

A Bhutanese dancer in a skull mask and colorful costume performing a traditional dance. The dancer is wearing a white skull mask with large, dark eye sockets and a wide, toothy grin. The costume is white with red and blue patterns, a red and blue sash, and a yellow skirt with a red and blue border. The dancer is in a dynamic pose, with one leg raised and arms outstretched. The background is a blurred crowd of people.

Bhutanese

Cultural

Profile

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Bhutanese Cultural Profile

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Disclaimer

This cultural profile is a synthesis of information from a range of sources believed to be reliable. Diversicare gives no guarantee that the said base sources are correct, and accepts no responsibility for any resultant errors contained herein or for decision and actions taken as a result and any damage. Please note there may be costs associated with some of the resources and services listed in this document.

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This profile of the Bhutanese cultural community is one of the projects undertaken by Diversicare's Special Projects and Services Development Team with funding from the Home and Community Care Program.

One of the aims of the HACCC Program is to provide resources for aged-care service providers to better meet their clients' needs from culturally and linguistically diverse backgrounds. This booklet is about ensuring that needs of older people from a Bhutanese background are met.

This profile is intended to provide some insights into the Bhutanese culture.

Two things are important to notice. First, each person is unique and has his/her own individual necessities which need to be considered when planning care. Second, Bhutanese culture in Australia differs a lot from the Bhutanese culture in modern Bhutan, and features from both cultures are evident in Australia today.

The profile provides useful information about a range of topics and resources including books, articles, visual aids, and services.



This symbol is used to indicate a “tip”, which you as the caregiver of a person who was born in Bhutan, may find useful in your day-to-day support of that person.

In an effort to maintain the accuracy of this profile and improve its contents for all stakeholders, we encourage readers to complete the feedback form on the last page to inform us of any inaccuracies or other resources available. It is considered that this feedback will assist us to maintain a user relevant and quality resource.

Yours sincerely

Vivienne McDonald

Director

Background

Bhutan, or Drukyul as it is known in Bhutanese, is a small land-locked country of 38,394 square kilometres nestled in the Eastern Himalayas. It borders Tibet (China) to the north, the Indian territories of Assam, Arunachal Pradesh, and Sikkim, and West Bengal in the East, West, and South. A hereditary monarchy established in 1907, it is governed from Thimphu, Bhutan's capital. The King is the head of state and the Prime Minister is head of the government.



Legislative power is vested in the National Assembly which is further decentralised by forming District Assemblies in 20 Districts (Dzongkhags) and Block-level Assemblies in all 20 Blocks.

Its geography consists mostly of steep and high mountains criss-crossed by a network of fast-flowing rivers which form deep valleys. A significant amount of the landmass is forested. The climate varies from a hot subtropical climate in the south to cold alpine slopes in the north.

A predominately agricultural-based economy (including animal husbandry and forestry), in more recent years the economy is experiencing growth in the mining and hydro-power generation industries, and increasingly tourism.

Human settlement is confined mostly to interior river valleys and the southern plains with many villages accessible only by foot. As the population is increasingly being educated, there is an emergent internal migration from the countryside to towns in search of employment.

For a visual tour of highlights of Bhutan use the following link:

<http://www.youtube.com/watch?v=Wk5So8v2yY8&feature=pyv&ad=10781358717&kw=bhutan>

National symbols

The Bhutan flag is a dragon grasping jewels in its claws which symbolises wealth. The yellow field represents the secular monarchy, while the orange represents the Buddhist religion.



The national emblem, contained in a circle, is composed of a double diamond thunderbolt placed above a lotus, surmounted by a jewel and framed by two dragons. The double diamond thunderbolt represents the harmony between secular and religious power. The lotus symbolises purity; the jewel sovereign power; and the two dragons, male and female, stand for the name of the country (i.e. thunder).



The national flower of Bhutan is the blue poppy.

The national anthem of Bhutan can be listened to online at the following website address:
http://www.bhutan.gov.bt/government/abt_nationalanthem.php

The words of the anthem in Bhutanese & English are:

The National Anthem

ལྷུ་ལ་ལོ་ལོ་བུ་ལྷུ་ལ་ལྷུ་ལ་ལྷུ་ལ་	<i>In the Kingdom of Druk, where cypresses grow,</i>
ལྷུ་ལ་ལོ་ལོ་བུ་ལྷུ་ལ་ལྷུ་ལ་ལྷུ་ལ་	<i>Refuge of the glorious monastic and civil traditions,</i>
ལྷུ་ལ་ལོ་ལོ་བུ་ལྷུ་ལ་ལྷུ་ལ་ལྷུ་ལ་	<i>The King of Druk, precious sovereign,</i>
ལྷུ་ལ་ལོ་ལོ་བུ་ལྷུ་ལ་ལྷུ་ལ་ལྷུ་ལ་	<i>His being is eternal, his reign prosperous,</i>
ལྷུ་ལ་ལོ་ལོ་བུ་ལྷུ་ལ་ལྷུ་ལ་ལྷུ་ལ་	<i>The enlightenment teachings thrive and flourish,</i>
ལྷུ་ལ་ལོ་ལོ་བུ་ལྷུ་ལ་ལྷུ་ལ་ལྷུ་ལ་	<i>May the people shine like the sun of peace and</i>
ལྷུ་ལ་ལོ་ལོ་བུ་ལྷུ་ལ་ལྷུ་ལ་ལྷུ་ལ་	<i>happiness!</i>

History

In the middle of the 15th century Bhutan was created by a Tibetan Lama and military man (Shabdrung Ngawang Namgyal) as a unified and independent nation, governed through a dual system of a political/administrative leader and a spiritual leader. This dual system still continues today.

The unity and independence began to disintegrate from the 16th century due to various border conflicts and wars. In the 1860's a signed treaty between Bhutan and British India resulted in the concession of land to Britain in exchange for an annual payment, and international recognition of Bhutan as a nation.

In 1907 the hereditary monarchy was established with Ugyen Wangchuck chosen as King of Bhutan, with the Wangchucks continuing to rule the Kingdom of Bhutan to this day. The current King, Jigme Khesar Namgyel Wangchuck, has ruled since 2006.

Population

In 2009 Bhutan had a population of 683,407 with a significant proportion aged from birth to 65 years.

Society does not operate on a caste system but is traditionally divided into one of 3 groupings:

- zhung (monarchy and bureaucracy)
- dratshang (religious community)
- misey (people)

Until the 1950's when compulsory education was introduced, learning was monastic and traditional, imparted through oral tradition.

In addition, there are three main ethnic groups each with a distinctive language, culture, and dress.

The Ngalop are people of Tibetan descent who immigrated to Bhutan as early as the 5th century. This grouping is the ruling group who control the monarchy, the government and the economy. They tend to live in the north-western region, speak the Dzonkha language, and wear robe-like dresses. They can be referred to as Drukpas as they follow the Drukpa Kargyupa school of Mahayana Buddhism.

Shar chop largely live in eastern Bhutan and practice the Nyingmapa sect of Mahayana Buddhism and belong to Tibeto-Burman ancestry. They speak Tsangla, Kurteop, Kheng and Brokpa dialects. Historically, they supposedly migrated from north-east India.

The Lhotsampas (meaning Southern Bhutanese) live in six southern foothill districts, speak the Nepali language, practice mostly Hinduism, and migrated from Nepal, Darjeeling and Sikkim in India towards the end of the 19th century. In the 1980's, the Bhutanese government evicted any Lhotshampas who couldn't prove citizenship of Bhutan: this despite the fact that many of them had lived in Bhutan for generations. From the early 1990's, the ensuing violence arising from forced relocation has resulted in more than 100,000 Lhotshampas seeking refuge in eastern Nepal, and being confined to seven refugee camps.

