



Zhemgang Monthly

From steps to leaps

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INFOCUS



Name: Sonam Dorji (Drungpa)

Date of Joining: 14/06/2017

Home Town: Rinchenzor, Norbugang, Pemagatshel

Qualifications:

1. Master in Educational Leadership and Management, Paro College of Education, Bhutan.
2. B.Ed., Samtse College of Education, Samtse.

Cont in Page 4..

FROM DZONGDAG'S DESK



The chimes of religious bells and the echoes of clarinet emanating from the seat of Lama Drogden Zhang reverberate in the valley of Khenгри-Nam-Sum. The monks are hustling around like bees from a disturbed hive in the exalted courtyard of Zhemgang Dzong.

The Sangha is preparing to perform propitiating ceremony for the local deity Dorji Rabten along with his entire retinue to avoid obstacles, tragedies and to realize our hopes and aspirations. Thus began the month of October.

Due to the blessings of triple gem and the protective deities, with guidance of His Majesty the Druk Gyalpo and the dedicated service of people involved in the conduct of elections, we witnessed smooth and peaceful conduct of third parliamentary National Assembly elections this month. We look forward to the new government to take the reigns of governance and initiate the formulation and implementation of 12th Five Year Plan ensuring continued growth and development.

The Administration was also engaged in preparatory works for the celebration of 50 Years of diplomatic relations between Bhutan and India slated for 11th November, 2018 in Panbang Dungkhaag coinciding with the 63rd Birth Anniversary of His Majesty the Fourth Druk Gyalpo, the King of destiny.

During the celebration, we expect to have guests from two neighboring districts of Barpeta and Baksa Districts under Assam, India. The highlights of the program are cultural exchanges, food festival, showcasing of cane and bamboo products by our people from eight Gewogs and communities. We hope that the celebration will truly be memorable and enjoyable occasion as a result of propitiating Dorji Rabten.

We would like to extend our cordial invitation to all, from far and near to be part of the historic celebration.

MONTH THAT WAS

- 2nd Oct - Coordination Meetings
- 7th Oct - Dogs Sterilization program by livestock
- 18th Oct - 2018 General Elections
- 26th Oct to 31st Oct - Kanjur recitation at Trong Lhakhang
- 27th Oct to 28th Oct - Dzongkhag Football Tournament at Tsirang
- 28th Oct to 30th Oct - Panbang Tshechu

LOCAL FOOD CUISINE



Berti Rice: Local scented rice.
 Upland Rice: Unique upland rice with distinct taste
 Tengma & Popcorn
 Kharang
 Flour



Quinoa (Improved & Native vars)
 Fox tail millet (Native vars)
 Finger millet (Native vars)
 Amaranthus (Local) Locally Modhey
 Buckwheat (Brathma)



RUFIOUS-NECKED HORNBILL, THE PRIDE OF ZHEMGANG



Rufous-necked Hornbill (*Aceros nipalensis*)

The Rufous-necked hornbill is a species of hornbill found in Indian subcontinent and southeast Asia. The number of this bird species has declined significantly due to habitat loss. However, Bhutan has some countable numbers of this bird species intact. Although, Zhemgang is secluded from most modern touch however, the place is known for rich biodiversity. Thus, it homed to many critically endangered flora and fauna. One among them is Rufous-necked hornbill which is already under threatened list globally.

Perhaps, it was a wonderful experience to shoot this high-flying bird on my recent trips to Miithun farm. Occasionally, one can also find this bird feeding on the way to Buli, tingtibi, gonphu-pang-bang highway and around Royal Manas Park in lower Kheng.

It has been over a month now, but I still have that great feel of this giant bird flying over my head. This bird is very sensitive to human sound and settlement. Thus, it settles to an amazingly uncommon place for feeding and tall tree branch for nesting making it very difficult for a common people to see its young one.

Of the four different species of the Hornbill found in Bhutan, Rufous-necked hornbill is found at the highest elevation.

Rufous-necked hornbills are monogamous birds and a gender sensitive. Owing to its survival, male counterpart is brighter in color than its female partner.

Over five years of bird watching and photographing experience, and having travelled to great length of forest, I have learned that there is nothing like enjoying with nature. It also helps one to manage stress and relief from unnecessary tension. It makes you feel happy and calm your mind.

Bhutan Laughingthrush (*Trochalopteron imbricatum*)

©Sancha Rai

I would request all people to make mindful developmental activities for which there are larger share of wildlife in our ecosystem.

Contributed by Sancha Bar Rai
 Photographer



Crested Kingfisher (*Megaceryle lugubris*)

©sancho 2017

Brown Serpent Eagle (*Spilornis cheela*)

Sawny Fish Owl (*Ketupa flavipes*)

Common Sandpiper (*Actitis hypoleucos*)

Trong village, my home: the pride, prestige and a dream of vibrancy!



My Village 'Heritage Village' of Trong (K/Crong), is Pride and Prestige of communities there. It is a The Pride and Prestige for me. I was born, grown and nurtured in that community. I first smiled, spoke, ate, got educated, slept, and shitted, played, prayed and farmed there. Like every home, I had almost all my life's first thing at my home.

It will be the last pride and prestige to call it my home. It will be my continued dream to pursue and see vibrancy of my home. Even if I can't give anything back, it will be a die-hard thing to, not be attached and forget about the care and love bestowed to me from my home till now. I feel fair enough to fall in love with The Village.

I considered the village a triply blessed Gift. The gift founded on ground, path and fruit of its settlement. Firstly, on historic foundation (ground) from great ancestors, second from holy living (path) of maha siddha Lama Droggyen Zhang Tsundru Drakpa and third, from kind visit of His Majesty the King of Bhutan whose command culminated (fruition) the village for conservation of its heritage.

