
EXPRESSIONS

a monthly journal of VII, VIII, IX & X

Vol:I, March 2009

A Big Girl

Kuenzang Chogyel Lhamo, VIII

Oh God ! The pain that I never felt before
My heart was bursting into pieces
A feeling I can't throw
My heart was ready to tear
Don't cry ! Don't scream ! That's all I was saying
to myself
If I was a small girl, I could have screamed and cried
But I am a big girl
It was easier to be a girl of 10 or 11
But being a big girl of 14 is tough
I hid my sorrows and pains
If not, my friends would ask me lot of questions
I would have been like a celebrity interviewed
by media
The boys would have teased me more.

Letter writing

Deki Choden, VIII

Ugyen Academy
Punakha : Bhutan
Date : March 31, 2009.

Dear Namgay,
First of all I want to know how are you there at Samtse HSS. I hope that you are enjoying with your parents and friends. Here I am fine in UA with my new friends and teachers.

I want to share something with you regarding my school. Do you know how good our school is? It's really like a Heaven. There are green lawns around the school and many different types of beautiful flowers. Teachers are very nice. You know in our school there is one big hall where we perform our cultural and literary activities. We also have a beautiful library where we can read different types of books and get knowledge and improve our reading habit. We have our school football ground, basket ball court, lawn

"EXPRESSIONS" is a literary activity of UNESCO Club of Ugyen Academy, Punakha

Fact

Zoya Tsokey R. Tobgay, IX

1. There are only Three sports: Bullfighting, Motor Racing and Mountaineering; all the rest are merely games.
2. The dot over the letter 'i' is called a title.

Enjoy your English

Kinley Gyeltshen A, X

Apart vs. a part

Apart (adv): separated by distance or time

Example: I always feel so lonely when we are apart.

A part: A piece of something that forms the whole of something.

Example: They make me feel like I am a part of the family.

tennis court and volleyball court where the students practice their skills. Not only that, near our library, there is one big swimming pool where we can swim when we get free times such as on Saturdays and Sundays. Today I want to stop my letter here. Study hard and give my love to your family and friends.

With love
Your friend
Deki Choden,

Boarding Life

Sonam Dechen, VIII

Boarder life is a life where many people stay together as a family even though they do not know each other very well. I am a girl who has already been to a boarding school before coming to Ugyen Academy. My previous school was Dr. Graham's Home at Kalimpong. I had heard about it and I always used to think of going to that school one day. When the time really came, I was very excited as well as unhappy because I was getting separated from my family, friends and some of my favourite teachers. When my parents dropped me at the school, I started crying profusely. I never had experience of boarding life. Only that time, I knew the pain of getting separated from the ones we really care for. That day, I cried whole night and no one was there to pat me and I was really missing my

father who always used to pat me when I cried or when I used to be sad.

Suddenly, a girl came to me and asked me my name. She was an Anglo-Indian girl. Her name was Fastina. She advised me not to cry because at least I had my parents for whom I could cry. She didn't have her father and mother. When she was one year old, her mother was murdered and her father left her alone with her aunty. She told me, that is why she was staying with her aunty. Her aunty was everything for her. Her aunty worked hard to provide anything Fastina wanted. I really felt sad for her. There were many children with many different problems.

We were not allowed to sleep with friends. I used to get scared. After some weeks, I was sick because of missing my parents and of getting scared at night. I

even fainted. But many girls advised me to be strong otherwise they told me my parents will be sad. After some days, I started liking friends and the school. I used to go to Church with my friends, and people from Bhutan used to tell me that if I prayed to Jesus, I would get mad because Bhutanese are Buddhists. I never used to believe them because all Gods are same.

That's how a boarder life is and once in a life, we have to experience the things that we have never experienced. Now I am in Ugyen Academy; I don't feel sad. In future, we just can't continue to depend on our parents. They grow old and they have to depend on us just as we depend on them now. As boarding students, we have to learn life skills.

I really enjoy being a boarder and living with many other people even though I don't know them much.

DO JAGARLAM

[An extract from 'Of Rainbows and Clouds', Ashi Dorji Wangmo Wangchuck]

In the Fifteen Century, Ngagi Rinchen (or Vanaratna) came to Punakha to liberate the soul of his mother. Her soul was trapped in the form of a frog under a giant rock now called Do Jagarlam (Rock of Indian Saint), Which is at the entrance of Phuntsho Pelri Palace. Ngagi Rinchen, a prince, came from Chittagong in Bangladesh after the predicament of his mother's soul was revealed in a dream. Keeping his identity undisclosed, Ngagi Rinchen worked as a cow herder for Reetsa Chum, the richest lady of the village. After having meals at Reesta, he left for a place unknown to Reetsa Chum or other villagers. As darkness approached, he put a cow's hide on the Punakha river and glided on it across the river to a cave in Sonagasa. He meditated at night to redeem the condemned soul of his mother. When Reetsa Chum noticed that he did not sleep in Reetsa, she was curious to know the reason and so she kept watch. What she saw convinced her that he was no mere mortal as she had presumed, but a true bodhisattva. She repented deeply for serving him leftover food, making him sweep, and carry compost. It is believed that the downfall of that part of Reetsa village was caused by the sacrilege of mistreating the saint.

