



# FRIENDS OF TIBETAN SETTLEMENTS IN INDIA ("FOTSI")

## Annual Report and Newsletter for 2012-2013 Projects in Mundgod and Bylakuppe Settlements



### Board of Directors

Chela Kunasz,  
President  
Paul Kunasz,  
Secretary  
Ken Bernstein,  
Director  
Sherry Hart,  
Director  
Deborah Howard,  
Director

### Volunteer Staff

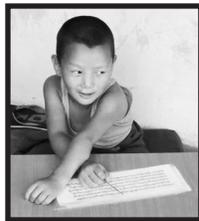
Michelle Harris  
Many Tibetans

### Newsletter

Chela Kunasz  
Ken Bernstein  
Paul Kunasz



## *Health Support*



## *Education*



## *Aid for all Ages*



## *Resources*



## *True Partners*



Friends of Tibetan Settlements in India ("FOTSI")  
315 Skylark Way Boulder, CO 80303 303-494-4130  
chela@colorado.edu www.kunasz.com/TSI/TSI.html

**Financial Report for 2012** (ref. IRS Filing, Doty, Lyle & Jones, LLC)

To see more, type "FOTSI" at <http://www.sos.state.co.us/ccsa/CcsaInquiryMain.do>

**Income**

Donations	\$56,557
Interest/Investment Income	- \$ 56
<b>Total Income</b>	<b>\$56,501</b>

**Expenses**

Program service (see details below)	<b>\$48,201</b>
Program service expenses (India travel,mail/wire fees,supplies)	\$ 2,522
Fundraising (newsletter, software, mail, copies, photos, supplies)	\$ 651
Administrative (IRS reports, State Registration, supplies)	\$ 929
<b>Total Expenses</b>	<b>\$52,303</b>

**Education \$20,285**

College+ Nursing Scholarships, books, boarding school fees (TCV), Dre-Gomang School, other student aid

**Health/Hygiene/Emergency Aid \$ 9,607**

Representative's Emergency Fund, Hospitals, Monks' and Nuns' Med. Funds, medical aid to laypeople by monks' and nuns' projects, direct aid, animal rabies shots, food to student hostel to combat rising TB from low nutrition

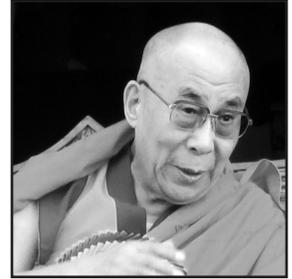
**Sponsorships/GroupSupport \$18,309**

41 sponsorships through Rep. Office, 17 nuns, 35 monks aided, upkeep for nuns' new shelter, child rescued by monks, other laypeople aided by the monks, short term group or individual aid; these funds are used in great measure for health needs and education.

Our "Program service expenses" include India travel costs paid in 2012 for Chela's 2012 India trip (\$2,228), registered mail to India (\$152), bank/wire fees (\$55), and supplies (\$87). At the end of 2012 we carried forward \$48,942. Now, in November, 2013, our carry forward is \$35,115. We hope to collect more donations before year end. Including early work as CFT/TSI, and now as FOTSI, our program service has exceeded **\$644,338**. As usual, **no salaries have been paid to anyone in FOTSI. We warmly thank all who donated for FOTSI's operating expenses!** We understand health and education needs in the USA continue to be a big concern for many, and so thank all of you who remember those in Tibet and struggling in camps in India.. from our "heartbone" as the Tibetans would say!

Dear Friends of Tibetan Settlements in India,

As most of you know, Friends of Tibetan Settlements in India (FOTSI) works in resettlement areas (“camps”) established in India to receive Tibetans who’ve escaped from Tibet with nowhere else to go. These areas were begun in the 1960’s, and there are now 38 such areas in India, with about 150,000 residents (generally inaccurately reported low). We have specialized in the populous southern camps, especially the Mundgod Tibetan settlement. We began support in the 1980’s as individuals, later worked as part of the Colorado Friends of Tibet, and, since 2001, continue aid as an independent non-profit tax-exempt charity.



*Pema Dolma Greet Us*

Although our work and financial aid chiefly support basic survival, education, and health for residents of Tibetan camps in India, we also try to help when someone’s future depends on moral support and advice, as well as financial aid. We’ve continued to receive many letters like the one from the head of the Home for the Elderly in the Mundgod Settlement, Tamdin Dolma, saying, **“You are always in our thoughts and prayers, and thank you once again for the special love and care showered to us”**.