His Majesty The King visited the village in September 2014. His Majesty found the clustered houses very unique. His Majesty loved and admired the stones, doors, windows, footpaths, roofs of the houses. Such would be village to be cherished and sustained for community and nation at large. The King through admiration commanded that it be preserved as a 'Heritage Village' for all times to come.

Every people there and the community must take this Command seriously. For me, the Command Visions the special gift to KhengRigNamSum and in particular Trong Village in years to come. Hence, it was another blessing of confidence and strength to withstand the Pride and Prestige of being a native son from there! These strengths of mine from my village and people there never worried me of not developing or people claiming it to be underdeveloped.

Since then, I felt and discovered that I had a dream of My Village. The Pride and Prestige was true in its hidden potentiality of beautifully unique 'Trong Village'. Why not, A Village be made, most exemplary Culturally Democratic and Vibrant Village in Bhutan?

Brief account of Trong Village:

There is no definite written history of settlement of Trong Village. No elderly villagers knew about any of houses built during their time. However, it definitely dates back to 11-12th century when incarnation of Lama DrogGyen Zhang of Tibet settled there. This may account roughly to 900-1000 years.

Lama's incarnation Lama Zhang Shacha Yoezer was believed to visit Kheng in 11-12th Century. The trace of Lama Zhang stories can be heard around almost all parts of Bhutan. There are beautiful stories of Lama's visit in Punakha, Lobesa, Tango-Cheri, Bumthang etc.

A statue in picture below shows a trace of Lama Zhang at Tango-Cheri. The statue was one of the sacred relics at Tango believed to be spoken. I was fortunate to see it while I was briefly enquiring about Lama.

For the people of Kheng, Lama is most revered as The Founder of Zhemgang. Lama was believed to live his entire life with people of Kheng. Lama's presence throughout the locality also gave the name Zhang-Khang (hermitage of Lama Zhang).

Today, the very name gave Zhem-gang was identified from Lama's hermitage. However, depending on various locality and dialect within Kheng some pronounce it by 'Jam-jong' and 'Sham-shong'. The settlement of Village there was hence named as 'K/ Crong meaning 'hilltop village' in local dialect (Kheng-kha) which later was ignorantly spelled and pronounced as 'Trong' It was understood as village at hilltop.

(To be continued in next issue.....)

Contributed by Ugyen Lhendup (Sr. Research Officer) RRAC, HMS, Thimphu.

WISDOM FROM THE GOLDEN TIRONE



February 17, 2009, Paro

"... a nation's future will mirror the quality of her youth - a nation cannot fool herself into thinking of a bright future when she has not invested wisely in her children."

" When the sun sets every evening, we go to sleep in the comfort that it will rise in the morning and things will be the same. Do not however let the light of Education ever go out. For if it should become dark, even for a moment, we will suffer its effects and the light on a bright future for our nation will take decades to shine again."

"Our nation's Vision can only be fulfilled if the scope of our dreams and aspirations are matched by the reality of our commitment to nurturing our future citizens"

Contributed by Dechen P. Yangden

First Tiger collard in Zhemgang

Zhemgang Forest Division with technical support from Global Tiger Centre, Gelephu and Nature Conservation Division, Thimphu collard the Royal Bengal Tiger (*Panthera tigris tigris*) on October 4, 2018. The male tiger weighing 170 kilograms and body length of 2.78 meters was caught using foot trap in Tali area.

The attempt to catch tiger was made in response to its rampant predation on livestock. Eleven cattle killed and six left injured in the adjoining forest areas of Tshaidang, Nyakhar and Shobling villages. The idea was to find out causes for tiger's preference of domestic prey. Usually, the aged and injured tigers succumb to easy prey. However, the tiger caught in trap was of prime age and perfect health. The predation over livestock was assumingly due to overlap of habitat as the people of those three villages leave their animal in the forest unguarded.

On the blessing word of Buli Truelku we named the tiger as SINGYE NORBU. Using the satellite information we will monitor Singye's daily movement and activities on the google maps. Accordingly, we can also advise local villagers to keep vigilance over their livestock. In the long run, we will be able to understand its territory and movement pattern.

Zhemgang Forest Division is the first territorial division in the country to collar a tiger besides first tiger named Tendrel Zangmo collard in Royal Manas National Park in 2017.

Contributed by Zhemgang Forest Division



Sonam Dorji (Dungpa)

Experiences

1. Teacher (15/06/1990 17/02/1991) Sibsoo Jr. High School, Samtse Dzongkhag Samtse
2. Security Officer (18/02/1991 22/02/1992) Ministry of Home & Cultural Affairs Thimphu
3. Head Master (23/02/1992 31/12/1995) Daifam Primary School, Samdrup Jongkhar
4. Head Master (01/01/1996 31/12/1996) Daifam Primary School, Samdrup Jongkhar
5. Head Master (01/01/1997 28/02/1999) Gasa Primary School, Gasa
6. Head Teacher (01/03/1999 31/12/2006) Ghumaaney Lower Secondary School, Samtse
7. Principal (01/01/2007 22/04/2012) Wangdue Lower Secondary School, Wangdue
8. Drungpa (23/04/2012 10/03/2015) Sakteng Dzungkhag, Trashigang
9. Drungpa (11/03/2015 13/06/2017) Thrimsing Dzungkhag, Trashigang
10. Sr. Drungpa (14/06/2017 Till Date) Pangbang Dzungkhag, Zhemgang

Q&A with DASHO DRUNGPA

Q 1 How do you feel about the change in profession?

I feel that teacher is a routine based profession where we need to plan everything ahead of the teaching by referring the texts and other sources in-line with the topic to be taught but when it comes to the present profession, it requires comparatively less planning which is only associated with administration and management, and developmental activities for the gewogs. Another major difference could be language as a medium, in my previous profession our medium of language is restricted to only English and Dzongkha but my present profession demands me to be more fluent in local dialects.

