



FRIENDS OF TIBETAN SETTLEMENTS IN INDIA
(“FOTSI”)

Annual Report and Newsletter for 2008-2009
Projects in Mundgod and Bylakuppe Settlements



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Financial Report for 2008 (ref. IRS Filing, Doty, Lyle & Jones, LLC)

Income

Donations	\$46,903
Interest Income	\$ 556
Total Income	\$47,459

Expenses

Program	\$48,634
Fundraising (newsletter, software, mail, copies, photos, etc.)	\$ 1,050
Administrative (e.g. IRS reports, State Registration)	\$ 665
Total Expenses	\$50,349

Our Program Expenses in 2008:

Education **\$11,915**

College+ Nursing Scholarships, Boarding School
Fees (TCV), Dre-Gomang School, books, other student aid

Health/Hygiene/Emergency Aid **\$15,664**

Representative's Emergency Fund, Hospitals, Monks' and
Nuns' Med. Funds, rabies vaccinations for animals, direct aid

Sponsorships/Self-Sufficiency/Group Support **\$14,733**

45 sponsorships through Rep. Office, temporary for others, cow
purchases, 20 nuns and 42 monks sponsored, other one-time aid

Leadership Programs **\$ 3,900**

Tibetan leaders and projects--generator for water pump Camp #6,
computer setup Tibetan Women's Assoc. (+begin 2009 projects)

Program Expenses for India **\$ 2,422**

Travel to/in India (most donated by President) \$2039, mail to India
directly for program \$270, supplies \$63, computer software \$50.

At the end of 2008 we carried forward \$40,713. Much of this was used and allocated during our early 2009 trip to India. Including our early work as CFT/TSI and later as FOTSI, our program service has exceeded **\$449,168**. Other work has been done in our name or with our advice by groups working with Tibetans in India, Nepal, and Tibet. As usual, **no salaries have been paid to anyone in FOTSI. We deeply thank all donors who have donated for FOTSI's operating expenses!**

October 2009



Dear Friends of Tibetan Settlements in India,

Thank you all, once more, from FOTSI and the hundreds of Tibetans you have helped. In 2008-9 we sponsored 97 laypeople, monks, and nuns, and aided many students, teachers, and others. We helped with medical treatment, scholarships and other educational support, water, housing, emergency and self-sufficiency needs. In 2008 we put \$46,212 directly into these relief programs in India, spent \$2,422 on expenses for our program in India (India travel, registered mail, etc.), and used \$1,715 for fundraising and administrative needs (state registration, IRS reports, computer, newsletter, etc.). As usual, no one in FOTSI got paid.

We continued to play a role in the big picture in the Mundgod Tibetan Settlement in India. We finished our projects to provide water for 129 families when there is (often) no electricity in Camp #6, and to provide the Tibetan Women's Association in the Mundgod Settlement with modern office equipment. We also answered a 2009 plea by the Mundgod Legislative Assembly to fund a large duplex copier to facilitate communication in the camp and with Indian officials and the Tibetan Government in Exile during a frightening time when agitators tried to throw the Tibetans out of Mundgod and grab the land. Fortunately, many Tibetans were shielded from what was happening and never knew the efforts some Tibetans and many Indian and other friends made on their behalf.

My visit to the K.L.E.S. Hospital in Belgaum, India, where I saw 4 of our graduate and student nurses in action, was especially inspiring this year. I learned more about the loan awareness talks which FOTSI commissioned and how these are appreciated in the Tibetan community. We celebrated with one of our older sponsored Tibetans, as she thanked us, saying that her children were now able to support her and she no longer needed a sponsor! We watched many of our sponsored monks, nuns, and laypeople helping others.

Sadly, we also heard through the year, that although the Chinese Government in Beijing has again allowed tourists into Tibet periodically (not during anniversaries of Chinese invasions and "liberations"), they still continue their repressive policies and



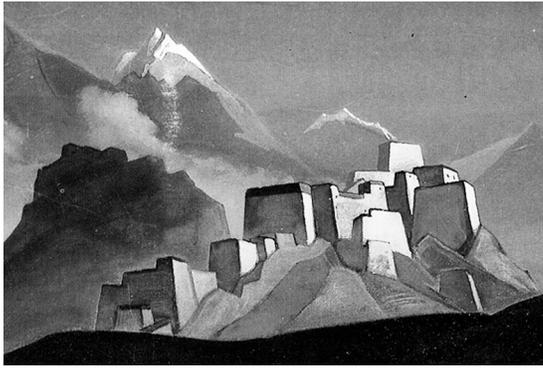
Shekar, Tibet, heritage in ruins

punishment of those who demonstrated peacefully for freedom (or were just in the wrong place at the wrong time), and they continue to abuse the environment and bring many Chinese settlers into Tibet. Newspaper reporters



Tibet, March 2008

(except those specially chosen by Beijing) are still not allowed into Tibet. The big picture is still tragic. Tibetans in the Mundgod Settlement cancelled their



Roerich Painting -- Tibet as it Was

public celebration of Losar (New Year), the biggest Tibetan holiday of the year, to mourn the loss of Tibetan lives and the imprisonments and injuries of many Tibetans in 2008. They also had public meetings about the dire news in Tibet most of which did not reach the world's newspapers. I attended this event and share a photo, top right, on this page.



Mundgod Meeting

The Tibetans in Boulder, Colorado, marked Tibet Day and the Dalai Lama's Birthday in July with prayers, talks, and culture. A Tibetan from Wisconsin, **Tenzin Ngawang**, played striking traditional music. Boulder's unmatched exemplar of Tibetan compassion, wisdom, and sound, **Nawang Khechog**, conveyed with his music what is being lost in Tibet as well as spiritual qualities all people of the world can share.



World Tibet Day July 2009



Tenzin Ngawang



Nawang Khechog

His Holiness the Dalai Lama encouraged an important meeting of expatriate Tibetans in Dharamsala, India, in December 2008. Many, especially young Tibetans, have been pressing him to back away from pursuing Tibetan autonomy and not independence from China. They point out that nothing has happened. They grow impatient. This meeting offered a chance for more radical Tibetan exiles to voice their frustration with the Dalai Lama's "middle way" of seeking concessions from Beijing through negotiations. In the end the Dalai Lama's long-standing policy of seeking autonomy, not independence, from China prevailed. The Dalai Lama called for this meeting partly to pressure China and partly to listen to the growing call from young Tibetans for independence. In fact, Beijing is assisting this trend, encouraging radicalism as a way of splitting the Dalai Lama from his adherents and waiting for him to die in isolation. After the meeting, some said that they would wait, but not forever, and noted the complete lack of any positive response from Beijing.

This year marked the loss of many great Tibetans. One was **Takster Rinpoche**, the Dalai Lama's brother who was once asked by the Chinese to kill him, but instead gave warning, and later headed an major Tibetan center in Bloomington. Another great one was **Geshe Tsultim Gyeltsen**, founder of a Dharma Center in California and a director of the International Campaign for Tibet for 20 years. Many of these great Tibetans had a special place in their hearts for those who help others, like all of you. **Please see page 25 for info on my 2010 India trip and other late-breaking news.**

With Gratitude to you all, Chela Kunasz, President, FOTSI

Leadership Projects – 2008-9

Kharyak Charitable Society: FOTSI buys Copier for Mundgod Assembly

The democratically elected Tibetan Mundgod Legislative Assembly handles many affairs relating to the Tibetan Settlement at Mundgod, in Karnataka State, India. In 2009, a few politicians and irresponsible newspapers in Karnataka State, including a member of the Indian Parliament, tried to stir up resentment against the Tibetan Settlements in South India, including Mundgod. Also, a few local villagers who do not like Tibetans and/or are jealous of their foreign income called for a meeting. They tried to rouse people to undertake street demonstrations, burn effigies of Tibetans, and march into the camps to destroy buildings to make them live in tents to retain their status as refugees. The Tibetans needed to rally their much larger number of Indian friends, report falsehoods, and stay in touch with the Tibetan Government in Exile. It was important to be in close contact with each other. To help Tibetans better communicate within the camp, with Indian friends, and with Dharamsala, FOTSI donated the total amount needed (\$1880) to buy a large photocopier. This helps a lot because getting good access to copiers when the electricity is often off can be challenging. The Tibetans gave deep thanks for this gift and a receipt for the purchase. This is not a romantic or exotic gift to a “lost world”, but rather



Tibetan Assembly Duplex Copier

a practical aid to help Tibetan refugee communities survive in a very real and changing world. Also, they are trying extra hard to make sure their own citizens give minimal cause for any problems or complaints. I have, however, seen them doing this well for a long time. Most local people benefit greatly from the existence of the Tibetan camp. Greed from a few for their 3000 acres is part of this, as well as zeal for excitement in newspapers. The photo in the upper left has an insert from an Assembly Meeting at which the President thanked all the FOTSI donors and Chela gave a speech on behalf of FOTSI and the project’s donors.