Language

There are two common languages in Bhutan - Dzongkha and Nepali. Other languages and/or dialects spoken in Bhutan are the Indo-Aryan language group - Assamese, Limbu, Santali, Sherpa, Assamese, Gurung, Western Gurung and Eastern Magar.

Dzongkha is an offshoot of the Tibetan language and many sounds do not have a match in the English language. It is also difficult to write the exact pronunciation in English, but most consonants in the Dzongkha language are pronounced in same manner as in English.

Whilst Dzongkha is the national language and compulsory in all Bhutan schools, many regions in Bhutan still retain their native dialects due to their geographic isolation. Nepali is still mainly used by the people of the southern region because most have their roots in Nepal.

As English is a compulsory instruction language used in schools and has greater exposure to the outside world, it is becoming increasingly more widely spoken.

Migration to Australia

From 2008 to 2013, Australia has agreed to resettle 5000 Bhutanese refugees from Nepal under its Humanitarian Program as part of a coordinated international strategy to resolve the long-standing situation in the refugee camps in Nepal.

Whilst the Bhutanese have resettled in all States of Australia, South Australia to date has more Bhutanese. In Queensland, it's known that six families have settled on Bribie Island and over 150 Bhutanese people have settled in Cairns – both sites being active in coming together as a cultural community.

Australian Statistics

The Bhutanese community in Australia is very small in number. The 2001 census identified 63 Australian residents who were born in Bhutan (38 males and 25 females) and by the 2006 census this total had grown to 2,023 people.

This increase is comprised of approximately a third arriving as humanitarian entrants, a third as family reunion entrants, and 40 per cent arriving under the skill stream. The refugees are primarily Bhutanese Lhotshampas – some having lived in a refugee camp for a substantial numbers of years. ⁽¹⁾

Bhutanese Characteristics

Perhaps due to the rugged mountainous terrain and climate extremes, the Bhutanese characteristic is of a hardy, independent people accustomed to hard work. Despite the strong martial spirit the Bhutanese are peaceful and fun loving.

Hospitality and a good sense of humour are also traditional characteristics along with a valuing of the cohesiveness of family and society.

Bhutan is most widely known as the country where one of its measures of economic health is the happiness quotient.

Customs in Everyday Life

Dress

8

Bhutanese Cultural Profile

To preserve ancient customs from being unduly influenced by the West, the Bhutanese government makes it compulsory for all Bhutanese to wear only their national dress in public.

The national dress of men in Bhutan is the "gho" - a long knee-length robe that is tied around the waist by a belt. It is worn over a simple inner shirt known as a *toego*.

The right half of the *go* is tucked inside the left, and then both ends are raised to around knee level from where they are folded back to form symmetrical pleats. The garment is fastened by tying the *kera* around the waist. Folding back the sleeves of the *toego* over the sleeves of the *go* forms the cuffs.

Three aspects of wearing a *go* traditionally reflect the wearer's station in society: the height of the *go*, the length of the cuffs, and the extent of exposure of the *toego* at the collar. Nobility, senior government officials, and members of the religious order generally wear their *go* below the knees. Everyone else wears a *go* that comes above the knee.



Traditional dress for women consists of the *kira*, *kera*, *koma*, *wonju*, *toego*, and petticoat. The *kira* is a large piece of woven cloth that is wrapped around the body in a series of folds. It is worn over a blouse, or *wonju*, and a cotton petticoat. Body-length petticoats are known as *gutsum*, and petticoats from the waist down to the ankle are called *meyo*.

Bhutan | Rinpung Dzong - by Simon Pascoe on Flickr

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Wrapping the *kira* is a complex process:

With the *kira* behind the woman, bring one corner from behind her left shoulder. Wrapping the other end from her right side, she hooks it with the corner by using a *koma*, a two-part brooch with a connecting chain. She then turns the *kira* around until the edges reach her right side, loops it back to her left, and draws it behind to her right shoulder. The two ends are again hooked together with the other end of the *koma*. The resulting pleats are adjusted until they are even, and the dress is fastened at the waist with a belt known as a *kera*. A jacket or *toego* is worn over this. Cuffs are formed by folding the *wonju*'s sleeves back over the sleeves of the *toego*. Tying the *kera* creates a pouch in the fabric above it which is used as a pocket to keep anything from money to snacks in. Ordinary women and villagers were expected to wear their *kira* ankle length and the nobility and wives of senior officials wore it to the ground, a practice that continues in rural areas

Accessories

Most Bhutanese men carry a dagger known as a *dozom* in their *go*. It serves many purposes ranging from peeling betel nuts, to cooking, to self-defence. Other accessories are used for formal occasions.

A *kabne* is a long scarf worn when visiting government offices and temples and when meeting senior officials. It is the traditional mark of rank with the colour determining rank. Ordinary people wear a white *kabne*, and senior officials wear red which can be awarded only by the King. Ministers wear an orange *kabne*, and those of the king and the head of the religious body, the Je Khempo, are saffron. People in the military when wearing the national costume, wear a shoulder sash for the same purpose.

Women wear a *rachu*, a woven sash worn on the shoulder, though there is no distinction of colors to mark rank. On formal occasions the attire for men requires the traditional boot known as *dalham*, a knee-high boot made of cloth and embroidered with decorations.

The textiles with which the *go* and *kira* are made are an important aspect of their national costumes.

Other Ethnic Costumes

In addition to the national dress, other ethnic costumes are worn in Bhutan. The Doya men of south-western Bhutan wear a dress known as the *pakhi*, a simple wrapped, sleeveless, knee-length garment belted at the waist. Women wear a similar garment that is closer to ankle length.

Among the pastoral communities of the north-eastern parts of Merak and Sakteng, the men wear thick jackets of yak wool with rawhide jackets over them. The lower garments are leather trousers belted at the waist over which thick woollen shorts known as *kangos* are worn. The women are dressed similarly except that instead of shorts they wear a sleeveless tunic or *shinkha* which extends to the knees, and is belted at the waist. The pastoralists of Laya wear tunics and garments made of woven yak wool as well which distinguish them considerably from the rest of the country.

Among the Nepali-speaking minorities in the south of Bhutan the dress is the same as is worn in Nepal. Similarly, ethnic Tibetans settled in Bhutan wear traditional Tibetan dresses.⁽⁵⁾

Greetings

The Bhutanese are a conservative people and public displays of affection or emotions, like kissing between two sexes is to be avoided. Likewise, avoid pointing at people or religious icons with your finger as this is considered very rude.

In Bhutanese culture the traditional greeting is a Bhutanese-unique version of a handshake – chaglen. A Bhutanese host greets a guest by bowing slightly, extending his or her hands towards the ground with palms facing the visitor, and moving the hand in a gesture inviting the guest into the house. The host may also say, "Yala! Yala! Kuzu zangpola?" ("Hello! Hello! How do you do?").

The guest, after responding in an appropriate manner, is then seated in the drawing room. She or he is served tea, beer, or other refreshments. Men and women mix and chat freely, without restrictions.

The Chaglen is most commonly used with men, however, women if they wish are allowed to offer their hands first; if they don't, men should not present their hands, instead either nod or a little smile is enough to substitute for this gesture of greeting a Bhutanese woman. Bhutanese women do not typically shake hands among themselves and do not even offer their hands when introduced to men.

According to Bhutanese manners, when offered food, you say *meshu meshu*, and cover your mouth with your hands in refusal, but then give in, and accept the offer on the second or third time.