Q 2 Have you ever been to this place before being placed as Drungpa?

I would not say this is my first visit to Panbang, I have been to this place in 1980s when I was a student of Sarpang Central School when I had to travel during my vacations. It so happened that there was a month long strike in India and we planned to walk all the way back to school through Panbang via Gelephu but unfortunately we were stopped by the foresters as it was impossible for us to walk through the jungle.

Q3. What were your feelings when you were transferred to Panbang?

When people hear the name Zhemgang, they often feel it to be an isolated and least developed dzongkhag and moreover Panbang being placed in remotest part of the dzongkhag, everyone thinks of it as a calm, quiet and faraway place. But upon reaching here it is completely a different sight as it has everything like elephant safari, river rafting, eco lodges, etc. And I would rather say that the Dzungkhag is more developed than the dzongkhag headquarter. In the past 20 or 30 years, there has been drastic change and improvement in livelihood and infrastructure.

Q4. What major developments do you see after your initial placement?

Most of the major developmental activities were already carried out before my arrival but after my placement, one of the major developments that is under process would be preparation of Panbang as one of the satellite town in Zhemgang. This preparation is at its final stage of implementation and would become a satellite town in the 12th five year plan. The retired armed force has already identified Panbang as a place to build the chorten which will be carried out soon. Recently His Majesty distributed 12 numbers of bicycles and a boat to the river rafters of Panbang. Major conferences like Annual Education Conference, Tourism Annual Conference, RCSC Human Resource Annual conference has taken place, which has helped in uplifting drungkhag and eradicating the notion of remoteness. These are some of the major events that have taken place so far and I think these events will uplift Panbang.

Q5. Did you ever plan to be in the position that you are bestowed upon now?

I never thought I would be in this position and even during the interview, there were many aspiring candidates who were much more experienced than a person coming from a teaching background but unfortunately or fortunately I was selected. And after the selection, I never thought I would be placed in this place.

Q6. Where would Panbang be after 5 years?

Panbang has the potential to develop faster than the dzongkhag headquarter. The completion of the integrated check post in Nganglam will allow the tourists to visit Panbang from Nganglam as well as from Gelephu. Panbang will act as a confluence. So there is a great scope in tourism. Moreover, we have many hotspots like Manas National Park, Eco lodge, Jungle camps, rafting, Handicraft centre, Bjoka Castle, Twin waterfall, etc to attract tourists which will eventually boost the socio economic development of the drungkhag and dzongkhag as a whole. Moreover, structural plan for the satellite town will almost be complete and the Dzungkhag has the prospective to develop into a beautiful place.

Q7. What are some of the plans for the celebration of 50th years of Indo-Bhutan Friendship?

As per the coordination meeting held in Gelephu, the celebration was to be jointly coordinated by three Dzongkhags of Sarpang, Zhemgang and Pemagatshel. However, foreseeing certain problem in joint coordination, it was later decided to be conducted in the individual Dzongkhags. The celebration has been finalized on 11th November coinciding with the birth anniversary of the 4th Druk Gyalpo. After attending the coordination meeting, DASHO DZONGRAB and I have visited the neighbouring districts of Barbeta and Buxa in Assam. The program has been agreed in principle and the counterpart in Assam informed. There will be exchange of cultural items, food festivals, rafting for the interested guest, masked dances, elephant safari and exchange of souvenirs from both the countries.

Contributed by Dechen P. Yangden

My love was never pretend
 The words ebbs and silence the moment,
 Cornered by perfect state of affairs with people moving
 around you,
 Promises and swears, triumph over love.
 When you no longer can contemplate,
 Accomplishments are just on the brink
 Words are injustice and abhorrent as it advances,
 I know promises are now hard to keep,
 When hems are all fake and coated
 But my love was never pretence
 My sweet bedroom, my second paradise,
 Now it's all in the dusk of battle field,
 Slaughtering of feelings so called as true love,
 I lay down, heartbroken and low like an orphan,
 My hefty tears slides down to my ears
 Pillows wet and salty when it meets my lips,
 So tired and figment of illusion takes me to the fallacy,
 I excavate and explore memories,
 But the blissful wonder land disappears
 Somewhere in the warzone,
 My sweet home buried in malady,
 Ensnared in heartfelt cries,
 A foolish and spirit so naive,
 Trembling lips, I sigh and think aloud,
 But I know My cries of 'wolf' no longer heeded.
 I craved so long for soothing words,
 To heal my heart but wounded every time when approached,
 When everything turned in vain,
 I tried to hide in the loudest laugh,
 I seek refuge under the faking smile.
 I insanely search happiness outside,
 I appear so intriguing with friends,
 As they plaster my wounded heart,
 A cold chill pierces my heart,
 My body lay frozen
 When it is time for home,
 Has become so sickly sweet for two souls to live,
 In the second paradise of mine,
 My presence was never valued
 Infuriating and embarrassing
 Was the daily schedule
 The agony anguished and wriggled so hard,
 I sham myself to be true,
 Bent, beaten and broken was I
 I know it was more or less a suicide,
 But what more option do I have,
 Needless to blame a housed pampered fiend
 When you are equally a part of it,
 Sweet home becomes a spooky night,
 When others whisper love in their ears.
 The battle would just begin,
 Shuddering, murmuring and roaring in rooms,
 Shouting silently I stay aloof
 Helplessly pray for nothing to happen
 For I have two beautiful hopes
 My two beautiful hopes prattles and wakes me up,
 But there remains a prick, and aches.
 I hide my tears because I know My cries of 'wolf' no longer
 heeded.

