिरहँ

सुख हो कि दुःख हो कि  
कर्मको नै खेल हो कि  
बाँच्नु पर्ने, हाँस्नु पर्ने  
रहरभित्र विष हो कि

मन रुन्छ भाग्यले नै  
गर्नुसम्म गरेपछि  
के भन्नु र अब मैले  
खुसी सबै हरेपछि

छातीभित्र आगो बल्छ  
पीडाको त्यो बगरमा  
कठै मेरो हाँस्ने दिन  
आउला भन्दै हेरिरहँ  
शितल थियो जूनजस्तै  
अन्धकारले ढाकेपछि  
जीवन छैन, ज्योति छैन  
एकलाशमा मरिरहँ

## Bhutan Updates

प्रधान मन्त्रि जिग्मी थिन्लेले देशबासीलाई आफ्नो दैनिक खर्चमा कमी गर्न अनुरोध गरेका छन् । चैत्र ३० गते राष्ट्रका नाममा सम्बोधन गर्दै थिन्लेले भने भुटानको आर्थिक स्वावलम्बनका लागि खर्चिलो जीवनमा परिवर्तन ल्याउन आवश्यक छ ।

उनेल भनेका छन्, हामी विजुली बेचेर नु ५.८ अर्ब कमाउछौ तर तेल किन्न मात्र नु ५.१ अर्ब खर्च गर्छौ । यसबाट देशको लागि ७० करोड मात्र बाकी रह्यो ।

अर्थतन्त्र आयातमुखी बनेका कारण हालैको भारतीय मुद्रा समस्या सृजना भएको भन्दै उनले भारतबाट हुने आयातमा पनि कमी ल्याउनु पर्नेमा जोड दिए । आयातले देशको व्यापार र व्यापारिक अवसरहरूमा असर गरेको उनको भनाई थियो ।

भुटानले बर्षेनी Nu 49 करोडको मासु, Nu 16 करोडको माछा, Nu 28.6 करोडको तरकारी र Nu 31.4 करोडको रक्सी आयात गर्छ । बर्षेनी ८ हजार गाडीहरू भुटानमा बिक्री हुन्छन् । उता युवा बेरोजगार थाम्न नसकिने गरी बढेको छ । बेरोजगार युवाको संख्या ५१ हजार नाघेको छ । सरकारले ऐस आरामका सामान आयातमा थप कडाइ गर्ने संकेत गरे ।

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तीन पटकको प्रयासमा पनि सबै स्थानीय निकायको निर्वाचन सम्पन्न गर्न नसकेको निर्वाचन आयोगले बाकी रहेका ६८

स्थानको निर्वाचन स्थानीय जनताको ईच्छा अनुसार गर्ने जनाएको छ ।

निर्वाचन आयोगका कर्मचारीले डाटा संकलन गरिरहेको र यो सकिएपछि चुनाव लड्न आवश्यक functional literacy test को तयार गरिने आयोगले जनाएको छ । ६८ स्थान मध्ये ५५ स्थानमा उम्मेद्वारी नै परेको थिएन भने अरु ठाउमा एक उम्मेद्वारलाई पनि जनताले अस्वीकार गरेका थिए ।

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Punatsangchu I विद्युत आयोजना सञ्चालनमा आउन १ बर्ष ढिलाई हुने देखिएको छ । यो Punatsangchu II संगै २०१६ तिर सञ्चालनमा आउने देखिएको छ । Punatsangchu I को dam निर्माण निकै कठिन ठाउमा गर्नु परेका कारण ढिला हुने देखिएको हो ।

सुरुको योजना अनुसार यो आयोजना बाट सरकारले March 2015 देखि विद्युत उत्पादन सुरु गर्नु पर्ने थियो ।

Chukha को dam 15 m गहिरो खनेर बनाइएको थियो भने Punatsangchu I को dam बनाउन ७० मिटर खन्ने योजना बनाइएको छ ।

यसरी आयोजना एक वर्ष ढिला सुरु हुने भएका कारण यसको निर्माण खर्च नु १६ अर्ब भन्दा बढी थपिने देखिएको छ । अहिले यसको निर्माण खर्च नु ३८.१५ अर्ब अनुमान गरिएको छ । आयोजना