Names

Except for royal lineage, Bhutanese names do not include a family name. Instead two traditional auspicious names are chosen at birth by the local lama or by the parents or grandparents of the child. First names generally give no indication if the person is male or female; in some cases the second name may be helpful in that regard.

As there is a limited constellation of acceptable names to choose from, inevitably many people share the same combination of first and second names. To resolve the ambiguity an informal nicknaming system comes into play which recognizes where a person is from. For example a certain "Chong Kinley" is from Chozom village in the Paro valley, she is called "Paro Kinley" when she is travelling outside the valley. In Paro valley itself she is identified by the name of her village, thus "Chong Kinley Chozom". Surprisingly, multiple children in a small hamlet of a few houses may have exactly the same name, depending on the inspiration of the local lama. In this case, she is identified by the name of the house she was born in, thus "Chemsarpo" Kinley.

Respect and Equality

The royal family, as with monks, are revered and deeply respected. Avoid making any disparaging remarks or gestures to either class of person.

Domestic Situation

Men and women work together in the fields, and either may own small shops or businesses. Men take a full part in household management, often cook, and are traditionally the makers and repairers of clothing (but do not weave the fabric).

In the towns, a more "western" pattern of family structure is beginning to emerge, with the husband as breadwinner and the wife as home-maker. Both genders may be monks, although in practice the number of female monks is relatively small.

Personal Hygiene

Spitting in public is very common as is clearing of throats frequently; this being more a male behaviour than female.

Family Structure

Bhutan has never had a rigid class system. Bhutanese women enjoy equal rights with men, including the right to vote and take an active part in the affairs of the country. While the family structure is basically patriarchal, Bhutanese women have traditionally had more rights than men in surrounding cultures, the most prominent being the presumptive right of land ownership. The property of each extended Bhutanese family is controlled by an "anchor mother" who is assisted by the other women of the family in running affairs. As she becomes unable to manage the property, the position of anchor mother passes on to a sister, daughter or niece.

Birth and marriage in Bhutan are social or family events. Most people in Bhutan marry within their own ethnic group. The legal age for marriage as set by the government is sixteen years for women and twenty-one years for men. In the past, marriages were arranged by the parents but now more and more young couples select their own marriage partners.

Bhutanese marriages are relatively simple. A lama (Buddhist religious leader) officiates at the ceremony. The marriage ceremony consists of an exchange of white scarves and the sharing of a cup. Offerings of *chang* (beer) are made to ghosts and spirits. Betel leaves, areca nuts, and fruits are distributed to wedding guests and observers. More food and entertainment follow the ceremony. Marriages can be officially registered when the couple have lived together for more than six months.

Religion

The Bhutanese are essentially monogamous (i.e. have only one husband or wife). A bride does not necessarily move into her husband's household. The new husband may live with his wife's family, if her family need labourers to help with their work. Alternatively, the new couple may set up their own household on their own plot of land. Divorce is permitted, but the spouse who wants the divorce must compensate the other with money or goods.



Churches

In Queensland there are a range of Buddhist sect temples that tend to align to particular forms of Buddhism. For thoroughness of listing all Buddhist sect temples are listed, commencing with the sect most commonly followed by the Bhutanese - Mahayana.

Mahayana

Amitabha Buddhist Association of Queensland

11 Toona Place, Calamvale QLD 4116
Phone: (07) 3273 1693
Email: purelandcollege@iinet.net.au
Web:
Abbot: Ven. Chin Kung

At Ease Sangha

C/-42 Springfield Street, Macgregor QLD 4109
Phone: (07) 3349 9135
Teacher: Ven. Thich Nhat Hanh
Contact: Than Le

Buddhist Compassion Relief Tzu Chi Foundation (Brisbane)

Shop 2, 17 Barrett Street, Robertson QLD 4109
Phone: (07) 3272 7938

Buddhist Compassion Relief Tzu Chi Foundation (Gold Coast)

9 Cayman Drive, Clear Island Waters QLD 4226
Phone: (07) 5578 5541

Dae Kwang Sa Zen Society - Queensland Zen Centre (Kwan-Um School of Zen)

53 Koala Road, Moorooka QLD 4105
Phone: (07) 3848 7404
Email: qzc@eis.net.au
Teacher: Ven. Kwang Myong Sunim

Churches

Mahayana (continued)

Everyday Zen Group

PO Box 1626, Milton QLD 4064

Phone: (07) 3870 1274

Email: ezg@powerup.com.au

Web:

Gold Coast Dharma Realm

106 Bonogin Road, Mudgeeraba QLD 4213

Phone: (07) 5528 8788 or (07) 5522 7822

Email: roseland@onthenet.com.au

Web: www.dharmabliss.org

Hwazan Buddhist Association Inc. (Camelia Valley Resort)

131-139 Clagiraba Road, Clagiraba QLD 4211

Phone: (07) 5514 6469

Email: hwazan@gmail.com

Web: www.hwazan.org

International Buddhist Association of Queensland (Chung Tian Buddhist Temple)

1034 Underwood Road, Priestdale QLD 4127

Phone: (07) 3841 3511

Abbot: Ven. Master Hsing Yun

Kwong Im Monastery

32 Higgs Street, Breakfast Creek QLD 4010

Phone: (07) 3262 5588

Abbot: Ven. Sik Ming Jan

Kum Kang Temple

112 Fernhill Drive, Willow Vale QLD 4209

Phone: (07) 5546 6337

Email: purelandcollege@iinet.net.au

Abbot: Ven. Chang - Bong Sunim

Linh Son Nunnery

89 Rowe Terrace, Darra QLD 4076

Phone: (07) 3353 4268

Contact: Ven. Thich Nu Tri Luu

Mountain Moon Zen Society

4 Geelong Street, East Brisbane QLD 4169

Phone: (07) 3824 6260

Email: jan@thehub.com.au

Web:

Teacher: Sei'un An Roselyn Stone

Churches

Mahayana (continued)

Pure Land Learning Centre (Training College for Sangha)

55-59 West Street, Toowoomba QLD 4350

Phone: (07) 4637 8765 or (07) 4637 8726

Email: purelandcollege@iinet.net.au

Web: www.amtb-aus.org/Activities-eng.htm

Teacher: Ven. Master Chin Kung

Quan Am Temple

8 Higgs Street, Breakfast Creek QLD 4010

Phone: (07) 3262 5588

Abbot: Ven. Tchich Minh Nhan

Soto Zen Buddhist Society

33 Cairns Road, Camira QLD 4300

Phone: (07) 3808 8377

Contact: Ven. John Miqueax

Thanh Thoi Sangha

23 Ravenala Street, Sunnybank QLD 4109

Phone: (07) 3349 9135

Teacher: Ven. Tchich Nhat Hanh

Tung Sham Monastery Inc.