Written and contributed by Wangsai

LIFE OF 102 YRS OLD ASTROLOGER

Introduction

To most of us, writing; be it biography, or of any kind has never been a piece of cake. It cannot be easily brought to terms with smooth writing where readers are thoroughly engaged. A biography as far as my knowledge is concerned, must contain a pinch of professionalism, accuracy, and should be engaging. Had it been everyone's piece of cake, anyone's biography could have been easily available everywhere. Challenging it may be so; the writer here attempted to capture a short personal biography of 102 years old, Agay Tshep Rinzin (an astrologer), from Trong village, Zhemgang.

Childhood life

(1916) 102 years old Tshep Rinzin is the only son of his late parents; Gyeltshen and Bjagha. He was born in Wangdiphodrang and shortly after his birth, his parents settled in Zhemgang. Today, he is one of the oldest people living in Zhemgang.

Sadly, his father passed away when he was five. His mother went back to her home town to Wangdue right after the death of his father. Since then, he was brought up under the strict discipline of his youngest aunt. For about ten years, they lived at Bumthang. His aunt was then a weaver for second King Jigme Wangchuck. When he was fifteen, he returned to Zhemgang with his aunt and her family.

He spent his entire childhood in the farm, mostly fetching firewood, plowing field and herding cows. It was a hard toil of daily chores he had to dread during his early childhood. "Life then was very difficult" recounts Agay Rinzin.

Early Education

Modern school then was a luxury limited to well-off. As only nephew in relation, he had no privilege to study modern education. But fate had him in store his own share of education that was astrology. At twenty one, on his own will, he went to Tama to study astrology under teacher Tshewang Rinzin. He served this teacher for six years. He returned to Zhemgang Trong as not only as a qualified astrologer but also as learned lay monk. He served his village since then in astrological works and in performing rituals during. He also had the fortune to study under Lam Youngzin at latter part of his life.

Marriage life

He got married to late Tshering, who was twenty years younger than him. She bore him seven children, out of which only three daughters survived. Rinzin was rendered widower sometime at his fifties. Today he lives with his second daughter, Karma Dema. Karma has four children of her own.

His health and meal

He eats whatever his daughter has to offer him but very little. His frail toothless mouth cannot chew more than few morsels. He finds it bit difficult with toilet too since it is constructed little too far for his age. He spends his day basking in the sun most of the time. He hopes to live for another four to five years as prophesized by Lam Youngzin and by his dream.

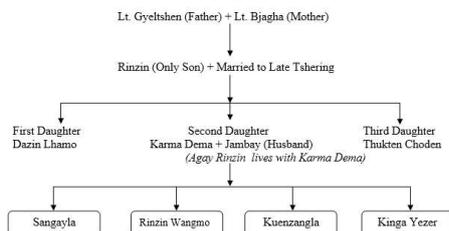
His morning and evening prayers

Agay Rinzin recites preliminary prayers (Ngyandro) without needing to refer prayer books. He prays for the wellbeing of all sentient beings. His evening prayer is limited to reciting just Ban-za-guru, the mantra of Lotus born, Guru Pema Jungney.

His memories

Agay Rinzin hardly remembers anything much about his parents since his life with them was very short one. He has rather more memories of people who used to go from Zhemgang to Bumthang and Trongsa for the construction of Domkhar Dzong, Wangdicholing Dzong and Kuenga Rabten. He speaks of his memory of Paro taktshang, Bumdra and Chumbu Nye at Paro. A twinge of smile spreads all over his wrinkled face as he shares his vivid memory of his late wife Tshering. A little light of love for his late wife still resurfaces and radiates on his face as he recounts his fond memories. Perhaps this sweet memory of love will be with him forever.

Family tree



His advice to younger

His advices to youths and his grand children are; respect elders, be kind, help others and live straight. He recounts that when he was 80; he was still young at heart and was able to carry out most of the household chores. There was no such big issue on health then. Today he feels his vision is failing him. He feels the world is closing on him and at times frustrating for not being able to help on his own and others. His advice at this juncture is, 'be of some use before your energy fails you'.

Conclusion:

Frequently, our personal biography is the first thing that someone will see before meeting. Readers might have enjoyed reading the personal biography of Mr. Rinzin (tshepa), 102 years old man of Trong village, Zhemgang. There are many good notes to remember about his biography such as marrying with young lady and childhood life without both the parents.

Reference/Sources

1. Self interviewing with Tshespa Rinzin (Date: 17/02/2017)
2. Daughter Karma Dema and Thukten Choden

Research and writing: Mr **Sangay Dorji, Administrative Assistant, Education Sector, Dzongkhag Administration, Zhemgang**

Edited by: Mr **Sonam Wangchuk, Principal, Zhemgang Central School-A**

OUR PRODUCTS

Name of the product: Berti Smoked fish



Price: Nu 350/-

The project was established for four years with the assistance and financial help from RLDC and the Zhemgang dzongkhag, for the benefit of the community in helping to generate income from fishery. The venture proved to be a major success and was relaunched in 2011 for another four years with proper management policies and plans and was formally handed over to the Berti community. The second launch started with the decrease in space of 17 km to 15 km, the reason being stated as 'not to affect the feeding area of the White Bellied Heron'. The project was initially started with 21 members; it now has 15 members. There are 5 ponds at Berti with around 1,500 fish in each pond and 2 ponds at Raowdam with 3,000 fish in each pond. The fishery at Raowdam is looked over by Ms. Pema Choden. The fish is harvested when at 120 grams. Primarily, the fish were smoked using the primitive technique of drying with no added preservatives after the fish were harvested and filleted. But as of today, they use vacuum dryer which is more confined and hygienic. The product is marketed mostly within Zhemgang and exported to other dzongkhags if there's any order. Members of the fisheries farmers were trained in scientific management of fish, smoke drying technique, packaging and marketing.