Mundgod Tibetan Legislative Assembly

We completed our funding of everything needed for the generator to provide water for the 129 families of Camp #6 and attended a large meeting there at which many came personally to thank us. Afterwards I went to see the generator and water



Camp #6 Thanks FOTSI

tank (see newsletter collage). We also completed our contributions to the Tibetan Women’s Association (TWA)’s computerized office. **We donated \$3900 and \$330 in 2008 and 2009 respectively for these projects.** Mrs. Tenzin Palmo, President of the TWA, met me in Mundgod to thank us all. She was the rousing speaker about the situation in Tibet at the Mundgod meeting mentioned on page 4.



Tenzin Palmo

Tibetans Who Make FOTSI's Programs Work



Tsultrim Gyaltsen



Lobsang Sangyas



Ngawang Dhargyas



Jigme Namgyal



Tenzin Norzom



Nyima Lhamo



Tenpa TK



Kyizom



Migmar Tsering



Lobsang Ngawang



Ngawang Tsondu



Lhudrup



Palden Dhondup



Tenzin Yangkar

Without the wise advice and hard work of **many** Tibetans, our projects would never arise and flower the way they do. Those most essential in 2008-9 are shown here.

Geshe Tsultrim Gyaltsen - senior administrator at the Drepung Gomang Monastery helped FOTSI and Tibetans a lot

Migmar Tsering - Secretary of the same monastery, works tirelessly with FOTSI and all donors

Geshe Lobsang Sangyas - runs one of our monks' health projects, coordinates activities when Chela visits, and takes care of her

Ven. Lobsang Ngodup - Chela's right-hand in India in 2009, attends the sick, helps run the GK Health project

Ven. Ngawang Dhargyas - ran the GK Health Fund for years

Geshe Ngawang Tsondu - a very helpful translator and advisor

Jigme Namgyal - Secretary of the Dre-Gomang Buddhist Cultural Assn. (DGBCA) through which FOTSI does much, helps me travel between Bangalore and Mundgod

Geshe Lhudrup - runs the DGBCA with Jigme Namgyal

Ven. Tenzin Norzom - facilitates our aid to Tibetan nuns (and some lay people) working with the head nuns at the Jangchub Choeling Nunnery

Palden Dhondup - Representative of HH the Dalai Lama in Mundgod, amazing top official for the settlement

Nyima Lhamo - works for the Office of the Representative (ORM); is FOTSI's capable and kind social worker and liaison with sponsorees

Tenzin Yangkar - most helpful accountant for the ORM

Tenpa TK - head of Mundgod Legislative Assembly to 7/09, leads the Kharyak Charitable Society (KCS)

Kyizom - doctor at Tibetan Medical Clinic, helps in many ways

Sonam Dolma - TCV School, Bylakuppe (not shown)

Lobsang Monlam - Tibetan Volunteers for Animals (not shown)



Sponsorships and Direct Individual Aid

Programs through the Mundgod Office of the Representative of HH the Dalai Lama

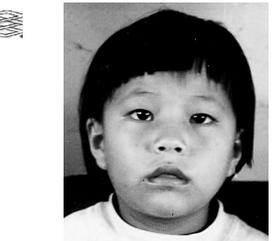
We now **sponsor 45 people** -- 16 children, 18 elders, and 11 middle-aged through the Representative's Office. Chela met all but one of them in India in February, 2009. She often visited the Home for the Elderly, where five of our elders live, including **Tsokyi**.



Tsokyi

In 2008, we sent \$8,890 to the Office of the Representative, Mundgod settlement, for sponsorships, emergency and one-time aid, and cow purchases. To 08/31/09 we had sent another \$7,904.

We began sponsoring **Tenzin Norzin** when she was very small. Now she is 16, studying geography, history, English, and Tibetan and studies in 11th grade at the Mundgod Tibetan high school. Two younger sisters attend school. One older sister is studying hotel management; the other,



*Tenzin Norzin
Then*



*Tenzin Norzin Now
+ Chela*

Jampa Lhamo, and is in her first year of nursing school at the K.L.E. Hospital. Tenzin Norzin's mother has suffered from a serious chronic sore throat for a long time; Her father sells sweaters on Indian city streets. Tenzin wants to study nursing like her sister, but this will require some scholarship aid.



Dolma Tsering and son Karma Sonam Then & Now

More than 10 years ago, young **Karma Sonam** began being sponsored by a generous FOTSI donor. Karma lived at home with a grandmother, mother and his brother. The family struggled. Karma contracted tuberculosis. Karma's sponsor's donations helped pay for Karma's medicine and also for Grandma Bopo's needs. Karma was good at athletics and art, but not at academic studies. Finally Karma and his brother joined the Indian army, hoping to get training in auto mechanics or another skill and be able to earn a salary. Karma is now 23 and stationed in Ladakh. His brother is stationed in Kargil and is not near Karma. To stay in touch with this family, Karma's sponsor sponsors his mother, **Dolma Tsering**, who has had Hepatitis B for 5 years and suffers from bad, probably migraine, headaches. Bopo died a few years ago. Dolma is lonely at home now, but so grateful to the donor who has made such a difference to her and her family. The boys still don't make significant money from the Indian army, but at least they are fed and healthy. Dolma hopes they are not in too much danger.

Dawa Dolma lives in Camp #4 and is in 6th grade. Her mother is Tibetan, and although her father is an Indian, the family considers itself Tibetan. There are 8 people in Dawa's home. Dawa's oldest sister went to Delhi to help her aunt. The youngest sibling, a boy, was born without an ear. Dawa's father is a diabetic and has trouble working strenuously. His sister recently died at an early age. Her mother gathers wood and cares for the children. Dawa dreams of a better life, through her own hard work and the opportunity to pursue a Bachelor of Commerce degree.



Dawa Dolma, 13



Tenzin Tseten



Tenzin Palbar and sister



Tenzin Khando Then & Now



Tenzin Dadon



Penpa Dolma

Sponsored boy Tseten loves math and is in 7th grade. He has finally recovered from the boils that troubled him for a long time. He meant to thank his sponsors by drawing American **flags and rifles**. It is too bad that this is the way our country is seen, but perhaps, to Tibetans who wish that someone had defended their country in the 40's and 50's when it was overrun by the People's Liberation Army of China, flags and rifles mean strength and protection. **Tenzin Palbar's** father came with his children to thank FOTSI when Chela was in India. We've been sponsoring **Tenzin Khando** for years. She is now 15. Her mother died last year of a heart attack. **Tenzin Dadon** is sponsored by Greg Hunt who went with Chela to Mundgod last year. Tenzin loves Tibetan studies best and expressed her happiness that Greg had come to visit. **Penpa Dolma**, who has a FOTSI sponsor and whose brother we helped last year with his tonsillectomy, wrote a special thank you, saying, "I never forget your kind support to me. It is a great honor for me to have a sponsor like you. Here we are all fine and healthy. I am too busy because of our examinations, doing all the works such as project work, homework, and class work. So many of works I do alone." Penpa works industriously on her 10th grade schoolwork and usually first in her class. She also helps her parents with hard fieldwork.