620 Priestdale Road, Rochedale QLD 4123

Phone: (07) 3219 8896

President: Michael Wong

United Vietnamese Buddhist Congregations of Queensland (Phap Quang Temple)

12 Freeman Road, Durack QLD 4077

Phone: (07) 3372 1113

Abbot: Ven. Tchich Nhat Tan

Vietnamese Buddhist Association of Queensland (Phat Da Temple)

36 Deodar Street, Inala QLD 4077

Phone: (07) 3372 9612

Abbot: Ven. Tchich Nu Tri Luu

Churches

Theravada

Australian Khmer Buddhist Association Ltd

130 Backwater Road, Greenbank QLD 4124
PO Box 5345, West End QLD 4101
Phone: (07) 3297 5777
Contact: Mr Sila Keo

Brisbane Buddhist Vihara

76 Lovat Street, Ellengrove QLD 4078
Phone: (07) 3879 1570
Contact: Ven. Khemananda

Buddhist Monastery of Brisbane Assoc. Wat Thai Buddhism

1 Paradise Road, Forestdale QLD 4118
Phone: (07) 3806 8900
Contact: Mr Sarath Chandra (07) 3870 9515

Buddhist Society of Queensland

46 Pangeza Street, Stafford Heights QLD 4053
PO Box 536, Toowong QLD 4066
Phone: (07) 3359 4160
Email: zzvgunas@uq.net.au
Web:

Buddhist Theravada Centre

11 Wighton Street, Sandgate QLD 4017
Phone: (07) 3269 3399
Contact: Lyn Cameron

Dharma Cloud

106 Sapphire Street, Holland Park QLD 4121
Phone: (07) 3343 8243
Email: vheyde@bit.net.au
Web:
Contact: Victor Heyde

Dhammadinna House Buddhist Study and Research Centre

Adelaide Street, Brisbane QLD 4000
PO Box 1016, Brisbane QLD 4000
Phone: (07) 3288 4206 or (07) 3248 5050
Contact: Andrew McLennan

Churches

Theravada (continued)

Dhammakaya Foundation of Queensland Ltd

29 Avocado Crescent, Bilbil, QLD 4560
Phone: (07) 5448 4479
Contact: Mr Chansa

Far North Buddhist Association Ltd

C/-33-34 Tognolini Close, Redlynch, QLD 4870
Phone: (07) 4039 1155
Contact: Pim Kipper

Khmer Buddhist Society of Queensland

45 Third Avenue, Marsden QLD 4132
Phone: (07) 3803 0845
Contact: Ven. Vann Choun

Lao Buddhist Association of Queensland Inc. Wat Lao

34-36 Harris Street, Bellbird Park QLD 4300
Phone: (07) 3814 3830
Abbot: Ven. Acharn Kongmy Khoungvichit

Paddington Meditation Centre

46 Latrobe Terrace, Paddington QLD 4064
Phone: (07) 3876 6366
Email: padmecentre@ozemail.com.au
Contact: Ian and Andrea Johnson

Queensland Sri Lankan Buddhist Vihara Association

37 Pannard Street, Darra QLD 4076
Phone: (07) 3375 3136

Sri Lankan Buddhist Monastery Association (Brisbane)

114 Consodine Road, Ellen Grove QLD 4077
Phone: (07) 3844 8583
Abbot: Ven. N. Chandima
Contact: Mr Sarath-Chandra

Wat Khemarangsee

14 Bolwarra Close, Redlynch QLD 4870
PO Box 5345, West End QLD 4101
Phone: (07) 4039 0736
Abbot: Ven. Roi

Churches

Unaligned

Bodhi Citta Buddhist Centre

15 Chatam Terrace, Smithfield Heights QLD 4878
Phone: (07) 4038 2482
Email: bodhicit@iig.com.au
Teacher: Lawrence Mills (formerly Phra Khantipalo)

Buddhist Council of Queensland

Umbrella Organisation for Buddhist temples and organisations in Queensland

PO Box 4510, Loganholme DC QLD 4129
Phone: 0422 819 379
Fax: (07) 3388 0143
Email: buddhist_council@hotmail.com

Friends of the Western Buddhist Order - Toowoomba Buddhist Centre

23 Bridge Street, Toowoomba QLD 4066
Phone: (07) 4635 8498
Email: toowoomba@fwbo.org.au
Web: www.toowoombabuddhistcentre.org/

Vajrayana

Chenrezig Institute for Wisdom Culture (FPMT)

PO Box 41, Eudlo QLD 4554
Phone: (07) 5445 0077
Email: chenrezig@ozemail.com.au
Web: www.chenrezig.com.au
Abbot: Ven. Geshe Tashi Tsering

Chenrezig Nuns' Community (FPMT)

PO Box 41, Eudlo QLD 4554
Phone: (07) 5445 0077
Abbot: Ven. Lama Thubten Yeshe
Teacher: Geshe Tashi Tsering

Chogye Padma Choe Dzong

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Churches

Vajrayana (continued)

Dzogchen Community

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Teacher: Namkai Norbu Rinpoche

Institute of Buddhist Learning and Practice

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Langri Tangpa Centre (FPMT)

51 Enoggera Road, Newmarket QLD 4051
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Email: langritangpa@compuserve.com
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Padma Buddhist Centre

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Web: www.padma.org.au
Teacher: Lama Choedak Yuthong

Rigsum Gonpo Tibetan Buddhist Centre (FPMT)

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Churches

Vajrayana (continued)

Tibetan Buddhist Centre for the Liberation from Samsara (FPMT)

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Director: Jim Sweeney

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Director: His Holiness Chogye Trichen Rinpoche

Contact: Alison Caveye



Pensions

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Older Bhutanese people are not eligible for any pensions from the Bhutanese Government. Australia and Bhutan have not signed any formal agreements relating to this issue.

Bhutanese people aged 65 years and over who are not receiving an aged pension should contact Centrelink to discuss eligibility and their circumstances.

Contact options for Centrelink can be found via its website:

http://www.centrelink.gov.au/internet/internet.nsf/contact_us/index.htm



The Bhutanese have limited access to modern forms of entertainment. For radio, FM broadcasts are aired in Thimphu, and short-wave broadcasts can be received in the rest of the country. The government publishes a weekly newspaper, *Kuensel* (refer to newspapers to access this online). Religious festivals and folk traditions such as singing and dancing are the primary forms of entertainment and recreation.

Sports

The national sport of Bhutan is archery. It differs from Olympic standards in the placement of the targets and atmosphere. There are two targets placed over 100 metres apart and teams shoot from one end of the field to the other. Each member of the team shoots two arrows per round.

In Bhutan a game of archery has always been a serious business. Tradition has it that if two villages or districts were to compete in a game of archery, elaborate preparations precede the actual duel. Astrologers consult the stars and their books of wisdom to divine the most auspicious day to play the game, including even the most favourable sequence of shooting for their players.

Other traditional sports include digor - a kind of shot-put, horseshoe throwing, and wrestling. Today, most international sports such as soccer, basketball, volleyball, tennis, and table tennis are increasingly popular. Darts (*kuru*) is an equally popular outdoor team sport in which heavy wooden darts pointed with a 10 cm nail are thrown at a paperback-sized target 10 to 20 metres away.

Arts and Crafts

There are thirteen traditional crafts of the Bhutanese people: woodwork, stone carving, wood carving, painting, clay sculpting, casting, wood turning, blacksmithing, gold-smithing, bamboo and rattan, paper making, embroidery, patchwork, appliqué, and weaving.

Bhutanese women are skilled at weaving and make their own clothing, bedding, tablecloths, floor coverings, and items for religious use. Embroidery is a favourite art. Much effort goes into making costumes and masks for the ritual dances performed at festivals.

Arts and crafts are mostly religious and spiritual in character. Each region is renowned for a particular skill or product that reflects its culture, its local resources, and its generations-old traditions. Each piece of art or craftwork is handmade, and most are anonymous. It is felt that the practice of art is a spiritual exercise for the artist and no outer recognition is necessary.

Socialising

It is Bhutanese for you to refuse an offer of food, a gift, or an invitation the first time it is offered, but you must accept it the second time it is offered.

Social Clubs

At the time of writing, there are no known social clubs established solely for Bhutanese people. Given the majority of Bhutanese people resident in Queensland are young to middle-aged family units, it's probable they are socialising with other Bhutanese people via on-line media rather than face-to-face.