Contact person: Pema Choden

Contact Number: 77374839

Contributed by Dechen P Yangdew

THE 10 BEST COMPUTER TRICKS EVERYONE SHOULD KNOW

1. If you want to get back a tab you closed, just press "Control" (or "Command" on Mac), plus "Shift", plus "T", and it will magically reappear.
2. If you only need to screenshot part of the screen, there's a simple way to do it for both Windows and Macs. For Mac: "Command", plus "Shift", plus "4" brings up the tool. Then you just drag the area you want. For Windows, go to "Start" and then "Snipping Tool".
3. If you press the F4 button in Excel, it repeats the last command.
4. If you click the "middle" button on your mouse, you will open the link in a new browser tab. And if you middle-click an open tab, it will close it.
5. All you have to do to make a copy of a file on a Mac is hold the "Alt" key ("Control" if you are using a PC) and then click and drag the file. This will make a copy that you can drop anywhere you want by un-clicking.
6. In Google Chrome, if you press "S" while you right click on an image it will do a reverse Google search. That means you'll be able to see where that photo is and where it potentially originated.
7. Most people know you can hit the space bar to pause a YouTube video, but sometimes this causes it to scroll down the page if you haven't already clicked on the video. If you press "K," this will play (or pause) the video every time. Hitting the "J" key will cause you to go backward 10 seconds, while hitting the "L" key will make you go forward 10 seconds.
8. If you click the "Windows" key, plus one of the arrows (right, left, up, down), your current window will move to that side of the screen. Similarly, "Windows", plus "Shift", plus one of the arrows will move your window into whatever monitor is that way (right, for example). Unfortunately, this only works for Windows machines.
9. Quickly clear your cache by pressing "Control", plus "Shift", plus "R." This will also refresh your page.
10. On a Windows machine, hit "Windows," plus "L" to lock your computer. This can be fun for pranks.

Contributed by Mohan Subba

BRIEF ACCOUNT OF ZHEMGANG DECHEN YANGTSE DZONG



In general, many learned scholars and accomplished masters of both Kagyu and Nyingma visited and blessed Kheng region. However, Drogoen Zhang Tsundru Drakpa Rinpoche, was the first accomplished master to visit and bless the Khengrig Nam-Sum region. It was by virtue and luck of the people of Khengrig Nam-Sum, Drogoen Zhang Rinpoche left Ralung (A village in Tibet near Gyantse) in the 3rd Rabjung and arrived in the Kheng region via Ladhak, Kongpo (Province in south-east of Tibet) and Bumthang. In 1153, on the 5th month of the sexagonal calendar corresponding to Fire Snake Year, he founded his seat by constructing a small hermitage where Zhemgang Dzong stands today.

It was in 1646, the Fire Dog Year of the 11th Rabjung when Zhabdrung Rinpoche was 53 years old, Choje Minjur Tenpa divided his control in the east among eight regions called Sharchho Khorlo Tsibgyed, with the help of Lam Namsey, Umze Damchoe Rabgay and Kudrung Pema Choephel as allied troops. They went on to build six Eastern Dzongs including Jakar, Lhuntse, Trashigang, and Zhemgang. It was in 1655 (Wood Sheep Year of the 11th Rabjung) that Zhemgang Dzong was built and established as one of the eight Districts of the Eastern Region. In the 18th Century, the Dzong became the exceptional seat of the Yangsid Shakya Yoezer (Reincarnation of Drogoen Zhang) and the object of worship of the people of Khengrig Nam-Sum. Gradually, the Dzong was damaged by fire and other unforeseen calamities. Later, in 1934 (Wood Monkey Year of the 16th Rabjung) the Dzong was renovated during the time of Dzongpon Thinley Namgyel.

The Monastic body was established in 1966 with 16 face counts of monks under the unsurpassable aspirations of the 3rd Druk Gyalpo, Jigme Dorji Wangchuck and the 65th Je Khenpo, Je Yeshey Singye. Today the Monastic body has 122 registered monks.

Contributed by Thinley Jamtsho

BERMO BOTANICAL GARDEN



Location: 3 KMs from Tingtibi towards Trongsa
Things to see: Orchiderium, tree nursery and botanical garden

Facilities: Canopy, resting place and hiking routes, birding

Best season to visit: Spring (March-May)

Contributed by Thinley Jamtsho

RDTC (ZHEMGANG)

About Rural Development Training Centre, Zhemgang

RDTC, a joint national training centre between RGoB and Helvetas located in Trong geog was started in 2008 mainly to provide farm based skills and management training for rural youth. Besides, RDTC also organizes training/workshops for farmers group as well as for school agriculture program. The main objectives of the centre are:

Objectives

1. Provide knowledge and skills on farm based enterprise
2. Capacity building of farmers groups.
3. Support capacity building on SAP

Current Training Programmes

Agricultural skills training programme

Training on poultry, piggery, Dairy, Vegetable, Fruits and Agroforestry.

Group management

Various modules covering all aspect of group management like planning, meeting management, book and record keeping, leadership and conflict management.

Youth Agriculture awareness programme

Basic agriculture training is provided to school student during winter and summer break.

Seminar/workshop

Need based Seminar/workshop in collaboration with various agencies is also organized.

Submitted by:RDTC, Phone no 05-741350



LAUGH

A recent scientific study showed that out of 2,293,618,367 people, 94% are too lazy to actually read that number.

I asked my daughter if she'd seen my newspaper. She told me that newspapers are old school. She said that people use tablets nowadays and handed me her iPad. The fly didn't stand a chance.

Are you two twins? No, why do you ask? Because mommy dressed you both in the same clothes. OK that's enough, your driver's license please.