**In 2012-13 we sponsored 93 individuals --laypeople, monks, and nuns -- and aided many students, teachers, and others.** We helped with medical and dental treatment, scholarships, school fees and special projects . In 2012 we put **\$48,201 into our relief programs in India**, spent \$2,522 on India program expenses (travel, mail/wire fees, supplies for work in India), and used \$1,580 for fundraising and administrative needs (state registration, IRS reports, newsletter, etc.). The Tibetans we aid were again most grateful to be remembered, given problems facing donors due to sequesters, insurance issues, college expenses, and *natural disasters like the horrific floods that hit Boulder, Colorado this year* (search “Boulder Flood” on internet). Some donors suffered cutoff of roads and services and damage to their homes; it was a frightening time for all in much of Colorado. **Yet, together, we are continuing our mission to aid Tibetan refugees.** On the next page I’ll share recent news of Tibet and Tibetans as a **reminder of why we do what we do.**

As planned, I **made a trip to India from November 18 to December 24, 2012**, during which I met almost all our sponsored people. I travelled around the Tibetan settlement at Mundgod to view our projects and attended talks by His Holiness the Dalai Lama. I was happy to spend time with several FOTSI donors, Greg Hunt and Sandra Esner, as well as others I know and respect, who also work to help Tibetans in Mundgod. This newsletter contains many photos and reports from that trip.

**Unfortunately, I will not be able to go to India either late this year or early next year, as I had planned, due to a newly discovered very serious illness of my husband, Paul.** I and all of FOTSI’s partners ARE continuing to work for our sponsorees and projects so that FOTSI’s work will continue unabated. Our Tibetan partners (see True Partners, pg. 25) are keeping everything going well, so, we hope our donors, FOTSI’s other True Partners, can keep up their generous support, especially now.



*Nuns, Chela Say Thank You*

**In 2013 the world again looked on with deep sorrow and frustration as the number of Tibetans setting themselves on fire to protest the occupation and repression in their country continues to grow.** HH the Dalai Lama has made many pleas that this stop. But, Beijing’s oppression continues to grow, and so do the tragic results. Young Tibetans and especially monks in the Ngaba area of Tibet have felt driven to dramatically let the world know what is going on in



*Poster of Immolations*

Tibet. They say they are sacrificing their lives for all Tibetans. In Tibet, Tibetans are not allowed to protest peacefully, and when they do, they are shot and/or arrested and tortured. The Tibetan Government in Exile has tried for years to have a meaningful discussion with the government in Beijing, even offering to continue under Chinese rule if there could be more freedom. Denied the right to less extreme forms of protest, Tibetans set fire to themselves as a political action, trying not to harm anyone but themselves. From February, 2009 to September, 29, 2013, **122 Tibetans have set themselves on fire, with 102 known to have died.** Now, sometimes the Beijing government will accuse a family member of murdering someone in their family who self-immolated, as a way of covering up what is happening, and punishing and warning relatives. One who self-immolated is Dolkar Tso, a young woman from a farming family who died shouting, **“There is no freedom in Tibet!”** For many more details, please search for “Tibetan Protests” and/or see [www.savetibet.org/resources/fact-sheets/self-immolations-by-Tibetans](http://www.savetibet.org/resources/fact-sheets/self-immolations-by-Tibetans)



*Dolkar Tso*

The Dalai Lama does not want to make the situation worse, but he does understand the frustration and difficulty facing Tibetans who want basic freedoms. He tries to support both personal political and spiritual freedom **everywhere** in our world. Supporting the goal of communities living in harmony and compassionately helping all, he travels the world participating in many activities. One example was in Louisville, Kentucky, where he gave talks, such as “Engaging Compassion”, as part of a year-long program in the city of Louisville, during which residents volunteered to help each other in a long list of activities aiding the poor, the elderly, children, the environment, etc. Something like 100,000 people actually did this. The mayor said that their “compassionate year”, culminating in the Dalai Lama’s visit, had changed his and the city’s life, and he is sharing what they did with other mayors. The Dalai Lama also participated in an interfaith dialogue and celebrated his meeting years ago with Louisville’s famous Christian monk, Thomas Merton. **He dedicated Louisville’s Drepung Gomang Institute (DGI), now a major Buddhist and interfaith center connected with Drepung Gomang, whose monks we aid in India.** I was very grateful to **Sandra Esner**, who, when I hesitated to attend the dedication of the Drepung Gomang Institute and HH the Dalai Lama’s talks in Louisville (I thought I should use all spare funds for FOTSI’s work in India), kindly made the magnanimous offer to pay my airfare and share her room and excellent seats at the talks!