Nyima Lhamo + Phurbu



Kunsang



Tenzin Lhakey



Migyur

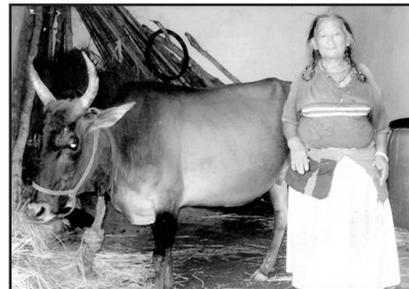


Tsering Lhamo + Chela

We delight in our **sponsored elders**, including **Phurbu**, 85, shown with **Tibetan social worker Nyima Lhamo** during Chela's visit to his home. His eyesight is now poor and his bad knees keep him from walking very far. He stays with his daughter's family who care for him. He loves to spend his time saying prayers for all beings in this world. **Kunsang** has a lot of knee trouble and high blood pressure as well, yet is always so warm and smiling when Chela visits her. She, like Phurbu, says prayers, and especially remembers her sponsor. **Tenzin Lhakey** is 78 years old, and also has difficulty with her eyes and knees. Her granddaughter, who helps take care of her, wrote a grateful letter to her sponsor. **Migyur** is 80, has a hernia, and can't work hard. He, his wife, daughter, and 2 grandchildren live together and care for cows and plant lentils and maize. His wife also has problems, and his daughter is cognitively challenged. In the past we bought them a cow and a FOTSI donor sponsors him. This year Chela used funds from our **FOTSI Emergency Fund** to further help him. This fund helps our sponsorees with glasses and essential needs they can't meet. We continued to help **Tsering Lhamo** as she recovered from diabetic sores. Our Emergency Fund **helped her son be treated for mental illness** at a decent Indian facility, not only for the sake of himself and relatives, but for the whole Mundgod settlement, as he had lost control, was suffering, and was possibly a danger to others. **Please donate to our Emergency Fund, which does so much!**

Cows and Calves... special gifts in 2008-9

We've not yet seen our 2009 cows, but can share a little about Chela's visit to the families who received FOTSI cows in 2008. FOTSI donors sent \$1200 over two years for 4 cows, several with calves. These animals are valuable both materially and psychologically, as Tibetans have been herders for hundreds of years. We show **Dolma** with the milk cow (calf not shown) that FOTSI bought her and her relatives. Dolma's daughter wrote a grateful letter to the cow/calf sponsors explaining how they use part of the milk themselves and sell a liter a day for 12 rupees. When Chela visited in February, the cow was giving less, and the family hoped the cow



Dolma and her cow



Sonam Topgyal + FOTSI cow



FOTSI calf (left)

was pregnant. Nowadays all the people getting cows are participating in an **organic farming program**, so the dung is used as fertilizer. Dolma's family is growing lentils and rice. The other cow-with-calf purchased by FOTSI in 2008 went to **Sonam Topgyal** and his family. They also use and sell the milk, and fertilize their crops with the dung. In 2008, the rains were poor in Mundgod. In 2009 things started out well, but then the **huge Karnataka/Andara Pradesh monsoonal storm** in October caused the loss of some crops. We don't yet know the full consequence of this for the Tibetans or Indians.

Loan Perils and FOTSI's 2008 efforts continue...



Palden Dhondup, Loan Awareness

This year as well as last year, Mr. Palden Dhondup, the current Representative of HH the Dalai Lama in Mundgod, held meetings for the benefit of the local population at which he and others shared information about bank loans and debt. These talks point out credit pitfalls as well as appropriate options for getting loans. This is not the complete solution to this massive problem, of course, but the talks are quite useful nonetheless.

Tibetan Volunteers for Animals

Tibetan Volunteers for Animal (TVA) was founded in the Tibetan communities in India by a special young man, **Lobsang Monlam**, who was joined by many other young Tibetans.



They have aided animals and humans in many ways. In 2008 they vaccinated the animals in the Mundgod settlement for rabies, a significant problem in the Tibetan settlements. Often the animal situation is worse than that of humans in refugee camps. As we reported last year, FOTSI donated \$250.00 to TVA in 2008. Separately from FOTSI, one of our donor friends made a large donation to this wonderful group, and 2300 dogs were given rabies shots. To learn more, please see www.semchen.org. Consider donating to them directly or through FOTSI. One of the monks of Drepung Gomang Monastery, Sonam Dawa, is on the Board of Directors of this group. TVA is always non-violent.

Jangchub Choeling Nunnery, Mundgod Tibetan Settlement: Shelter, Medical Needs, One-time Aid, and Sponsorship



As of 2009, we now sponsor 19 nuns among hundreds in Jangchub Choeling Nunnery (Mundgod), and we send medical and dental aid, helping all the nuns. In 2008 we gave the nuns a total of \$5302, and in 2009 we sent

them over \$12,000. Some of that might not be cashed until 2010, depending on the speed with which our packets reach India and the response of the banks.

Of these amounts, \$3000 and \$4795 was explicitly for our Nuns' Medical Fund in 2008 and 2009, respectively. This money is used for emergencies or special needs not otherwise covered. We especially helped our newest sponsoree, Pema Choeyang, who contracted intestinal tuberculosis and needed expensive major surgery. She has recovered well. She had been especially concerned about problems in Tibet in 2008, as she had so recently left there. Our immediate concern was simply saving her life.



Pema Choeyang

We aided others with surgeries, dentistry, glasses, and treatment for various infections. One of these was Lhamo Yangtso, who left Tibet on foot and crossed snowy passes in 2002. She was ill the last six months of 2008.



Lhamo Yangtso

Under "College/Nursing Scholarships" later in this newsletter we write about some of our graduate nurses helped Lobsang Dolma get treatment for an injured hand that was not healing.



Lobsang Dolma Jupa and her lumpy hand

The Jangchub Choeling nunnery also educates women such as Lobsang Palzes from ethnic Tibetan areas in India. We helped Lobsang with medical treatment, and she helped us, being very supportive of one of our donors who is in a courageous fight of her own. Lobsang's father was a north Indian Muslim, who was so taken with Lobsang's mother, as well as the Buddhist path of peace, that he married Lobsang's mom, moved into an ethnic Tibetan community in Ladakh, and became a Buddhist.



Lobsang Palzes



Aiding Nuns at Jangchub Choeling (con'd)



In 2008 we sent \$408 towards a new building the nuns are building to house the 66 nuns who've arrived over recent years. They had no rooms but moldy discards of the abandoned Home for the Elderly or a classroom jammed with beds. **In 2009 we sent \$2,195 for this building,** now under construction, but for which large loans had to be taken. The nuns were given



land for the building, but the stipulation was that if they didn't start to build in 2008, they would lose the land. They are working hard to pay back the loan. Their hopes for a nuns' Tibetan cultural tour were dashed.

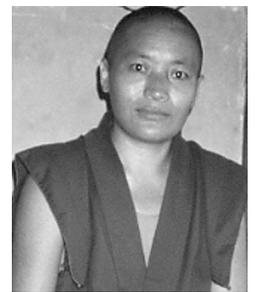
The American group sponsoring them backed out due to the economic downturn. When I visited in 2008, I watched the nuns working at night doing construction work themselves. Of course they can't do technical

work or use heavy equipment. FOTSI donors are trying to help! We had a **special anonymous donation towards this building in 2009.** **In addition, Lily Organics, an unusual company in Colorado** (see www.lilyorganics.com), **has given an extra donation** to help the nuns and is trying to raise more funds using the lovely woven yarn bracelets the nuns make themselves. **Please consider supporting both the nuns and Lily Organics,** which sponsors 5 Tibetan families in Mundgod. They have worked with FOTSI for years, even sponsoring "Tibetan Blues Bash" concerts to raise funds for our work when we were part of Colorado Friends of Tibet.