A guest calls the waiter and complains, "How come there are no chairs at our table?!"
-The waiter shrugs, "I'm sorry but you only booked one table..."

KARMA, VISITS ME AGAIN ~ STORY

It was 10th November morning of 2006. The morning that dawned to the saddest reality of life, the morning that left the deepest wound in my heart, the morning that shattered the firm grip of my life to the rootless self of impermanence, the morning that saw the last breath of a young boy on my lap. It was the morning Karma, a timid but beautiful young soul, my 1st grade student left this world. It was the morning that bade an unannounced departure of a soul we loved so much.

The day was supposed to herald the 'merry go' preparation for the Great fourth's birthday celebration which was annually celebrated on 11th November. Being in the remote school, there were not many good occasions that could be materialized for such grand celebration for sheer lack of resource. But this one occasion, of all the auspicious occasions, was one of our most elaborately celebrated events of the year. The school would host the parents from all walks of life. Since the school was a boarding school, it housed the students from far and wide. So parents, brothers and sisters would come from afar to take part in our celebration. The school mess would manage all the meals and lodgings free. Prizes would be packed. Speeches would be made. This was the only occasion; one could see people gathered in large number, adorned in intricately woven traditional Ghos and Kiras. While the day would witness beautiful programs, evening would entreat people with cultural extravaganza.

It was for the preparation of this big event, that my morning was robbed of its sleep even though I slept late that night. Early in the morning, I went to my teacher colleague's resident to collect the store key. I had many things to do for the day. I was to create the papers of different colors to hang around the ground to gate. It was to give the festive look, only way affordable at our disposal to create the mood.

"Sir, sir! Karma is seriously sick" called my two boys from behind. "Okay I will be there in a minute" answered I and quickly made my move to the hostel. I wasn't alarmed if the child was so seriously sick from within, for I had to face tens and hundreds of such cases on almost daily bases. Moreover, Karma was normal until the evening before. As warden, as health in-charge, as scoutmaster, as games in-charge, and as literary in-charge, it was not unusual for me to attend to so many such calls of children almost on daily bases.

As I entered the room, there were his roommate boys already flocked around him. They gave way and I approached our sick boy. I saw the pale face drowning lifelessly. I could neither believe my eyes nor my instinct. Was he dying? No it cannot be the death surely, for often, children would fall quite sick and yet they would be alive. I picked Karma onto my lap and called him slow to fast, 'no response' shook him gently, 'no response' and then stronger and strongly. No there be no sign of response from him. Was it the death that was staring at me or I was staring at death that moment? I couldn't say what was what. I wasn't dreaming but the boy was gradually slipping away from life. Unbelieving what I was witnessing, I shook him, called him by his name, lifted him, shook him again and again and again to no avail. He made his decision unasked. This time he sought none of my permission to leave, unlike his usual practice. He would stand by my threshold for some permission to go home or for some leave. This time, the decision was not mine. The boy's human warmth was evaporating to stony ice of death.

There was this unblinking white eyes staring back at me. The room became empty. My eyes saw none in the middle of everybody. I was staring at the fathomless space of emptiness, my mind plundering into the abyss of unimaginable sorrows. The world around me was wallowing up with the deep sense of meaningless reality of life. I was no more me. The stream of tears rolled and gushed down my cheeks countless. There was unbearable sorrow masking my every being. For some time I remained transfixed completely swallowed by the mist of pain, lost and meaninglessness reality of life. Life seems very absurd then! I wasn't even a year old as a teacher. And there, the meaninglessness reality of worldly affairs enveloped my entire existence. There was this strong longingness for spiritual pursuit right that moment. Stream of tears kept rolling down my cheeks endlessly. I was whirling in the wind of dilemma and distant shrewdness. Meaning of impermanence crept silently into my nerve right that moment. It was chillingly penetrating into my bones. I wanted to live everything, put to an end to my worldly affairs right there and leave for the spiritual pursuit.

My two other colleagues arrived on the scene at that moment. Their voices brought me back to the present. After what seemed like eternal, the emotional hurricane gradually started dissipating and in its place cropped the sense of responsibility. I could not go on with such flood of emotion. I must think. My students were crying helplessly around me. I had to be strong for those around me. I had to console them and tell them to be strong while my own emotion would not stop its rain.

I sprang to action. The boy's body was slowly placed on the floor.

Two students were sent to the village of the deceased to inform the parents. Astrological divination was sought and with the help of some villagers, we set for the basic spiritual practices to appease the soul of the death. Butter lamps were offered. Prayers were said continuously day and night.

Stream of people poured in but we were solemnly engaged in our prayers. I don't remember, if food and water reached my mouth in all those three nights. I remember how some village elderly people asked me to take some food. But I was in no hunger.

Two nights later, the boy's father arrived. I couldn't imagine the kind of sorrowful face I would have to dread to meet him but much to my relief, he was much stronger than I was. My heart went to the deceased's mother, who, upon hearing the news of her beloved son's untimely departure, fainted on the spot. Late Karma was the only son and the youngest and the beloved of the family. But no power could stop the jaws of death. Karma's body was taken to his birthplace on the third day. I couldn't accompany the family but I made some financial contribution and bade them sad bye to their home.

Exactly after a week of his death, I saw Karma in my dream. He was draped in red robe. I saw him taking a walk slightly uphill with a bundle of lighted wood. I interpreted that as a good dream.

At exactly after a decade and a year later, the same dream visited me in my sleep. But this time he was slightly tall. I have no interpretation this time. It was 3:30 am when I woke up this morning. I saw no ways I could connect to Karma and so I took to penning down this memoir to say my final good bye to Karma. I love you Karma with all my heart. May you take a better and a swift rebirth in much peaceful realm. Goodbye Karma. Pray we be born again as teacher and the taught but not as short an encounter as we had in this life. Goodbye Karma.