Radio and Television

Bhutan's National Public Service Broadcaster's radio or TV can be listened to live via the internet by going to the following website and clicking on live streaming options.

TV is found in the top left hand corner and TV live streaming is found on the top right hand side of the screen. This website also has written news items (in English).

<http://www.bbs.com.bt/bbs/#>

By choosing the radio tab on the main menu it is possible to access the planned program for the current week – in 4 languages - Sharchop , Ngaloop , Lhotsampas and English. The English version page is found at the following URL address:

http://www.bbs.com.bt/bbs/?page_id=96

If you choose the Audio Gallery tab on the main menu there are a number of recorded podcasts which can also be played – they range from prayers to music.

On SBS radio in Brisbane there is no Bhutanese language programs scheduled (as at Jan 2012). However to check for, or make alternate choices of language and/or locations in Queensland, go to the following URL address and enter your preferences in the language and location boxes and you will get the current radio program schedule for that language and its location:

<http://www.sbs.com.au/schedule/radio/preferences/change>

Newspapers

Kuensel

The Bhutan's daily online newspaper - in English - is available online. This online newspaper in turn has a range of articles, videos etc, that can be accessed from this site:

<http://www.kuenselonline.com/2011>

Bhutan News

Available online, this newspaper is in English. This online newspaper in turn has a range of articles, videos etc, that can be accessed from this site:

<http://www.bhutanobserver.com>

IPA Journal – Adhibari School of Thought

This English opinion paper is available online. This newspaper has a range of articles, videos and recorded weekly Bhutanese radio programs broadcast from Adelaide, Australia, that can be accessed from this site:

<http://www.ipajournal.com>

Songs

A selection of songs and dances can be downloaded from the right hand column's list on the following website page by accessing YouTube videos:

<http://www.youtube.com/watch?v=ShR1AasRXog&feature=related>

Some of the songs listed on this site include:

Bhutan-Druk

Watch the body movements and listen to this song popular with women via:

http://www.youtube.com/watch?v=e_Wld-G4TQc

Euden from Yue ghi bhu

A more modern song accompanied with pictures from Bhutan

<http://www.youtube.com/watch?v=UsNpvODFD4o>

Samyae Ki Sala

Over one thousand year old song celebrating the establishment of the Samyae Monastery by Rimpoche

<http://www.youtube.com/watch?v=BJkq8Og1VJw>

Rang Sem Kar Ga Mikar

<http://www.youtube.com/watch?v=gI0inKHof18>

Kepai Druk Yul Tshenden

<http://www.youtube.com/watch?v=ShR1AasRXog&feature=related>

The Bhutanese celebrate festivals with great fanfare often over many days - dancing, singing and eating - following various customs associated with each festival.

Losar

This is the Tibetan New Year and is one of the most important festivals in Bhutan. It is celebrated for 15 days between February and March – near, or often on the same day as Chinese New Year. Friends and relatives exchange greeting cards.

Losar is celebrated for 15 days with the main celebrations on the first three days. On the first day of Losar, a beverage called *changkol* is made from *chhaang* (a Tibetan cousin of beer). The second day of Losar is known as King's Losar (*gyalpo losar*). Losar is traditionally preceded by the five day practice of Vajrakilaya.

Punakha Dromche

Dromche (festival celebrates two important events: Worship of the guardian deities and presentation of the deities to the public through masked dances performed by the monks, and an enactment of ancient military scenes by Pazaps). Totally different than other Festivals in the Kingdom, the Domchey depicts events of the 17th century -- specifically, how the Shabdrung Ngawang Namgyel came to Bhutan from Tibet. Punakha Dromche takes place in the first month of the lunar year and ends with 'Serda', a procession which re-enacts an episode of the war against the Tibetans in the 17th century.

Jambay Lhakhang Drup

This festival is held over 4 days for the dual reasons of commemorating the establishment of the Jambay Lhakhang temple in the 7th century, and to honour Guru Rimpoche (a saint) who introduced the Tantric form of Buddhism to Bhutan. A variety of traditional and masked dances are performed with each dance having significant meaning/importance.

This festival is one of the most important in Bhutan. It opens the night of the first day with "Jinsi" the burning of the sacred fire, followed later that night with a 'Mewang" (a fire ceremony), and the "Tercham" (a religious dance). The fire dance is also to bless infertile women so they may bear children.

Paro Festival

There is a sequence of dances at Paro Tshechu conducted over two days. Most dances are the same as others but the sequence varies. Day 1 is Shinje Yab Yum – a dance of the lord of death and his consort/wife. The costume is a buffalo mask and long brocade dress. Day 2 begins with a "chipdrel" traditional reception. The Astara (a clown) welcomes the audience with the marchang ceremony. These dances are performed by trained monks wearing ornate costumes and impressive masks.



At the Paro Festival, a large and beautifully appliquéd 'Thanka' scroll known as a *Tongdrol* is exhibited for a few hours at daybreak on the final day of the festival, enabling people to obtain its blessing because this holy scroll bestows liberation just by looking at it.

Wangdi and Thimphu Festival

This is a religious festival where masked dances are performed to instruct the onlookers in the ways of Dharma. It is also an occasion for Bhutanese people to dress in their finest ethnic costumes.

The Wangdi and Thimphu Festival is the festival of dances. Some of these dances are:

- shacham or the dance of the four stags
- pelage gingsum or the dance of the three kinds of ging
- pacham or the dance of the heroes
- shawo shachi or dance of the stags and the hounds
- dranyeo cham or dance with guitar
- shana or black dance
- shaa nga cham or dance of the 21 black hats with drum
- pholeg moleg or dance of the noblemen and the ladies

Tshechu

In Bhutan, in addition to the above standard Buddhist festivals, each region has its own distinct yearly festival celebrated with great fanfare in each district lasting between 3-5 days, the most renown of these being Tshechu (i.e. 10th day).

Tshechu is a festival honouring Guru Padsambhava - 'one who was born from lotus flower'. This Indian saint contributed enormously to the diffusion of Tantric Buddhism in the Himalayan regions of Tibet, Nepal, and Bhutan around 800 A.D. He is the founder of the Nyingmapa, the 'old school' of Lamaism which still has numerous followers.



This festival provides locals with an occasion to dress up, gather together, enjoy a convivial light-hearted atmosphere, renew their faith and receive blessings by watching the sacred dances, or receiving 'empowerment' from a lama or Buddhist monk.

Celebration Days

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Festival dates depend upon the lunar calendar which means the date varies every year. The following festival guide is helpful in planning a celebration or go to the following URL each new calendar year to obtain specific dates - http://www.triptobhutan.com/festival_dates.htm

Festival	Date
Punakha Dromche	Late February /Early March
Gom Kora Tshechu	Early April
Chhuka Tshechu	Early April
Paro Tshechu	Late March / Early April
Kurjey Tshechu	Early / Late June
Thimphu Tshechu	Late Sept / Early October
Wangdu Tsechu	Late Sept / Early October
Tamshing Phal Choepa	Late Sept / Early October
Tangbi Mani	Early October
Jambey Lhakhang Drup	Early Late November
Prakar Tshechu	Early to mid Late November
Mongar Tshechu	Late November
Trashigang Tshechu	Late November
Trongsa Tshechu	Late December
Lhuntse Tshechu	Late December