Lobsang Choeden #2

The rest of our aid for the Jangchub Choeling nuns was for **sponsorship, one-time aid, educational needs, and community aid for laypeople.** We also contributed towards **a laptop for nun Tenzin Norzom, FOTSI's administrative liason** with the nuns, shown below with some of the hundreds of receipts for FOTSI-covered medical aid. **Ngawang Choekyi, Ani Gegu, head nun of Jangchub Choeling and other nun administrators,** met with Chela to thank FOTSI for all we have done to help them. They hope we continue sending funds for their building. Among our sponsored nuns are **Lobsang Choeden #2,** shown with a photo book her sponsor sent her, and **Tenzin Deetaen** who suffers from brain lesions.



Tenzin Deetaen



Tenzin Norzom with Medical Bills



Chela with Nun Administrators

Also shown here is **Sonam Tsekyi** whom we have helped this year.

If you wish to sponsor a nun please contact us, as we **have several needing sponsors, including Sonam Tsekyi.**



Sonam Tsekyi

College/Nursing Scholarships

In 2008 until mid 2009 we aided 10 Tibetan college students studying in India as listed below.

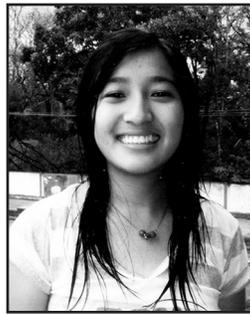
Name	Major	College
Ms. Passang Dolkar	Nursing	Apollo Hospital, Hyderabad
Ms. Tenzin Lhakdon	Nursing	K.L.E.S. Hospital, Belgaum
Ms. Samten Dolma	BA English/Teaching	St. Joseph's College, Bangalore
Mr. Tenzin Tashi	MBA	Osmania University, Hyderabad
Mr. Karma T. Dhondup	B.Commerce	AA Arts,Sci.Commerce,Bangalore
Ms. Tenzin Dolma	BS Computer Sci.	Women's Christian College, Chennai (Madras)
Ms. Tenzin Tseten	Nursing	St. Martha's Hospital, Bangalore
Ms. Kalsang Chodon (no photo)	Medical degree	Sardar patel Medical College Bikaner
(Minor assistance): Ms. Tenzin Kalden	Nursing	R. Gandhi Univ. of Health Sci. Bangalore
Ms. Phurbu Dolma	B. Commerce	Teresian College, Mysore



Passang Dolkar



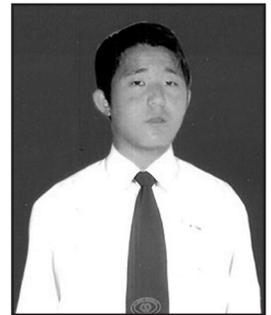
Tenzin Lhakdon



Samten Dolma



Tenzin Tashi



Karma Tsering Dhondup



Tenzin Dolma



Tenzin Tseten



Tenzin Kalden



Phurbu Dolma

Nursing and other College Scholarships (continued)

In 2008 we sent Tibetans \$6,805 for college scholarships, with \$3905 going to the Office of the Representative, Mundgod (ORM), and \$2900 going to the Kharyak Charitable Society (KCS). We also sent KCS \$200 for achievement awards to Tibetan school children in Mundgod.

In 2009 to date we have sent \$5923.60 for college scholarships. Of this amount, we sent \$3220 to the ORM through the Central Tibetan Relief Committee in Dharamsala, now required by the Tibetan Government-in-Exile to comply with current Indian law, and \$2703.60 to KCS.

The top 4 students and bottom two listed on the previous page were supported through the ORM. The first three were **winners of our 2008 essay contest** in the Mundgod settlement for 3-year scholarships. All three have finished their first year, have done well, and are being given their funds for the second year. In a few pages we'll share details about nursing student **Passang Dolkar**. In the future we plan to share more about English teaching student **Samten Dolma** and nurse-to-be **Tenzin Lhakdon**.

Tenzin Tashi completed a 3-year scholarship and is beginning his MBA studies at Osmania University. We also sent funds for **Tenzin Kalden** and **Phurbu Dolma** through the ORM.

Phurbu Dolma completed her Bachelor of Commerce degree at Teresian College in Mysore and was **accepted into an MBA program in Mysore University**. Due to childhood polio and not being able to get good surgeries early, she needs a sedentary job. Her early wish to be a doctor turned out not to be feasible. She is now hoping, eventually, to work as an accountant for the SOS TCV Schools for Tibetans in India (or perhaps for the Tibetan Government-in-Exile) so she can help others such as herself who are not only refugees, but, in some cases, also handicapped.



Phurbu Dolma

As we wrote last year, **Tenzin Kalden** completed her 4-year nursing program at the top of her class at the end of 2007. We helped her in early 2008 as she transitioned to a job at Sterling Hospital in Ahmadabad. Later she got a great job at the K.L.E. Hospital in Belgaum, which is 4-5 hours from her parents' home in Mundgod by bus. Tenzin and her sister Kalsang helped arrange a trip to K.L.E. Hospital for me and a monk and a nun who had health problems. We went on a day-off for Tenzin and another FOTSI-aided nurse, **Tashi Dolma**, so they could help us. We also scheduled a visit to the Student Nurses' Hostel, met both our nursing student **Tenzin Lhakdon** and our graduate "bond" or "intern" nurse **Pema Dolma**, and got a tour of the hospital.



Tenzin Lhakdon & Chela



Tashi Dolma, Indian Nurse, Pema Dolma



Student Nurses' Hostel

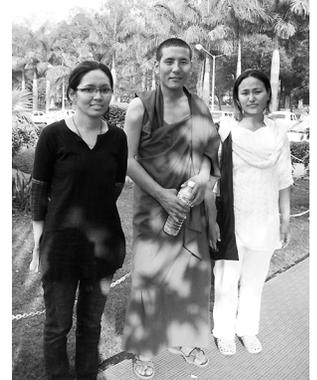
Journey and Visit to K.L.E. Hospital, Belgaum

It was hard to get a car to drive us to the town of Belgaum at a good price, but by hiring two different drivers, the second one a young Indian with a slightly scary jalopy, we reached the K.L.E. Hospital by about lunchtime. Tenzin Kalden showed us around and as soon as the line opened at 2:30pm we queued for appointments. First we tried to see **Dr. Hazara**, a highly qualified doctor for Hepatitis B and other liver ailments.



We were distraught to find that Dr. Hazara was off for the day. What to do for our Hepatitis B monk patient, **Lobsang Dhamchoe**? Amazingly, Tenzin Kalden saved the day in a way never imaginable in the USA. She had the mobile number of Dr. Hazara, and *she called him at home!* She had me explain I'd come from America and wished to aid some Tibetan patients, that we were at the Hospital and wondered if he could come in. To my surprise, he replied that he would see our patient at the hospital at 4pm! But, unfortunately, *we'd have to pay double his usual*

fee... \$4.00 instead of \$2.00! His knowledge was impressive, and he explained everything clearly to Lobsang and me as well as advising Lobsang about his stomach ailments. In the small window of time before the laboratory closed, we managed to get a special blood test (not cheap..\$100!) sent to Mumbai (Bombay) for analysis of Lobsang's Hepatitis B and recommendations as to what drugs would work best for him.



Lobsang Dhamchoe with Tenzin & Tashi



Tenzin Kalden, Tenzin Norzom

At the same time, we managed to see a special doctor for our Tibetan nun patient, **Lobsang Dolma Jupa**. Tenzin Kalden used her phone to make arrangements for Lobsang, sitting next to Tenzin Norzom, who knew the history of the nuns' injury and speaks English. Lobsang Dolma had a hand that was not healing months after an injury that occurred when she was harvesting fruit. At K.L.E she was given medicine, physical therapy advice,

and was relieved to find out that her hand would recover and there was no evidence of a tumor. After seeing her hand, we had all worried about that. Tashi Dolma and Tenzin helped both patients get all needed tests.



