

## **Bhutan**

Bhutan is a country in Asia. It is ruled by a King. It is cold and mountainous in the north, with warm and flat plains in the south. The *Lhotshampas*, or people of the south, speak Nepali and practice Nepali culture because their ancestors came from Nepal. One day, the king said that all people in his kingdom have to speak and dress the same way. The people from the south protested because southern Bhutan is warm and the heavy, cold, mountain garments of the north do not work with their environment and their job as rice farmers. The king considered this an act of disobedience and he sent soldiers. Over 80,000 *Lhotshampas* were forced to leave their houses, properties, and everything behind. They walked all the way through India to Nepal. An organization called the United Nations put up simple shelters to help them. This simple housing was called refugee camps and refugees from Bhutan lived there for about 20 years before they were able to start new lives in the United States or other countries. Although thousands call Virginia home, many more are still living in the refugee camps in Nepal.

Volunteer Opportunities: If you are interested in culture, diversity, and community engagement, or simply want to assist refugees starting their new lives in our community, please contact:

**Commonwealth Catholic Charities**  
**820 Campbell Avenue, Roanoke 24016**  
**Telephone: 540-342-7561**

Answer to word challenge: **SCHOOLS - PARKS - STORES - BUSES –  
GAS STATIONS – CHURCH – LIBRARY - TEMPLES - OFFICE**

**Produced by the Roanoke Refugee Mental Health Council.**

**More at [www.dbhds.virginia.gov/professionals-and-service-providers/oclc/oclc-focus-areas/refugee-mh/roanoke-council](http://www.dbhds.virginia.gov/professionals-and-service-providers/oclc/oclc-focus-areas/refugee-mh/roanoke-council)**

## **Padam Rai and Friends**

By: Roanoke Refugee Mental Health Council



**Padam Rai arrived in Virginia in 2008 with his mother, father, two brothers, and two sisters. The refugee resettlement agency helped them to start their new life in Roanoke. Padam and his siblings went to school and are now integrated into our academic community. He made lots of friends at school. His parents work hard to provide a good life for their children. All of them are now citizens of the United States of America.**

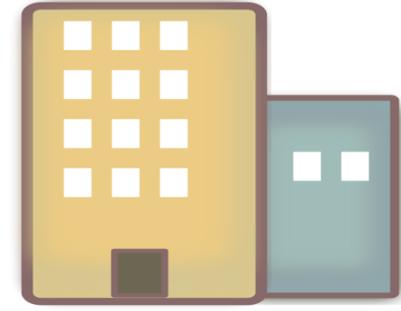
**WORD CHALLENGE.** Padam Rai and his family are members of our community. Do you know where you can possibly see them? Unscramble the letters to know where to find Padam, his family, or other refugees who live or go in our community.



**COHOLS**



**KARPS**



**RETOSS**



**SUBES**



**SAG NATTIOS**



**CRHUCH**



**LARYBIR**



**PLESMET**



**COFEFI**