Ngagi Rinchen sliced the gigantic boulder in half, held it apart with his leg, and released the trapped frog. The frog was killed to free mother's soul. The boulder neatly sliced into half, still stands there. Three small chortens were erected next to the boulder to mark the sacred spot.

There is also a papal tree next to the temple, brought all the way from Bodh Gaya by my parents. My mother brought it as a tiny sapling growing beneath the famous papal tree in Bodh Gaya during one of the pilgrimages my parents undertook. She put it in her prayer book and forgot about it till she reached Phuentsholing. It was still green. She nurtured it as a pot plant, and when it was about eight inches high she gave it to me and I planted it near Do Jagarlam. Surprisingly, it survived transplantation from place to place and has now grown in to a beautiful, leafy tree.

While I was building Phuntsho Pelri, I was told in a dream to build a temple at Do Jagarlam. The next day, I took a stroll in bright sun shine around the sacred site and decided I would indeed be guided by the dream. It needed to be done not only in honour of the great saint but for the benefit of the local people. It would provide them with an enduring place of worship. I started building temple of Do Jagarlam in 1991. The foundation of the temple was on solid rock. When we blasted and excavated to lay the foundation, we came across two round mud balls. Inside each mud ball was a wriggling white worm. I took them to the bank of the river and left them in a mud shelter I made for them. The main alter room included statues of Guru Rimpoche, Shabdrung, Chagto Chento, Ngagi Rinchen and Tsheringma. At the same time, I made an effigy of Chabjub, the protector deity of the area. The sixty-ninth Je Khenpo, Geduen Rinchen, inaugurated and consecrated the temple.

Why take an interest in World Heritage

Heritage is what we have received from our ancestors. Our duty is to preserve it for transmission to future generations.

Our identity is the result of our past and our environment. In the same way as we inherit the genes of our parents, we are also made up of 'genes' of our cultural and natural environment

Worst day of my life

Pema Yangchen, VII

Trrrrrrr...nnnggg! My alarm started ringing. It was 8 am. Then I made a bee line to the toilet. I washed my face and brushed my teeth. Then my mother hollered to come down stairs to have my breakfast because I was getting late for school.

Then I went down stairs. It was the dish that I

didn't like at all. I wolfed down my food because I was feeling hungry. I went near the car, then I was feeling sleepy because my stomach was empty as I hadn't eaten anything.

When my father was dropping me to school, the car got punctured and the car was out of fuel too. I had to go to school in a taxi. When I reached school, the national anthem was over. So I had to stay at the tardy list. It was very

embarrassing being late. Then I went to class. The period was science. I remembered that I hadn't done my homework because I was watching television whole night long. So I got two sticks on my hand with a big, fat stick.

Oh god! Let me not face this type of situation again.

Book Analysis

Sonam Wangmo, X

Title	:The Booming Boots Of Joey Jones
Author	:David Clayton
Characters	:Joeys Jones, Eddy Morgan, Skennerskelly, Mr. Murphy, Arthur, Tank, Joey's dad and mom, Skelly's dad.
Setting	:Every one in Joey's school thought he was a hopeless person and didn't want him to be in the school's football team but he was interested in football; and was selected by Mr. Murphy in the school team.
Rising Action:	Though Joey's boot was very big yet he scored first goal in such a manner that his shot made him the man of the match of the season.
Climax	:Joey's first match; he scored a goal which made people believe in him.
Resolution	: In the final, they felt a great pressure because their opponent was the best team of the city. They were about to lose but Joey's hope was getting stronger that he scored a goal and won the trophy.
Theme	: <i>Practice makes a man perfect</i>

Global Days for the month of April

7 April 2009 : World Health Day
23 April 2009 : World Book and Copyright Day

Student Editors

1. Damchen Tenzin, X
2. Genu Maya Gurung, X
3. Sonam Deki, X
4. Tashi Y. Wangchuk, X

An Interview

Damchoe Zam, Kinzang Wangchuk, James J Park (Translator), X

[John joined Ugyen Academy in February 2009. He is presently studying in class IX]

Qn. :Your full name and the date of birth?