Lobsang Dhamchoe

Our visit to the K.L.E. Hospital was interesting and encouraging. FOTSI's graduate nurses showed their skills in many ways. It was impressive just to hear them switching between Hindi, English, and Tibetan, especially when translating for our Tibetan monk and nun, who didn't speak English well and knew no Hindi. The nurses wanted to give me a detailed tour of the Intensive Care Unit at the Hospital (where they often work), but we had run out of time. We were literally running from doctors' offices to labs to billing sites. Without Tenzin and Tashi's help, it would have taken us two days to do all we did.



Lobsang Dolma Jupa

K.L.E. Hospital Journey and Visit (continued)

Our return to Mundgod was a **hair-raising trip on an Indian freeway**. At one point our confused driver entered the **wrong side of the freeway**, with large arrows pointing **towards us** showing the flow direction. The driver pulled into some tall grass and over some asphalt curbs to get us out of that fix. We then went along okay for a while, but as we zipped at high speed around a bend, we suddenly saw a large herd of black goats crossing the freeway! Brakes were jammed on, and we missed all the goats. A few miles later, we saw a scooter with an empty grain bag pulled off onto the median. Then we saw the driver, on his knees and very hard to see in his dark clothes, **crawling on one of the asphalt lanes**



of the freeway, picking up popcorn kernels, one by one. Those kernels must have been very precious to him. We managed to miss him too! Finally, after 10pm we were dropped off at a bus stop where we caught a ride to Mundgod. Nun Tenzin Norzom used her mobile phone to call the nunnery. Several nuns got permission to drive their vehicle to the edge of the Tibetan camp to pick us up. We all got “home” around midnight, but felt elated by our trip and nurtured by “our” wonderful nurses and the K.L.E. Hospital.

Our Kharyak Charitable Society Scholarships

Karma Tsering Dhondup is from a very poor family in from Camp #6, Mundgod. He would not have been able to get to college without our scholarship. He is attending AA Arts, Sciences, and Commerce College in Bangalore, India, and is in his first year, studying business and English courses. The Kharyak Charitable Society discovered him looked into his situation for us. We received a good letter from Karma and receipts for his fees, tuition, and expenses. We hope he does well and that we can meet him in the future. His relatives met me in Mundgod in February and thanked FOTSI donors for the wonderful opportunity they have given Karma.



Karma T. Dhondup

Tenzin Tsetan is from a family in the Bylakuppe Tibetan settlement who, without sufficient resources, had thought that Tenzin would be selling special effort, leaving her home and pursuing a “science stream” and living Sc. program at St. Martha’s Hospital funds to realize her dream, so FOTSI is I called her when I was in Bangalore Bylakuppe includes 2 grandparents, her Her grandparents came to India after China



Tenzin Tsetan

sweaters on Indian streets. But Tenzin made a attending the Central Tibetan School in Mundgod, in a hostel. She did well enough to get into a B. School of Nursing. But she did not have the helping, and she is joyful in her nursing studies. but couldn’t meet her in person. Her family in parents, an uncle, elder brother, and younger sister.

invaded Tibet. Her grandfather suffers from

asthma. Her father, Kalsang, 46, was born in Tibet and didn’t come to India until 1985. All his relatives are still in Tibet. He makes his living as a farmer.



Tenzin Dolma's Mom

Tenzin Dolma’s mother came from Camp #7 to personally thank FOTSI donors through me when I was in India. Her daughter is now studying for a B.Sc. in Computer Science at Women’s Christian College in Chennai (Madras). We also aided **Kalsang Chodon**, from Mundgod’s Camp #1, with funds towards her study for a medical degree at Sardar Patel Medical College in Bikaner, India.

Nursing Student Passang Dolkar's Family Story



Chungdak

Passang Dolkar is now a young woman of 20 years, currently starting her second year at Apollo Hospital in Hyderabad, India, with a 3-year scholarship from FOTSI. In her top-rated essay that helped win our scholarship, she shared much about herself and her family history. She is especially fond of elderly people. Caring for her grandma inspired her with a desire to help others and prepared her for nursing study. Passang's uncle, Chungdak, 76, told her the story of how he and Passang's grandfather come from Tibet to India and how it was for them in the beginning in India. Retold in Passang's essay, it was like this...



“My grandparents belonged to the Lhasa area (a small town of Dechen). My grandpa left Tibet in 1959 when China invaded our motherland on 10 March. My grandpa was accompanied by my “akula” (uncle), who used to narrate their thornful life. They actually left on March 15. They came from Moantawang to Assam and from there to India. Their journey took around one month. On their way, they had to hide in heavy snowfall during the day and again keep on going during nights because China's armies were scattered around the border. While on their way, my akula says, there was a shortage of food, and due to that, two of my relatives' children died. While crossing the huge rivers, some of the other people were taken by the waves and so many terrible things happened. During their month's journey, my akula says life was worse than hell. It was just like a living hell. They stepped on thorns and snows for long hours all the way. Therefore some of the people's toes were eaten by the cold snow and injury by thorns. They had to cross high mountains covered with thick snow and forest while carrying their little children.

After reaching here in India as refugees, they didn't have anything to eat or anything to sell to get food. My grandparents had to beg from people everywhere as they moved here and there. They used to go door to door to beg just for their children. Therefore my grandparents always used to tell me, “Never misbehave with beggars who come to your door”, because they said they knew their feelings as once they too did the same thing.



Passang Dolkar

My grandparents said that in India they worked as laborers constructing roads just so their kids could survive. They hardly got any source of money to feed their children. By hearing how they struggled in their lives, strong feelings arose in in my heart, making me feel that I will do my best to make them all (my parents and grandparents) happy and satisfied...” Passang also wrote, “this nursing professional course will be one of the most helpful to society, as we are all living beings and we can get sick at anytime...”



Passang Dolkar & two high school friends

Sponsorship at Tibetan Children's Village Schools

We continue to sponsor Sonam Dorjee who is starting



Sonam Dorjee

Class 9 at the Chauntra School in north India. We are very proud of Sonam because he continues to get better and better grades, being 5th best in science and 9th overall in his class. He has come from a very difficult situation and has not been at this wonderful school as long as his classmates. He told me his favorite

subject is science and what he likes best is physics! During his visit to his parents in Mundgod, he shared his feelings and his gratitude for the wonderful help from his FOTSI benefactors.



SOS TCV School Children



Tsering Samdup

We also sponsor Sonam's brother, Tsering Samdup (13), in class 6 at the Bylakuppe SOS TCV School. There we still sponsor Tsering Choedron (14), and Karma Tashi, who did well in the class 4 exam and is now in class 5. Karma loves soccer and his friends at the school. He has gained weight and height this year and is thriving. We send pocket money to Karma's sister Sonam

Dolma. One of our donors sent an extra donation to the Bylakuppe TCV school from her sales of her beautiful posters made from her Green Tara painting.