Your Teacher
Sonam Wangchuk
Principal
Zhemgang Central School

NEWS : FOOTBALL

Zhemgang Dzongkhag Football team took part in two days super league held in Tsirang on 27th and 28th October along with eight other dzogkhags; Trongsa, Tsirang, Haa, Thimphu, Wangdi, Gasa, Sarpang and Dagana.

Team Trongsa took the first prize - cash prize Nu. 25000/- and Team Tsirang bagged the second prize - Nu 15000/-. Each teams paid an entry fee of Nu 9000/-. Tsirang Sports Association expects more teams to join from next tournaments



REMINDERS

1. Submission of agenda for 4th Coordination Meeting (Nov 30, 2018) To be submitted to DPU
2. Coordination Meeting (Dec 4, 2018) To be coordinated by DPU
3. Celebration of 50 years of Bhutan - India Friendship.

SONAMCHOELING DRATSHANG, PANBANG



Housed by thirty monks and a head, the dratshang is built on one acre land near the Panbang Nganglam highway. A drive takes 5 minutes to reach you to the dratshang from the Panbang town. It was in 1994 that the community wished for a dratshang in their locality for it proved challenging to get monks during the religious ceremonies and rituals from the Dzongkhag due to the long distance. That very year, the Great Fourth Druk Gyalpo granted their wish and all the residents of Panbang aided each other to lay the soils and stones together and by the end of 1996, their wish materialized in the form of a beautifully craved dratshang. Initiated with just fifteen monks, the dratshang followed the same curriculum and routine that of other main dratshang. Five days of extravagant tshechu is exhibited during the 9th month of Bhutanese calendar. Panbang Tshechu was held from 28th to 30th Oct

JUNGLE CAMP

When it comes to planning a trip outdoors, camping offers some of the most affordable options. Not only that, but you are also closer to nature from the moment you wake up to when you crash, of course after a hearty campfire with some delicious aromatic food. Camping is proven to have an impact on reducing stress and contributes to emotional and physical health. To provide such thrills and excitement, the community in Panbang has come up with such a camp called 'Marang Jungle Camp', which is just five to ten minutes' drive from Panbang town. The camp not only excites you with outdoor camping but also saves the ordeals of setting up camp on your own, as the place offers already setup sustainable camps.

Although hay roofed camps do not look promising, it will never fail to provide you the feeling of cosiness of being surrounded by blissful nature and peaceful night with soothing natural music of water and birds.

Contributed by Dechen P. Yangden



PEACE

Embracing fights and hate
Will only jeopardize peace
That everyone desire for
All day and night

I, you, they...
As a living creature
Wish to have peace
But
Will it be possible?
When people ignore each other

Dreaming the world as one
Avoid evil thoughts
Notorious actions and being egocentric
Love your existence and avoid wall of hate
Preach good over evil
So the desire to get peace
Will come true

Certain or uncertain
Possible or impossible
My wish to have peace
Will never end till my last breath
Till I get myself into peace.
So I wish for peace
As if I were to die today

*Chimi Dorji(viii) Gomphu Lower
Secondary School*

VETERINARIAN PERFORMS LIPOMA SURGERY ON A LOCAL COW

The present case was of a Local cow aged about four years with a rough surfaced lump about 1.5 ft in length under the subcutaneous tissue of jaw. The history revealed that the lump to have been growing slowly for the last few months. The owner reported lemon size lump to Dzongkhag Veterinary Hospital. After clinical examination, Veterinarian decided to intervene after calving as the cow was seven month pregnant.

After two months of calving to a healthy female calf, the lump was extracted surgically. The surgical team composed of veterinarian and para veterinarian from Dzongkhag Veterinary Hospital and Regional Livestock development Centre, Zhemgang. The extracted lump weighed about 12 kg. The surgery was successful and the cow is happy feeding with her calf.

Lipoma is a benign tumour and it can produce hindrance in movement and feeding. Thus, it is commonly removed for cosmetic purpose. The main objective of any surgery is to promote animal health for enhanced growth and better production, however the prognosis depends solely on the post-operative care of the owner. This is the main challenge that we face in the field.



Contributed by
Livestock



SHE VISITS ME IN THE DREAM

Like a night bird on the tree
I sat on the lonely stretch of bench so free
Rest my chin in my palm
The wind so calm

As I watched the full moon shine
High up in the sky so thin
Lighting the night sky
With the smile so shy

The nature of the night so brilliant,
And the moment so silent
I was lost in the beauty
And forgot my duty

Silent suddenly broke into fear
When I heard a footstep in my ear
Through the thin waves of air
Walking towards me from the far

My eyes blinded with tears
When I saw my mom so near
I felt the fear pinched my heart
And I moved an inched so hard

She smiled when I shudder.
The gorgeous face of her
Peeped through her curly dark hair
I was stunned to see her here

I needed her million times in my life
If only god had kept her alive
I yearned for her love and care
That I never had a spare

Now, she is nearby me
But I was on my knee
She landed me her hand
And towed me up on the land

We sat on the bench
And rejoiced as we watch
The night sky so bright
Under the full moon light

She took my head on her lap
Where I can take a nap
As her hand cushioned me
My heart smiled as I see

Her hand brushing through my hair
And whispered in my ear
And says she is here
To remind me she is always there

She says she lives in me
That my heart would always see
She says she doesn't stay a mile
So I could always smile

I wake from my bed
And felt so dead
Then I cried and claimed
It was just my dream

Written by:
Kinley Dem
Teacher,
Zhemgang Central School
Higher Campus



NISHIOKA_ZAM

Swaying right next to the gigantic semi steel arch bridge. (Panbang Bridge) remains the famous Nishioka Zam. The suspension bridge is named in honour of late Dasho Keiji Nishioka who was sent to Bhutan as an agriculture expert in 1964. He educated farmers in the farming skills and techniques during his stay in the country. He remained back even after his two-year assignment period was over and continued to work in the country for 28 years until his untimely death in 1992. Late Dasho Nishioka spent five years in Panbang who not only helped in boosting the agriculture in the area but also contributed in building schools and health centres. He is famously known as "Japan Sahib" by the people of Panbang. Late Dasho is the only foreigner to have received the title of 'Dasho' and red scarf from His Majesty the fourth Druk Gyalpo for the unwavering and selflessness services to the people and the government of Bhutan. He was also awarded the Druk Thuksey medal in 1990.