Annual Festivities

Calendar for 2012

Festival	Town	First Day	Last Day
Takin Festival	Damji and Gasa	Jan 7, 2012	Jan 9, 2012
Nomad Festival	To be confirmed	Feb 23, 2012	Feb 25, 2012
Punakha Dromche »	Punakha	Feb 27, 2012	Mar 2, 2012
Punakha Tshechu	Punakha	Mar 3, 2012	Mar 5, 2012
Chorten Kora	Trashiyangtse	Mar 8, 2012	Mar 22, 2012
Gomkora »	Trashigang	Mar 31, 2012	Apr 2, 2012
Paro Tshechu »	Paro	Apr 2, 2012	Apr 6, 2012
Chukha Yakchoe	Chhukha	Mar 17, 2012	Mar 19, 2012
Ura Yakchoe	Bumthang	May 2, 2012	May 6, 2012
Nimalung Tshechu Travel Plan	Bumthang	Jun 27, 2012	Jun 29, 2012
Haa Valley Summer Festival	Haa Valley	Jul 7, 2012	Jul 8, 2012
Kurjey Tshechu	Bumthang	Jun 29, 2012	
Thimphu Drupchen	Thimphu	Sep 20, 2012	Sep 24, 2012
Wangdi Tshechu	Wangdue	Sep 23, 2012	Sep 25, 2012
Tamshingphala Choepa	Bumthang	Sep 24, 2012	Sep 26, 2012
Thimphu Tshechu	Thimphu	Sep 25, 2012	Sep 27, 2012
Tangbi Mani	Bumthang	Sep 29, 2012	Oct 1, 2012
Shingkhar Rabney	Ura, Bumthang	Nov 1, 2012	Nov 5, 2012
Jakar Tshechu	Bumthang	Nov 3, 2012	Nov 6, 2012
Jambay Lhakhang Drup	Bumthang	Oct 29, 2012	Nov 2, 2012
Black-Necked Crane Festival	Gangtey	Nov 11, 2012	Nov 11, 2012
Prakhar Tshechu Travel Plan	Bumthang	Oct 30, 2012	Nov 1, 2012
Mongar Tshechu	Mongar	Nov 20, 2012	Nov 23, 2012
Trashigang Tshechu	Trashigang	Nov 21, 2012	Nov 24, 2012
Nalakhang Tshechu	Bumthang	Nv 28, 2012	Nov 30, 2012
Trongsa Tshechu	Trongsa	Dec 21, 2012	Dec 23, 2012
Lhuntse Tshechu	Lhuntse	Dec 21, 2012	Dec 23, 2012

Diet

Bhutanese food is simple yet delicious with many Bhutanese being vegetarians.



The staple diet is red rice, buckwheat, wheat, maize, pork, beef, chicken, yak meat, and cheese and chillies which are used as vegetables and not as spice. The diet in the hills includes chicken, yak meat, beef, pork, pork fat and mutton.

A dish called "ema datse" which is chillies and cheese, is one of the favourite dishes in Bhutan. The Bhutanese are also fond of eating Tibetan specialities such as momo and noodles. Spices include: curry, cardamom, ginger, chillies, garlic, turmeric, and caraway.

Vegetables eaten in Bhutan are potatoes, fern, spinach, cabbage, cauliflower, mushrooms and onions which are often cooked with small bit of fresh cheese. Buckwheat is the main staple diet in central Bhutan as it is situated at an altitude too high to grow rice. The Bumthang region of central Bhutan is known for its buckwheat pancakes and noodles.

Bhutanese are fond of eating cheese although milk is scarce and of poor quality. Milk cheese is particularly loved with Yak cheese also a preference. Meat and fish are usually imported from India.

Fruits and watermelon are eaten as dessert. Apples are also a staple fruit given over 400 varieties are grown in Bhutan.

Beverages popular in Bhutan are butter tea (suja or souza), black tea, locally brewed *ara* (rice wine), and beer.

At high altitudes, barley and buckwheat (cereal grains) are grown. The cereals are ground, then roasted or fried, and stored for future use. Fried corn powder is popular among the Bhutanese.

Cooking Methods

The Bhutanese cook meats and vegetables with water and oil. Chillies are used in preparing almost all Bhutanese dishes, along with salt. Other than the chillies, there are few ingredients. Bhutanese don't use spices in cooking their food. Sometimes red rice is flavoured with saffron.



Other Preferences

Doma chewing (i.e. betel nut) is also an integral part of Bhutanese culture: it is chewed everywhere, by all sections of society on all occasions. It takes the form of a traditional offering during the auspicious Zhugdrel Phuensum Tshogpa ceremony and as a casual offering or gift among strangers and friends. Often doma is also the first thing offered to a guest, and doma chewing defies time, space, age and gender.

Meals

A typical Bhutanese meal might consist of *thugpa*, a meat soup prepared with herbs, rice (of the round, red variety), and a meat curry or omelette. Tea, made with salt and butter, is a Bhutanese staple.

Sweet rice (white rice cooked in milk and sugar) is served on special occasions. *Chang* (beer) is made from grain and is served to guests and offered to the gods.

Soups and stews of meat, rice, ferns, lentils, and dried vegetables spiced with chillies and cheese are a favourite meal during the cold seasons.



Recipes

Ema Datshi (serves 3)

Ingredients

- 250g of chillies (green and of medium hotness)
- 1 onion chopped longitudinally
- 2 tomatoes
- 250g Danish Fetta cheese
- 5 cloves garlic, finely crushed
- 3 leaves of coriander
- 2 teaspoons vegetable oil

Method

Cut chillies longitudinally (1 chilli = 4 pieces). Put chillies and chopped onions into a pot of water (approx. 400 ml). Add 2 teaspoons vegetable oil. Boil at medium heat for about 10 minutes. Add tomato and garlic, continue boiling for another 2 minutes. Add cheese and let it remain for 2-3 minutes. Finally, turn off the heat and stir in coriander. Let rest with lid on for about 2 mins. You are now ready to enjoy Ema Datshi. As always, serve with a generous portion of red rice or polished white rice, along with some other dish. This dish is VERY HOT.



Recipes

Kewa Datshi (Potatoes 'n' Cheese)

Ingredients

- 4 Potatoes (red ones are nice - but any will do)
- 1/3 cup of cheese (Swiss, Farmers or any other kind of white cheese)
- 1/4 cup of chopped red onions
- 1 tablespoon oil or butter
- 1 teaspoon salt
- 1/2 teaspoon chilli powder (vary amount according to taste)

Method

Cut potatoes into small pieces. Put them with some oil and salt into a saucepan or pot. Add 1.1/2 cups of water. Cut the cheese into small pieces and when potatoes are almost cooked, add the cheese. You can add some chopped onions and tomatoes to taste. Don't forget the chilli powder. You don't want too much water in this dish but don't let it dry up completely either. Continue adding a little water every time it gets low.

Cucumbers with Onion and Cheese (4 servings)

The Bhutanese serve soothing side dishes like this one to temper pepper laden entrees.

Ingredients

- 1/2 seedless cucumber (about 170g), cut into 2.5cm pieces
- 1 medium red onion, peeled and quartered
- 1/2 cup crumbled farmer cheese (about 85g)
- 1 medium fresh green chilli pepper, seeded and diced
- Salt and freshly ground black pepper to taste

Method

Chop the cucumber coarsely in food processor, 4 to 5 pulses. Add the onion and chop finely, about 5 pulses. Combine in a bowl with the remaining ingredients.

Recipes (continued)

Hapai Hantue (Buckwheat Dumplings With Bok Choy And Poppy Seed Filling)

The spicy filling provides a sharp contrast to the subtle flavour of the pasta.