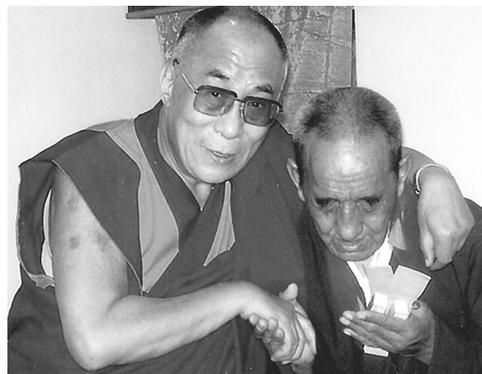


Tsering Choedron



Karma Tashi

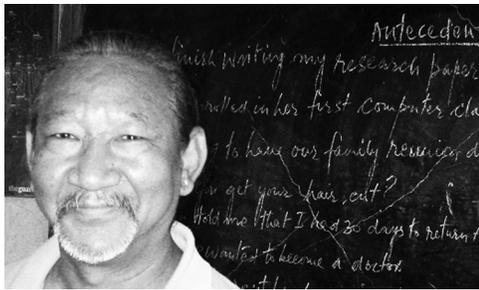
The Dalai Lama, Ak Pema, and Dukmo



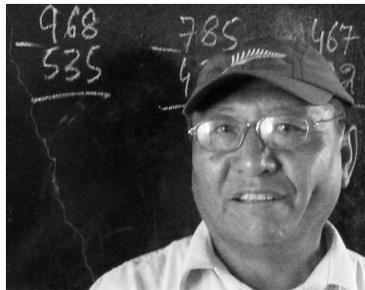
HH the Dalai Lama & Ak Pema

We help Ak Pema with small extras for himself and so that he can help others, such as his niece, Dukmo. In February we learned that Ak Pema had been honored by His Holiness the Dalai Lama for his efforts as a translator between Tibetan and Hindi and for his training of others who were handicapped like himself. He is in his eighties and blind, but can manage his small room and affairs amazingly (has to be seen to be believed). He is one of the most cheerful people I've ever met! His niece started a small hotel with the training she got, but the business failed. She is now trying again with what she learned from that experience.

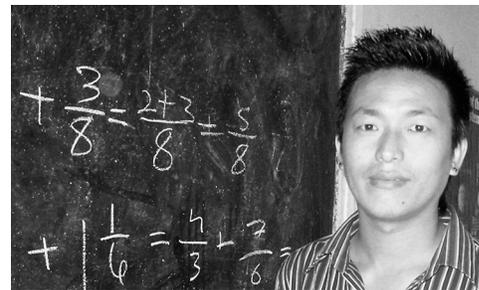
Drepung Gomang School



Tashi Tsering teaching English



Gen Tashi teaching math

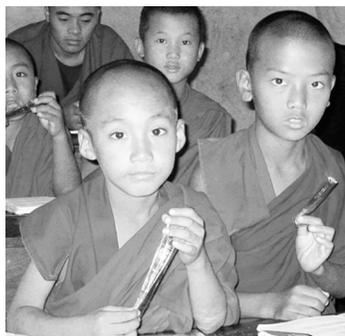


Kunga teaching math

We continue to help the Dre-Gomang School. From the **fall through the spring**, this school serves boys escaping from Tibet as well as those coming from ethnic-Tibetan Himalayan areas to study basic subjects, including math and science and Tibetan cultural studies in a monastery school. In the summer, the school serves all boys and girls of Mundgod. There they study Tibetan cultural subjects not taught, or sparsely taught, in the settlement school system. These classes free working parents and rest the grandparents. In the past, we have helped this school with vitamins, meals, health checkups, dental needs, eye exams, glasses, a computer, and peripheral equipment. We've contributed many books and reference items for the school library. We regularly send funds to help pay teachers. The Tibetan lay teachers at the school include Tashi Tsering who teaches English, grades 5-8, Gen Tashi, and Kunga, who teach both English and math.



This year, working with the Dre-Gomang Buddhist Cultural Association and the teachers, we started a program to enhance the English classes using MP3 disks and written material to teach young monks at the school Buddhist terms in English. They hope to be better able to communicate with the world and those who want to know more about them, their way of life and the message of peace, kindness, and wisdom they study in Tibetan. Chela created the word lists and was the English speaker on the disks. We had hoped the Dre-Gomang Monastery would offer a higher level translators' course, but, unfortunately, the teacher selected to offer this class had difficulties, and plans were postponed.



Over the past two years we have brought **toothbrushes** to Drepung School students from a kind dentist in Boulder, Colorado, who also does volunteer work for the indigenous population on the Amazon River.

Students help clean the school rooms and seem to have fun at the same time.

The school helps **many orphaned or very poor children** who otherwise have serious difficulties or even starve to death. Many see the HH the Dalai Lama and monks who serve their communities as role models, as well as preservers of Tibetan culture, and are eager to try the monk's life. However, when they are older, if they wish to opt out or return to live with relatives, they are free to do so -- now with body and soul in one piece and some education to boot.



Drepung Gomang School (con'd)

In the summer, many children get their only exposure to cultural treasure rapidly being lost in Tibet, and have fun with friends too.



Currently we are sponsoring two teachers, as well as **Lobsang Khechok**, a boy from the culturally Tibetan Kingdom of Mon in the Himalayas . Lobsang is doing well. He is now 14 and will soon be in grade 6. He seems to have a good time in his math class.



Lobsang Khechok in math class

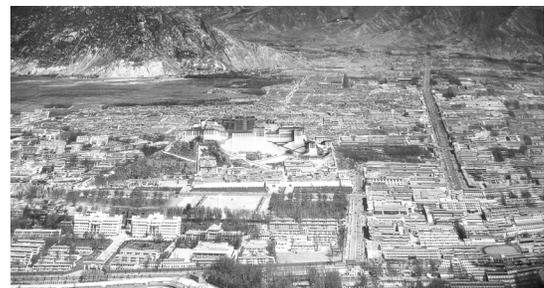
One of the teachers we sponsor is **Lobsang Dhondup, Hamdong**, who was a student at this school and is now teaching English there as well as studying at the Dre-Gomang Monastic University. He has always been interested in being a translator.



Lobsang Dhondup Hamdong

When visiting the School this year, Chela took a photo of a school photograph of Lhasa, Tibet, as it looks

these days. Among the sad things it shows is the destruction of the Tibetan Medical College (bombed years ago by Chinese government bombers) and huge housing complexes for the overwhelming number of Han Chinese settlers brought into Lhasa and Tibet (often pushing aside Tibetans).



Please consider making a general donation to this School , sponsoring a teacher, or helping a poor or ill student.

Education as a Dream Come True --

Kelsang Gyatso's Story



In 2008 we received an urgent letter from one of the monks we sponsor. He had been approached many times by a boy, Kelsang Gyatso, whose mother had died and whose father had abandoned him, and who was later passed around as a houseworker and restaurant "slave" in Nepal and in India and not allowed to go to school. He begged the monk to take him into his room and help him go to school. The monk was ill himself and had little money, but was moved by the boy's repeated pleas, which Kelsang made to the monk while working in the restaurant in the Tibetan refugee camp. The monk took him in and got him admitted to the school and wrote to us. The school required the boy to enter



Kelsang Gyatso's Story (con'd)



Kelsang Gyatso and Jampa Choeden

third grade because of his age (13), even though he'd had no schooling at all. So it was a struggle for Kelsang who was so excited he did almost nothing but study. Amazingly, due to his motivation, he was first in his class at the end of 2008. Now he is in grade 4 and is struggling hard, but still doing well. The day I (Chela) was to meet him in Mundgod, the monk, Jampa Choeden, came in great distress, saying he had discovered Kelsang wandering about in a daze, semi-incoherent, with a big bump on his head. The boy did not remember what happened, but it looked like he had either taken a very odd fall, or, more likely, been hit by a stone in the head. The monk rushed him to the Doeguling Resettlement Hospital (DTR) in village #3, but they felt the boy was in too much danger, so he was driven to a hospital in nearby Hubli, where MRI scans and other tests were done. It turned out that his skull was broken in two places and there was a hematoma (blood building up under the skull), which could have killed him. (This was an injury like the one that was in our newspapers in March about the actress Natasha Richardson, who injured her head skiing, did not get immediate treatment, and died within days, not realizing the seriousness of her injury.) The blood under Kelsang's skull was drained, and he stayed at the hospital for a few days under observation. When he returned, I met with him and his monk friend Jampa, looked over the medical reports, and was able to speak with Kelsang a bit in Tibetan and English.