JANGCHUB CHORTEN



Dzongkhag Administration and Rabdey jointly constructed Jangchub Chorten located in between Dratshang and Dzongkhag Administration on 11/11/2015 dedicated to mark the 60th Birth Anniversary of His Majesty the Fourth Druk Gyalpo. It is currently being repainted by a local painter who volunteered to add glory to it.

RABIES CONTROL PROGRAM UNDER ZHEMGANG DZONGKHAG

Rabies is a fatal viral disease affecting all mammalian species. The main source for rabies infection to human is from dog bites and other related human dog relationship. At the Global Scenario annually, it claims not less than 55,000 to 60,000 of human life where 95% of affected victims are children below age of 15 years old. The reason could be because of more attachment between children and dogs in general. Globally, Rabies is sporadically endemic all over the world except in few countries like Australia and New Zealand.



In Bhutan, rabies outbreak occurs mostly within the southern belt border lines. However, it doesn't mean that there won't be Rabies in other parts of Bhutan. In 2016 alone, there was rabies outbreak in Merak-Sakteng and Ranjung in Trashigang Dzongkhag. Another outbreak of rabies disease was reported from Gelephu in Sarpang Dzongkhag.

In 2017 Zhemgang Dzongkhag too experience Rabies outbreak at Panbang and it took us almost two months starting from September till October 2017 to subside the outbreak within the area. In the course of outbreak the team vaccinated around 441 dogs with the anti-Rabies vaccine. Farmers of Sonamthang, Thinleygang, Marangdut and Tungudenpa villages had lost 16 cows due to the bite by the infected dogs. In addition school children of both upper and lower campus of Sonamthang Center School were bitten by the mad dogs posing high risk.

Growing dog population means we are exposing high risk to Rabies especially children and other livestock. Dogs are the carrier and transmitter of Rabies virus to Human beings, and other livestock. But it is a preventable, if all of us react together with common notions through rendering support to Livestock sector during the campaign.

This year the theme for the Campaign is "SAVE A LIFE" and help us to treat all the hunger stray dogs through catch, neuter and release back to their respective locations.

Sector in collaboration with RLDC Zhemgang, NCAH, Serbiithang, Municipal and other relevant stakeholders started implementing mass sterilization and vaccination of Stray dogs within the town area of Zhemgang and Tingtibi starting from 10th till 30th of October 2018 for the duration of two weeks. The program will continue further to all the Gewogs after the completion of campaign within the town areas. On average 20 dogs were caught, neutered and released every working day. For the successful implementation of mass sterilization program sector had deployed professional dog catcher trained by NCAH, Serbiithang for the duration of 20 days.

As an incentive, dog catchers were paid Nu.100 per dog on the spot. For the effective sterilization and vaccination program sector hired Bolero for the collection of dogs from different points and dispatch back to the original places after the operation and vaccination which is a mandatory for Animal Rights imposed by HIS.

Difficulties faced by the team during the campaign were very poor co-operation rendered from general public especially in catching the stray dogs during the campaign.

The campaign for Rabies control program is ongoing program and it will continue till the completion of all the gewogs under the Dzongkhag. As of now the team finished main Zhemgang Town area with 51 stray dogs sterilized and 120 dogs vaccinated against Anti-Rabies vaccine which were neutered in the past. At the moment the team is at Tingtibi continuing the program till 30th of October 2018.

Submitted by : Dzongkhag Livestock Sector.

i say

If eyes could speak, mystery could have been told,
Truth never hidden and buried, but left unfold
The wind never blew my feelings towards you
It lied in me with memories, old or new
I believe it's forever - an emblem of eternity
Well respected and I do make it stand on dignity
Never had I wondered so much, never needed as this
A sense of feeling, a feeling of loneliness
God help me find her, I will be blessed.
Deep within souls, with precious words unspoken
But has now anchored, an impregnable heart broken
Pernicious thoughts, clamor in heart rise
A soul haunted, do act like a fool, and crazy as wise
Brave I try to stand, weaker I seem to grow
Sacrifice hard to make, can't let you go
Dare not utter a word or two,
Neither a question nor a clue
For the world takes it cool but I do fear
Will I not lose you, oh my dear?
But pristine beauty you do possess, can't tell you why
'You are beautiful, I love you' can't say I
Each day I wish, had an hour more for me
To cherish myself with your thoughts, to hear and see
That keeps me alive and gives me a reason to live
But why in this, a calling I never did give.
To the light in your eyes, I do cling with hope
To your smile, I do fly as high as dove
And your glance is a solace, a joy of every kind.
Even as vague as I may find
To peruse your feelings, kindles me more
And closer with you I want to be, as near as core
For more than love you stand in my heart
Yet stranger you be when not apart
I dream to see you, everyday, by every light
But thunder strikes in me, with lightning bright
Veracious words I do speak, as pure as snow
Imponderable love I have, you may not know
Please hate me not, don't curse every god
But I do love you, and for ever too
Even if that's the last thing that I'll ever do.

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