निर्माणको सबै खर्च भारतले बेहोर्ने छ । सुरुमा यो आयोजना बाट 1,095 MW विद्युत उत्पादन गर्ने भनिएकोमा अहिले यसलाई बढाएर 1,200 MW पुऱ्याइएको छ ।

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भुटानमा दोस्रो संसदीय चुनाव नजिकिदै गर्दा नयाँ नयाँ राजनैतिक पार्टीहरू खुल्ने क्रम जारी छ । पछिल्लो पटक देखा परेको पार्टी हो 'Druk Me-Ser Tshogpa' । यस अघि पनि तीन समुहले राजनैतिक दल खोल्ने तयारी रहेको खुलासा गरेका थिए ।

पुराना वा नयाँ सबै पार्टीहरू राजनैतिक सिद्धान्त बिहिन नै देखिन्छन् । चर्चामा आएको एउटा समुहले मात्र आफ्नो राजनैतिक सिद्धान्त प्रजातान्त्रिक समाजवाद रहने बताएको छ ।

चर्चामा आएका सबै समुहले आफूहरू party charter र manifestos तयारीमा जुटेको जनाएका छन् । उनीहरूलाई चुनावमा लड्ने उम्मेद्वार पाउन भने असम्भव जस्तै देखिन्छ । राजनीति गर्ने इच्छा भएका मानिसको कमी, चुनावमा हारे भविष्य करिब करिव सकिने र २ वटा दलले मात्र संसदमा स्थान पाउने भएका कारण पनि धेरै राजनीतिक दलको भविष्य भुटानमा कमै छ ।

पछिल्लो दल Druk Me-Ser Tshogpa ले आफ्नो मुख्य मुद्दा महिला सशक्तिकरण र युवा बेरोजगार रहने जनाएको छ ।

## बच्चालाई व्यायामपछि मात्र टिभी

बेलायती विशेषज्ञहरूले गरेको एउटा अनुसन्धानले पूर्ण व्यायाम गर्ने बच्चालाई लामो समयसम्म टेलिभिजन र भिडियो गेम उपयोग गर्नुले खासै कुप्रभाव पर्दैन ।

पूर्ण व्यायामको अर्थ दिनहुँ एक घन्टा समय दिनु हो । यो अनुसन्धान जर्नल अफ अमेरिकन मेडिकल एसोसिएसन (जामा) मा प्रकाशित छ । एक घन्टा व्यायाम गर्ने बच्चालाई तीन/चार घन्टासम्म टिभी वा भिडियो गेमले स्वास्थ्यमा खासै नकारात्मक असर गर्दैन । अनुसन्धान अनुसार बच्चा जति बढी व्यायाम गर्छन् त्यति नै उसको कोलेस्ट्रॉलको स्तर, रक्तचाप र कम्मरको आकारमा सुधार आउँछ ।

युनिभर्सिटी अफ साउथ अस्ट्रेलियाको स्कूल अफ हेल्थ साइन्सको प्राध्यापक टिम

ओल्डसको प्रारम्भिक अध्ययन अनुसार एउटा निश्चित समयसम्म व्यायाम गर्नुको भने घन्टौं बसेर काम गर्नुले समेत बेफाइदा गर्दैन ।

अध्ययन अनुसार चारदेखि १८ वर्ष उमेरका बच्चा यदि शारीरिक रूपले सक्रिय छन् भने कति समय उनीहरूले निरन्तर एकै ठाउँमा बसेर टेलिभिजन हेरेका छन् यसले खास फरक पर्दैन । तर वयस्कका लागि भने यो तथ्य पूर्ण विपरीत छ । २० देखि ४० वर्ष उमेरका व्यक्तिको बढी समय एक ठाउँमा बसेर काम गर्नु राम्रो होइन ।

नतिजाका लागि २० हजार बच्चा र वयस्कमा अध्ययन गरिएको थियो । यस अन्तर्गत ७५ प्रतिशतको तौल सामान्य थियो भने १८ प्रतिशत बढी तौलका सिकार थिए । ७ प्रतिशत मोटोपनाग्रस्त थिए ।

## Migration Museum of Adelaide

Migration museum is one of the historical places in Adelaide that deserves to be visited. The Migration Museum works towards the preservation, understanding and enjoyment of SA's diverse cultures.

Preservation, interpretation and celebration of Australian heritage and culture underpin the work of the Migration Museum. Among the core values of the Museum are social inclusion, countering racism, and lifelong learning.