Kelsang is a bright and charming boy, but was clearly not over his injury. We worry that perhaps the people who were keeping him at the restaurant found out where he was and were angry, and perhaps meant to scare him, but there is no evidence of that. Perhaps it was other boys playing nearby, not meaning any harm, or just teasing. We have written to Jampa to try to protect Kelsang, even moving him to another location if necessary. Unfortunately, recently, when Kelsang went for a checkup, the doctors found that he had some hearing loss due to his injury, and they thought they would try treatment for a while and wait for more healing, but that surgery or other special treatment might be needed before long. We have written for an update. We have found a sponsor for Kelsang. After meeting Kelsang and reading the medical reports and MRIs, I left a FOTSI check to pay Kelsang's bills, using funds donated by FOTSI donors for use during my trip and for health needs. In July, we sent more money to help with Kelsang's upkeep and school needs as well as his medical checkups and treatment. Thanks so much to all who have helped this hardworking and sweet boy. He thanked me and the FOTSI donors with a warm smile and remains grateful to Jampa. **We may well need extra funds in the future to help Kelsang get past the consequences of his injury.**

Our Newest Scholarships (FOTSI's Family!)



Tenzin Lhakey

Tenzin Lhakey's sponsor has helped her since she was very young. Now Tenzin is 18 and dreams of becoming a nurse. The nursing colleges in India are getting more expensive but are still much cheaper than the same training here. Tenzin has suffered from anemia, but is now eating well and gaining strength in preparation for a demanding nursing program. Tenzin's sponsor has sent extra to help, but we need scholarship funds for her from other supporters as well. She did well on her high school graduation exams and has worked hard to apply for nursing college and reduced fees. **We hope to raise enough sponsorship money so Tenzin Lhakey can realize her goal.**

Our Newest Scholarships (con'd)

Kunga Dechen, aided by his FOTSI sponsor for many years, is 19 and has graduated from high school with good grades. He dreams of attending a college in Bangalore for a Bachelor of Computer Science degree. The cost of one year for this program is close to \$1000. In India now, this is fairly a typical cost, with many programs even more expensive. Kunga Dechen attended the Tibetans' High School in Camp #3, Mundgod. He studied math, accounting, English, Tibetan, and business there. He has 6 siblings and is the youngest child. One sibling is in the Indian army, another is working in a Tibetan medical clinic in Dharamsala. His family can help him, but not likely with the whole amount. **Kunga was a special sponsoree some years ago, when he and his sisters spent a semester writing lots of letters and replies to middle school students of his sponsor who teaches in California.** That program was a big success, one the students remembered as a middle school high point. **We hope Kunga can realize his potential.**



Kunga Dechen

Tenzin Lhamo has been helped for years by her FOTSI sponsor. She is 18 now, and having graduated with good grades, wants to further her studies. She is from an extremely poor family. One older sister is handicapped, and caring for her has been difficult for Tenzin's family, many of whose members make their living selling sweaters on Indian city streets. Tenzin Lhamo hopes to enter a Bachelor of Commerce program at an inexpensive college. **We would love to help her too.**

PLEASE HELP US WITH THESE NEW SCHOLARSHIPS!



Tenzin Lhamo

Tibetan Monks: Sponsorship, Medical Aid

In 2008 FOTSI sent \$16,340 to help Tibetan monks. This includes \$2,520 to help them with the Drepung Gomang school, which also helps laypeople in Mundgod in the summer time. It also includes \$540 for books. In 2009 so far we have sent the monks \$16,311, which includes \$2430 for the school and \$140 for books. In 2008, \$3635 was explicitly for monks' health funds, while in 2009, this amount was \$3705. The amount for sponsorship and direct individual help was \$9020 in 2008 and \$9340 so far in 2009. As usual, our full year-end report for 2009 will be in the next newsletter.

In 2008-9 we sent direct sponsorship and one-time aid to 42 monks. Most were from Drepung Gomang Monastery, but others were from Drepung Loseling, Gaden Shartse (Lhopa Khangtsen), and Thoeling monasteries in Mundgod. We helped two other monks through the Representative's program, one an elderly monk now at Drepung Loseling, and a young monk at Thoeling. Some donors contributed directly to the Gomang and Thoeling monasteries (\$730 in '08 and \$780 in '09).



L Ngawang, Chela, & J Choeden

The sponsorship and one-time aid money is used for medicine and books as well as basic survival needs. Our aid sent to one monk often helps a whole household. **In the case of graduation ceremonies ("Geshe Tongos"), the funds are shared with up to thousands of monks in a monastery.** Among our sponsored monks are many, like **Lobsang Ngawang and Jampa Choeden**, who help with our health funds and aid others, such as the boy, Kelsang Gyatso (pgs 19-20).

Tibetan Monks: Medical Aid



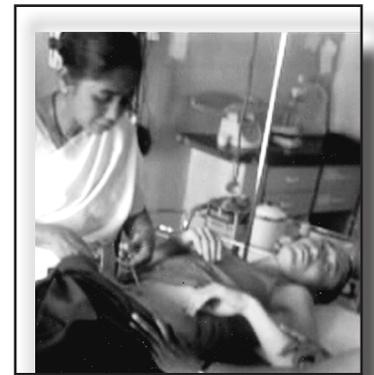
Tondup Chosphel

Among the monks we helped through our **monks' health funds** was **Tondup Chosphel**, 20, who came down with both brain TB and malaria. At first meningitis was suspected, but it was later determined he had brain tuberculosis, quite deadly if unchecked. In fact, a few years ago, FOTSI tried to help a 19 year-old monk, Gelek Tharchin, but his brain TB was too advanced by the time we learned of him and he died. Tondup was in the hospital in Hubli for 37 days. Now he is recovering well and continuing to take TB medicine. FOTSI contributed \$400 to save Tondup's life, and he was extremely thankful. When I met him, he asked me to share his beyond-words gratitude with all of the **Monks' Emergency Fund** donors.



Yeshe Rabsel

Tibetan monk Yeshe Rabsel (23), came to Drepung Monastery 3 years ago. In 2009 he contracted an internal form of tuberculosis that causes liquid to build up between the heart and the tissue surrounding it, the pericardium. This is very painful. Yeshe was in the hospital in Hubli while I was in Mundgod. There, they drained the fluid and gave him antibiotics. Monk Lobsang Ngodup, an officer of our **Gungru Khangtsen Health Fund**, stayed with him at the hospital for a week. The cell phone photo at right shows Yeshe's surgery. I met him at the end of my stay in India in 2009. FOTSI donations helped save Yeshe's life.



Yeshe's Surgery



Choedup Gyatso

Choedup Gyatso, 28, from Hamdong Khangtsen of Drepung Gomang Monastery was born at Lithang in Tibet, and became a monk in 1996 when he was 12. He joined Kham Nalanda monastery in Lithang. When he was 18 he came to India. He has completed his study of the Perfection of Wisdom texts and is now studying Middle Way philosophy. He suffered from cholelithiasis (gallstones) and a kidney stone too. During surgery at City Clinic Hospital in Hubli on February 5, 2009, his condition turned out to be more severe and complicated than the doctors had thought from the scans. I visited him after he returned to the monastery. Choedup's brother helped write a thank you letter to our **Monks' Emergency Fund** donors, thanking them for their crucial help. Choedup is fine now.



Luthar

Luthar (Lobsang Yeshe), 41, from Chipa Khangtsen, takes care of the coconut trees in the monastery's garden. He has had a difficult life, coming from a very poor Tibetan refugee situation, with only his father, who was too poor to care for him. Luthar is a creative and practical person who has cognitive challenges. When I first met him, years ago, he had tuberculosis and was almost comatose. He recovered well due to the kindness of a FOTSI sponsor and visits from several of us. In 2008 he had severe abdominal problems. Surgery was contemplated, but medicine and other treatments worked. Our **Monks Emergency Fund**, to which Luthar's sponsor was especially generous, made all the difference.

Tibetan Monks: Medical Aid and Sponsorship

Phurbu Sangyas, 23, was helped by our **Gungru Khangtsen Health Fund**. He was in the TB Isolation Ward at the Doeguling Tibetan Settlement Hospital in Camp #3 when I visited. He had been there for some time and was not recovering as he should. So our fund paid for a sputum test that was sent to Mumbai (Bombay) for testing various antibiotics on his particular TB bacteria. When I visited him, he still had active TB bacteria, so I needed to take care. As you can see, I kept my distance. He is most grateful for the help from FOTSI donors.