John: My name is Jin-Tak Lee (John). I am 16 years old. I was born on 27th Nov.1993.

Qn. :How did you feel while leaving your homeland?

John : Very unhappy to leave my parents and friends.

Qn. :Why did you come here to study?

John : To study English and to see what 'real' Bhutan is.

Qn. :Did you Like your class in the beginning? Why?

John : No, because I can't speak English.

Qn. :Who is your best friend in UA?

John :I don't have a best friend but Gideon helps me a lot and he is also my cousin.

Qn. :Whom do you like the most among the Bhutanese students?

John : I like Kezang Tashi of class X; not only him, I like my class mates too.

Qn. :What is your favourite subject?

John : Maths, because from Korea itself I used to learn.

Qn. : Do you like Ugyen Academy?

John : Yes, because it has unique features like no other school has such as
a swimming pool, a basketball court, etc.

Qn. :What do you like about this school?

John : This school is somewhat a paradise.

Preamble of the constitution of the UNESCO

That since wars begin in the minds of men, it is in the minds of men that the defenses of peace must be constructed. That ignorance of each other's ways and lives has been a common cause, throughout the history of mankind, of that suspicion and mistrust between the peoples of the world through which their differences have all too often broken into war; That the great and terrible war which has now ended was a war made possible by the denial of democratic principles of dignity, equality and mutual respect of men, and by the propagation, in their place, through ignorance and prejudice, of the doctrine of the inequality of men and races: That the wide diffusion of culture, and the education of humanity for justice and liberty and peace are indispensable to the dignity of man and constitute a sacred duty which all the nations must fulfill in a spirit of mutual assistance and concern; That a peace based exclusively upon the political and economic arrangements of governments would not be a peace which could secure the unanimous, lasting and sincere support of the peoples of the world, and that peace must therefore be founded, if it is not to fail, upon the intellectual and moral solidarity of mankind

[UNESCO Club of Ugyen Academy]

Biography

Kinley Gyelthen B, X

Name: Zinedine Yazid Zidane

Date of birth: 23rd June 1972

Nick name: Zizou

Club Career: He joined the junior team of US Saint Henry, a local club in La Castellana District of Marseille. At the age of 14, he participated in the first year junior selection for the league championship, where he caught the attention of AS Cannes and Scout Jean Varraud. He went to Cannes for a six weeks stay but ended up playing for the club for four years playing at a professional level. He played his first league match at the age of 17 and scored his first goal on 8th February 1991 for which he received a car as a gift from the team president. His season with Cannes culminated in a UEFA Cup berth.

He was transferred to Bordeaux for the 1992-93 season, winning the 1995 Inter-Totomo Cup. In 1996, Zidane moved to Champions League, winning Juventus for a fee of £3 million. He won the 1996-97 Scudetto and the Inter-Continental Cup. In 2001, he joined Real Madrid for £66 million, the most expensive transferred fee in football history. He scored the match winning goal in Madrid's 2-1 win over Bayer Leverkusen in 2002 UEFA Champion's League Final. The next season, Zidane was named the FIFA World Player of the year. He announced his plans to retire after the 2006 World cup on 7th May 2006 and played his last home match with Villarreal which ended in 3-3 draw.

He was one of only two, three time FIFA World Players of the year's winners.

A Sage, a Parrot and a Bird Catcher

Chimmi Wangmo, X

Once a man caught a parrot. He had a big net and he was a bird catcher. One sage saw the parrot being taken away by the hunter and said, "I want this parrot". The hunter sold the parrot to the sage.

The sage started teaching the parrot. He taught the parrot that the bird catcher will come, throw many seeds, but don't get caught. So the parrot by hearted this sentence. One day the sage opened the cage and let the parrot out. It flew high and far, and went back to all the other parrots and started teaching this sentence. After many days, all the parrots started saying, "The bird catcher will come, he'll throw many seeds, but don't get caught in the net".

Few days later, the bird catcher came to the jungle again. As he was about to cast his net, he heard all the parrots saying, "The bird catcher will come, he will throw many seeds, but don't get caught in the net". The bird catcher returned home frustrated. But the sage said, "They are simply saying that. Please go back to the jungle and cast your net". Hearing the sage's advice, he went back to the jungle. On seeing the bird catcher, again the parrots said, "The bird catcher will come, he will throw many seeds, but don't get caught in the net". Without paying heed to the parrots, he went on to cast his net. All the parrots flew into the net and they got caught. Even in the net, they were saying, "The bird catcher will come, he will throw many seeds, but don't get caught in the net".

Moral: *We say many good things but we do not practice them.*