Ingredients (filling)

- 1 large head bok choy, stem removed and quartered
- 3 tablespoons poppy seeds
- 1/4 teaspoon Chinese Szechuan peppercorns
- 2 medium garlic cloves, peeled
- Fresh ginger, peeled and cut into 2cm cubes
- 1 small red onion, peeled and quartered
- 1/2 cup crumbled farmer cheese [about 3 ounces, 85g]
- 1 teaspoon chilli powder
- 1/4 teaspoon salt
- 1 stick unsalted butter (about 110g)

Ingredients (dough)

- 2 cups all-purpose flour [10 ounces, 280g]
- 1 cup buckwheat flour [5 ounces, 140g]
- 1 cup water [240ml]
- All-purpose flour, for dusting

Method

To make the filling, cook the bok choy in a saucepan of boiling water for 5 minutes. Drain and squeeze dry. Pulverize the poppy seeds and peppercorns with a spice or coffee grinder. Drop the garlic and ginger through the feed tube of a food processor with the metal blade in place and the motor running and chop finely, about 5 seconds. Add the onion and chop finely, about 10 seconds. Add the bok choy, poppy seed mixture, cheese, chilli powder, and salt, and process until combined, about 10 seconds. Brown the butter in a skillet over medium-high heat, stirring, about 4 minutes. Cool and strain through a sieve lined with cheesecloth. Add to the filling and process until combined, about 15 seconds.

To make the dough, combine the flours in the work bowl of a food processor fitted with the metal blade. With the motor running pour the water through the feed tube and process until the dough forms a ball. Dust the ball with flour. Cut the dough into 8 pieces, dust with flour, and wrap 7 pieces in plastic wrap to prevent drying out. Roll out the remaining piece with a pasta machine according to the manufacturer's instructions, down to the second lowest setting, dusting with flour occasionally to prevent sticking. Place the dough sheet between sheets of plastic wrap. Roll out the remaining dough in the same manner. Cut the sheets, one at a time, into 4 by 2 inch [10 by 5cm] rectangles. Place 1 teaspoon of the filling in the centre of each rectangle. Brush the edges lightly with water and fold the rectangles over to make squares, pressing the edges to seal them well. Cook the dumplings in batches in a saucepan of simmering water until tender, 7 to 8 minutes. Transfer to paper towels to drain.

Recipes (continued)

Kamrupi Biryani and Vegetable Fry

Ingredients

- 3 cups long grain rice, non-stick
- green peas (100g-200g)
- 1/2 teaspoon turmeric
- 6-8 green cardamom
- 20 whole cashews
- 4 black cardamom
- 2 whole garlic cloves
- ginger, cut into pieces (approx 10-15)
- 4 chicken breasts (skin on)
- 1 bunch green coriander
- 1 large onion
- 5 small eggplant
- 1 small head broccoli
- 4 potatoes, parboiled
- 1 large onion, sliced lengthways
- oil for cooking

Method

Rice: Cook 3/4 of the rice with a little oil, 4 green and 2 black cardamom, whole cashews. Set aside. Cook remaining 1/4 rice with a little oil, cloves and turmeric. Mix both types of rice together, divide into two portions and set aside.

Spices: Cut the coriander bunch in half lengthways. Take one half and cut into inch size pieces. Cut the remaining half into 3 pieces. Using a mortar and pestle, grind the ginger, remove, then grind the garlic, remove. Smash the remaining green and black cardamom, set aside. Keep all ingredients separate.

Onion: Cut onion into lengths.

Peas: Fry 100-200g peas in a little oil.

Vegetables: Cut broccoli and eggplant into bite size pieces. Peel and cut a medium size potato into bite size pieces, then boil. Heat a little oil in frying pan. Add onion, 4 cloves, 1/2 coriander, 1/4 ginger, 1/2 garlic, 1/2 smashed cardamom and gently fry for few minutes. Stir in the broccoli and eggplant, cover until just done then remove and set aside. In the same pan fry the potatoes, adding extra oil if needed. When potatoes are done, return the broccoli and eggplant mix to the pan, gently combine.

Kamrupi Biryani:

Lightly burn the skin side of each chicken breast over flame. Cut chicken into 2 inch pieces. Combine 1/4 ginger, remaining garlic and cardamom and use to coat chicken pieces. Heat oil in a large frying pan. Add onion and remaining coriander, fry until reddish brown in colour. Add chicken and 5 whole cloves. Cover, stirring occasionally over low heat until done. Add salt to taste. Add remaining ginger, chopped coriander and peas to pan. Over a low heat stir in 3/4 rice, leave covered until ready to serve.

Recipes (continued)

Pork Fing (serves 6)

Chilli peppers are a favourite ingredient in Bhutanese cuisine. Here they add zest to a mellow pork and noodle combination.

Ingredients

- 1 packet (55g) bean threads or cellophane noodles
- 1 medium onion, peeled and quartered
- 1 medium tomato, quartered
- 1 stick unsalted butter (110g)
- 680 g pork shoulder, cut into 2.5cm cubes
- 1/2 cup water
- 3 medium fresh green chilli peppers, seeded and cut into julienne strips
- salt and freshly ground black pepper

Method

Soften the bean threads in a bowl of boiling water for 2 minutes. Drain and cut into 15cm lengths. Chop the onion coarsely in food processor, about 4 pulses, then set aside. Chop the tomato coarsely, about 4 pulses. Melt the butter in a large saucepan. Add the onion, tomato, pork, and water. Simmer over low heat until just tender (about 1 hour and 35 minutes). Add the bean threads, chilli peppers, and salt and pepper to taste and simmer until heated through, about 10 minutes.

Phaksha Pa (serves 6)

The addition of cured dried pork, a staple in Bhutan, gives this dish a hint of appealing sweetness.

Ingredients

- 1 medium onion, peeled and quartered
- fresh ginger, peeled and cut into 2.5cm cube
- 1 medium daikon radish, peeled, halved lengthwise, and cut crosswise to fit the feed tube
- 1 stick unsalted butter (40g)
- 450g boneless pork shoulder, cut into 15 by 1.25cm strips
- 1/2 cup water
- 2 tablespoons chilli powder
- 2 teaspoons salt
- 3 large heads bok choy, stems removed, leaves cut into 1.25cm strips
- 170g dried pork, cut into 7.5 by 1.25cm strips
- 1 large fresh green chilli pepper, seeded and cut into julienne strips

Method

Chop onion coarsely in food processor then set aside. Finely process ginger then set aside. Slice the daikon with the thick (6mm) slicing disc. Melt the butter in a large saucepan, and add pork shoulder, onion, daikon, water, chilli powder and salt. Simmer over low heat until pork is just tender, about 1 hour and 25 minutes. Meanwhile, cook the bok choy in a saucepan of boiling water until tender then drain. To the pork add the ginger

Recipes (continued)

Tshoem (Beef and Mushroom)

While tshoem translates literally as "curry", in Bhutan the name refers not to spiciness but to a hearty stew served with rice.

Ingredients

- 1 large garlic clove [about 1/6 ounce, 5g], peeled
- Fresh ginger, peeled and cut into a 3/4-inch [2cm] cube
- 1 stick unsalted butter [4 ounces, 110g]
- 1 pound boneless beef chuck [450g], cut into 1 -inch [2.5cm] cubes
- 1/2 cup water [120ml]
- 1 teaspoon salt
- 2 medium fresh green chilli peppers [about 1 ounce total, 30g], seeded and cut into julienne strips
- 1.1/3 cups fresh oyster mushrooms [about 2.1/2 ounces, 70g] (see NOTE)
- stemmed Freshly ground black pepper

Method

Chop the onion coarsely in food processor, about 4 pulses and set aside. Finely process garlic. Melt the butter in a large saucepan and add the beef, onion, water, and salt. Simmer over low heat until just tender, about 1 hour and 50 minutes. Add the garlic, ginger, and remaining ingredients and cook until the mushrooms are tender, about 10 minutes.