Since opening in 1986 the Museum has collaborated with representatives from over 100 different cultural and community groups to develop exhibitions and special programs that tell the story of multicultural life in SA.

The Museum houses a number of permanent exhibitions on the immigration and settlement history of SA. In addition the Museum hosts and develops a number of changing exhibitions and public programs.

The buildings that now house the Migration Museum were once Adelaide's Destitute Asylum. In one of these buildings an exhibition titled Behind the Wall tells the stories of the women and children who lived and sometimes died here. The complex operated from the early 1850s until 1918. During this time Adelaide's destitute, homeless, sick and aged lived out their lives here.

Before the Destitute Asylum the same site held a 'Native School'. Aboriginal children were boarded and educated by the colonial government.

The museum is at Kintore Ave, Adelaide City.

## Annual day celebration in Adelaide

The first meeting of the new executive committee with the community members decided to form the Annual Day celebration committee.

Bhutanese settled in South Australia celebrate 13 May as their annual day. On this day in 2008, first two Bhutanese families arrived in Adelaide under third country resettlement program of the government.

This year, the organisation is celebrating the day on 12 May, Saturday.

According to the decision, the annual day will be Sakela special. Sakela is one

of the biggest festivals of Rai community. Rais are ethnic sub-community, most following Kirat religion, within Bhutanese community.

The festival will be held in Fremont Park in Elizabeth. Cultural dances, songs, fun games and presentation on Bhutanese issues will be part of the event.

The organizing committee includes Sushi Niroula (coordinator), Jogen Gazmere, Yasoda Samal, Samjhauta Rai, Dick Rai, T. B. Rai, Ichha Poudel, Bikram Adhikari and Kamal Dahal. Two representatives from the soccer teams are also included in the team. Their names are to be recommended by the soccer teams.

## Opportunities

### Computer courses at various locations

Lutheran Community Care in Blair Athol is providing Basic Computer Skills for the Bhutanese community members in small classes.

Through these classes, the LCC aims to assist the community to develop confidence in speaking English and improve their computer skills. Bhutanese community members living around Blair Athol, Prospect, Kilburn and Enfield are encouraged to participate into the course.



Youthjet is organizing basic computing courses for young and adults aged 17 to 30 years old. It is an introduction to computing basics, both hardware and software covering things such as the internal workings of a computer, the features of a system and how to use basic software.

**Date:** Thursday 19 and Friday 20 April 2012

**Time:** 9 am to 5 pm

**Location:** YouthJet 151 Hutt St, Adelaide

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## Yuba Sansar Radio Program Goes On Air

Youths from Bhutanese community have started weekly radio program from Radio Adelaide from March 4. The program goes on air every Sunday at 1 PM for an hour. The program can be heard at 101.5 FM, online at radio.adelaide.edu.au or in digital radio. The program is uploaded in ipajournal.com for listeners who could not listen live.

The youth team started the radio program with the grant support from Multicultural Youth SA (MYSA) – the South Australian government agency to work with youths. It is the first time Bhutanese youths received grants to run radio project.

Prior to commencing the program, eight youths (Indra Adhikari, LokPoudel, Devi Pokhrel, Ganga Adhikari, SeetaDulal, NeeruKhapangi, UnishaSamal and PuskarDhakal) also received Certificate III in Technical Production of radio programs.

The AUD\$ 6000 grant is being used for payment to radio station for program and train eight youths to operate the technical panel to run the program. Unlike in Nepal, the program presenter has to operate the technical panel as

well in Australian radio stations.

It is the third Nepali language radio program in South Australia.

The radio program is specially designed for youths. According to the radio team, all contents for radio program will be based on needs and demand of the youths from Bhutanese community. The programs include youth news from around the world, educational opportunities available, ways to find jobs, events around Adelaide with intention to encourage youths to participate, story of world famous people as inspiration to youngsters and Nepali-Bhutanese music.



### **New BAASA executive committee elected** *From page 1*

Outgoing chairperson Jogen Gazmere expressed hope that the new committee will provide more services to the community to help them

settle well in South Australia and wished the new team best of luck in their endeavour to serve the community.

Newly elected chairperson Suren Ghaley said he expects support and solidarity from community members, seniors and well-

wishers to make organisation's services more effective.

Community members, members of the former executive committee, advisory board and Apex Council were present at the handing-taking ceremony.

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