Chela with Phubu Sangyas

Lobsang Jamyang, aided by FOTSI in 2007-8 came by to thank us again, and picked up the house kitten where I stayed in 2009. Monk **Nyima Norbu**, aided for years by his Tibetan sponsor, is now very healthy too!



Nyima Norbu



Lobsang Jamyang

Sponsored monks (and those for whom they care)



N Sopa & student

One of our sponsored monks is **Ngawang Sopa**. Monks with sponsors are often asked to share resources with others, especially newly admitted children. We received a photo of Ngawang Sopa with a small boy from a Tibetan family that had gone to Bhutan after leaving Tibet. The lives of these refugees is very difficult. Many have ended up in Mundgod. This child recently arrived at the monastery needing care and education. The child did not know Tibetan. Being young, in a new place, and not knowing the language can be frightening. This boy is now looked after by Ngawang Sopa.

Due to illness or financial difficulty of some FOTSI donors, we are seeking new sponsors for several monks, or anyone who can donate to help monks on a one-time basis. Among the 5 monks we are now help in this way are **Tenpa Tsering #2**, **Tulku Tenpa Shakya**, and **Lobsang Dhamchoe**.



T Tsering #2



Tulku T Shakya



L Dhamchoe

Funds sent to aid refugee monks often support more than one person.



Tashi Dorje

One of our previously sponsored monks, **Tashi Dorje**, was sent by his monastery to help in New York City with various activities for Tibet House and other Tibetan causes. There he has worked in a market to earn funds when he was not needed for these events. He has sent his own money as well as funds raised from Tibetans in New York to help ailing Tibetans. He also used his market salary to build a small set of rooms for his elderly teacher, who was having trouble getting around. He plans to return to the monastery and continue his previous work for the health of Tibetans in Mundgod.



Sponsoring Tibetan Monks (con'd)



Tenzin Khendak and Tenzin Yungdung early 1990's



Tenzin Khendak & Tenzin Yungdung recently

We were deeply saddened in 2008 when a young monk, **Tenzin Yungdung**, whom we had sponsored since he was small, died suddenly, most likely of an aneurysm or heart failure. He was preparing to take his final monastic vows and seemed fine when his friends left him at his room after their evening prayers. The next morning, his childhood friend, **Tenzin Khendak**, also sponsored by FOTSI, got worried when he was not at breakfast and crawled into his window. To his shock and sorrow he found him lifeless. They took Tenzin's body to the hospital, but Tenzin Yungdung had indeed died. Tenzin Khendak had been friends with Tenzin Yungdung since they journeyed to the Gomang Monastery to become monks more than ten years ago. Tenzin Y. had always been a real person, from his childhood interest in soccer, to his later study of meditation. As he matured, we hoped he'd be a great lama someday. He was a serious, but also had a fun sense of humor and an inquiring mind. His sponsor, who sent letters and books as well as donations, was really devastated by this loss. We all miss Tenzin Yungdung.



Chela joins graduation celebration

In 2008-9 some donors sent funds for 4 "Geshe" graduations. During these celebrations Tibetan monks attain the equivalent of a Ph.D. in Buddhist philosophy. Food and money are given to every monk (up to about 1700 monks, in say, Drepung Gomang Monastery). This helps support all the monks who have no sponsors. The photos shown here are from two graduations Chela attended in February, 2009.



Story of a Monk's Tibetan Family -- from Tibet to the Pakistani Border, a Monastery, a Beauty School, and a modern future...

We have changed the names here to protect the privacy and safety of this Tibetan family related to a monk we sponsor. It was customary in Tibet to practice polyandry sometimes, so that two or more brothers married one woman. This was done so as not to repeatedly split up land holdings. Extended families lived on and shared the land. Often one husband would be gone for a long period, trading goods or on a pilgrimage, while the other was at home. One such family came to India, escaping the Chinese army like so many others. In India, one of the husbands is referred to as an "uncle", but that is not the real situation. The family with two fathers and one mother got along well and stuck together. In India they struggled, trying to feed their 4 children and help elders. There were two boys and two girls; we'll call them Tenzin and Lobsang, Pema and Dolma. This family sent the younger boy, Lobsang, to Dre-Gomang Monastery, hoping he would get some education, be safe and well. The child had a bad time there, unfortunately being put under the care of an unstable monk who punished the child excessively, so the frightened boy hid in the trees near the monastery for days at a time. Later, this situation was remedied and a better situation was found for Lobsang. Friendship with his grandparents who lived at the

Monk's Family Story (con'd)

Home for the Elderly in Mundgod, nurtured him. FOTSI became another "parent" and friend, especially when Lobsang became very ill. Now he is well. This year a wonderful reunion happened. Lobsang's mother and two fathers came to Mundgod, and worked and volunteered at the Home for the Elderly, helping her parents and other elders. They deeply regretted the many years without contact, and thanked Lobsang's sponsor, FOTSI donors, and Chela from the depths of their hearts. The older boy, Tenzin, now 29, serves in the Indian army. He has volunteered for duty at the Pakistani border, as the danger there merits triple pay. He is doing this to help his sisters. Pema has attended school and business training in Dehra Dun and is in New Delhi seeking work. Dolma has finished high school and will live with her sister and attend a beauty school in Delhi. Meanwhile, monk Lobsang works at the monastery, helps at the Home for the Elderly, and aids his grandparents, who with his and his sponsor's help, have reached their 90's. The grandparents, like many Tibetan elders, have seen so much -- from the young Dalai Lama's entry into Lhasa as to His Holiness's recent visit to Mundgod in 2008. They've experienced the trek over the Himalayas and this crazy world with its upheavals and crises.



Lobsang's siblings, mother, one dad

Late-breaking News, Tips, and Reflections

It is now definite that FOTSI's President, Chela, will go to India, leaving Boulder January 17, 2010, and returning February 23. She hopes everyone can get first quarter donations and funds to be used in India to her no later than January 12. We know this may be difficult; if anyone wants to send funds but can't do it in time, please let Chela know by email or otherwise. We can handle this if we know your wishes. If you want to send anything with Chela, please be sure it is very lightweight and won't be a problem with airline security. Photos of yourselves are always a treasured gift. Extra funds are also very helpful.

Our long-time supporter, **Jennifer Fox**, of **Boulder Integrative Massage**, has recently offered a discount to anyone connected with FOTSI who comes in for the remainder of 2009 (\$15 and \$25 off \$65 and \$85 massages, respectively). For more information, please see www.boulderintegrativemassage.com. Jennifer has helped FOTSI for years, first helping us at events and writing receipts, and later, getting us the Mediator's Foundation Leadership Grant, and always, as a FOTSI sponsor. She is a skilled and caring massage therapist.

Lily Morgan, of **Lily Organics**, is another long-time supporter. She and her company support 5 Tibetan families and several times raised thousands of dollars to help FOTSI's most needy Tibetans. Lily has recently helped the Tibetan nuns with their building project. Please see www.lilyorganics.com to learn about a company that helps the planet and indigenous people while doing wonders for our bodies with its essential oils and other products.

There are now many wonderful films, DVD's, and books about Tibet. The Univ. of Colorado Anthropology Dept. sponsored a Tibetan Film Festival in Boulder, Nov. 6-14. Among films shown were "The Reincarnation of Khensur Rinpoche" and "The Thread of Karma", with some parts filmed in Mundgod. Also included were "Saltmen of Tibet", "Windhorse", "Milarepa", "Distorted Propaganda". Contact us if you'd like a list. Good books include novels "Oracle Lake: A Thriller" by Paul Adams, and "Skull Mantra" and others by Eliot Pattison. The paperback, "Discovery, Recognition and Enthronement of the 14th Dalai Lama" includes material I'd never seen before --fascinating.

We have had very special help from many of you. **THANK YOU AGAIN and AGAIN** for everything!