Tip: Fresh oyster mushrooms are available at some supermarkets and most oriental food stores.

Kewa Phagsha (Spicy Pork with Potatoes, serves 3)

Ingredients

- 350g pork (thigh)
- 2 potatoes, peeled
- 3 green chillies
- 1/2 onion
- 1/2 teaspoon chilli powder
- 3 cloves of garlic, crushed
- 1 piece of ginger, finely chopped
- 1/2 tablespoon canola oil

Method

Chop pork into chunks (not so small). Put about 400ml of water into a saucepan with the pork and a pinch of salt and boil for about 20 minutes. Pork should be thoroughly cooked soft to feel. Cut potatoes lengthways (6-8 pieces each). Halve chillies lengthways. Add chilli, potatoes, onion and 1/2 teaspoon of canola oil to pan and cook until potato is almost tender. Add the remaining ingredients and cook for further 3-4 minutes. Season with pepper and coriander to taste. Vary the amount and type of chilli according to your taste!

Recipes (continued)

Jasha Maroo (Minced Chicken, serves 3-4)

Ingredients

- 1 chicken
- 2 tablespoon vegetable oil
- 2 cloves garlic, crushed
- 1 onion, sliced
- 1 tomato, chopped
- 3 green chillies, chopped (or use chilli powder)
- 1 teaspoon salt



Method

Cut chicken into very small pieces about the size of peas (remove/leave bones as desired). Place chicken in a saucepan, adding water and 2 tablespoons oil and bring to a boil. Add garlic, salt and ginger to taste. Lower heat slightly and boil for another 5-10 minutes stirring occasionally. The dish should have some liquid when you're done. Garnish with cilantro. Also eaten as vegetarian dish by not adding meat.

Kangchu Maroo (Trotter Tshoem, serves 3-4)

Contributor: Dasho Karma Loday Rapten karma.rapten@yale.edu

Ingredients

- 900g Trotters (pig's feet)
- 1 bunch scallions
- 2 pieces garlic
- small amount ginger
- 2 teaspoons salt
- 6 pieces hot chillies



Method

Chop trotters into small pieces, add salt and boil until thoroughly cooked. Reserve some of liquid from boiling. Add scallions, ground ginger and garlic. Ideally, this dish should turn out a "little" sticky, which is half the fun.

Food Sources

Again due to the relatively small population of Bhutanese living in Queensland, at time of writing there are no known sources of Bhutanese food. The internet may provide a mechanism of being able to order online direct from Bhutan and have it shipped to Australia.

Health

Until the introduction of Western medicine in the 1950s the Bhutanese relied on two forms of traditional medicine – local healing practices, and the official traditional medical system known as *sowai rigpa*. *Sowa rigpa* is one of the five major sciences of Tibetan Buddhism (*rigs gnas che ba Inga*) and blends philosophy, culture and Buddhism. Thus, in Bhutanese thinking that is heavily influenced by Buddhism, health and spirituality are seen as inseparable aspects and together they reveal the true origin of any illness. Consequently both Buddhist rituals and village shaman (*paw* and *pamo*) play an important role in health care. Today, Indigenous medicine is strongly promoted along with western medicine. Health services are provided free to all Bhutanese.

As many Bhutanese in Australia have come here as refugees, their overall health has been affected by the poor living conditions in the camps, and as a result, food, water and sanitation have contribute to the following health issues:

- Severe chronic malnutrition and vitamin deficiencies, particularly Vitamin A, which contributes to a diminished immune system.
- Complete lack of oral and dental health care present the most prevalent personal health problems. The condition is worse if the person has a long history of *doma* chewing – betel nut chewing.
- Substantial mental health issues due to forced displacement and extensive traumatic experiences, including murder, torture, physical, and sexual violence. Traumatic post-migration experiences require mental health to receive special attention as high rates of depression, generalised anxiety, and post-traumatic stress disorders are prevalent. ⁽³⁾

Funerals are elaborate religious affairs. After a death, a lama (Buddhist religious leader) is called in to extract the *sem* (spirit) from the body and speed it on its way.

The body is placed in a sitting position before an altar, on which various ritual objects - including *torma* (figurines made of dough and butter) - are placed. A lama leads the service for the dead, reciting passages from various Buddhist texts.

Cremation is the usual form of disposal of the corpse, although bodies may be buried or thrown in a river. Rituals are performed for forty-nine days after death. During this period an effigy (symbolic model) of the dead person is kept in the house. Both the end of the mourning period and the one-year anniversary of the death are celebrated with a feast.

There two Buddhist hospices in Qld both practicing the Vajrayana sect of Buddhism

Cittamani Hospice Service (FPMT)

320 Woombye Road, Palmwoods QLD 4555
PO Box 324, Palmwoods QLD 4555
Phon: (07) 5445 0822
Email: 100357.3004@compuserve.com
Contact: Ven. Hillary Clarke

Karuna Hospice Service Pty Ltd (FPMT)

PO Box 2020, Windsor QLD 4030
Phone: (07) 3857 8555
Fax: (07) 3857 8040
Email: karuna@karuna.org.au
Web: www.karuna.org.au
Director: Ven. Yeshe Khadro

Friends of Bhutanese Australians QLD

This group of 15-20 volunteers was formed to help support the six Bhutanese families who resettled on Bribie Island. It meets monthly during the day in the Little Flower Meeting Room, Little Flower Church, First Ave, Bongaree, Bribie Island.

Phone: (07) 3410 1071

Contact: Miriam (mostly communicates via facebook page, see link below)

Facebook: www.facebook.com/pages/Friends-of-Bhutanese-Australians-QLD/236298513065529

Bhutanese in Cairns QLD (Australia)

This cultural community has a blog on the web. This blog site also has a link to CanadaNepali, a website in the Bhutanese language and lots of information on movies, books, DVDs etc.

Web: <http://ausbhutanese.wordpress.com/about>

Australia Bhutan Friendship Association

This website's contacts are no longer current and appears not to have been updated since 2008; however, it is a good website with links to a range of other services (e.g. recipes, Bhutanese newspapers etc). A number of social events are organized throughout the year.

Web: <http://www.australiabhutan.org.bt>

Bhutan Consulate in Australia

78 Louisa Rd, Birchgrove NSW 2041

PO Box 57 Sydney Markets, Flemington NSW 2129

Phone: (02) 93943113

Fax: (02) 97462055

Email: Bhutan@harrisfarm.com.au

Office Hours: Thursdays 10am - 1pm

Honorary Consul: Ms Catherine Harris PSM

Additional Resources

Festivals

http://www.triptobhutan.com/festivals_paro_tshechu.htm

Geography and culture

http://www.bhutan.gov.bt/government/index_new.php

<http://www.nangkor.bt/country.html>

Refugee resettlement

<http://www.bhutanese-resettlement.info/about.htm>

<http://www.bhutanese-refugees.com>

Movies and Books on Bhutan

<http://www.drukasia.com/travel-books.asp>

<http://www.drukasia.com/travel-movies.asp>

Food / Recipes

<http://www.asiarecipe.com/bhutan.html>

<http://www.vegetarianrecipesandcooking.com/vegetarian-ema-datshi-recipe.php>

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2. “Bhutanese Cultural Profile”, Department of Immigration & Citizenship, 2007
3. “The Health of Refugees from Bhutan”, International Rescue Committee, 2009
4. Buddhist Temple address in Qld <http://www.buddhismaustralia.org/qld.htm>
5. Examples of clothing - <http://www.bookrags.com/research/clothing-traditionalbhutan-ema-02>

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