*HH Dalai Lama at DGI*



*Chela & Sandra*



*Interfaith Mandala*

**major Buddhist and interfaith center connected with Drepung Gomang, whose monks we aid in India.** I was very grateful to **Sandra Esner**, who, when I hesitated to attend the dedication of the Drepung Gomang Institute and HH the Dalai Lama’s talks in Louisville (I thought I should use all spare funds for FOTSI’s work in India), kindly made the magnanimous offer to pay my airfare and share her room and excellent seats at the talks!



The whole event was truly enlightening as well as fun, and I found myself inspired and energized by the **special talks by the Dalai Lama, by Geshe Rabgyal and DGI's great work**, the mayor and people of Louisville, and the Mohammed Ali Center, with all that it and its founder do for so many.

But, of course, Tibet is always present in the Dalai Lama's heart, as it is in the hearts of the Tibetans in the Mundgod settlement. In the Tibetan camp near Mundgod, there are candlelight vigils, as well as huge posters with the photos of those who have immolated themselves in Tibet (see top, right of pg. 4). Tibetans also protest in various cities all over the world. These days, the Mundgod Tibetans meet in homes on Tibetan New Year, but don't have public celebrations and competitions, in solidarity with Tibetans in Tibet, especially those who have died, been arrested, or injured.



*Tibetans Protest in Delhi*

The Beijing Government has issued few permits to Tibetan monks who want to return to Tibet permanently or briefly to visit parents or otherwise. It is also nearly impossible to get into Tibet if your visa says "Press". A friend a few years ago experienced this, even though he wasn't a newsperson, because some work he had done in China resulted in a visa that labelled him as "press".

We've all heard much about our country's "**eavesdropping**" in various forms. However, in my opinion this is not even close to what happens at the Beijing Government's request. Listening devices have been found in ordinary living quarters built for Tibetans. Top secret information has been stolen from US government nuclear weapons research facilities and military computers. Due to the press ban instituted in mainland China, even the self-immolation of ordinary Chinese citizens and protesting farmers is covered up, as are the existence of prisons both in Tibet and China. Reports have revealed news of specially designed **computer "malware" which is actually called "Tibet"** and is used by hackers to gain access to Mac computers and sites of Tibetan activists and the Tibetan Government in Exile, to overwrite their material and/or shut down sites. This software has also been used to target defenders of Uighur ethnic groups. Hackers have attacked Android devices of Tibetan activists. Some rather innocent American film makers, began experiencing electronic invasion even before they reached Tibet to start filming "State of Control". Later their website was all but destroyed. (search for "Mac Tibet malware" and "Tibet Taboo leads to attacks on film crew" on the net.) Even though we are a tiny non-activist group, there is a reason I'm hesitating about joining Facebook...



*American Film Makers Suffered Cyber Attacks*

Tibetans who refuse to fly the Chinese flag above their homes risk being beaten or shot in the latest attempt to break their spirits. China's leaders are mounting an intense campaign to cover up their rights abuses and persuade governments to vote them onto the UN Human Rights Council! But, a Spanish court has indicted China's former President for genocide in Tibet. There are websites protesting China's UN council effort ([secure.avaaz.org/en/stand\\_with\\_tibet\\_loc/?tnXxmcb](http://secure.avaaz.org/en/stand_with_tibet_loc/?tnXxmcb)), and also news of UN criticism of China's rights record ([www.bbc.co.uk/news/world-asia-china-24611657](http://www.bbc.co.uk/news/world-asia-china-24611657)).



*Clouds Over Tibet*



Sometimes FOTSI is invited to make presentations to schools, universities, Senior Centers, and private groups. On September 26, 2013, I gave a **talk at the Boulder Public Library at 9th and Canyon on “Tibetan Settlements in India”**. This talk was part of a series of geo-political talks on world-wide issues at Boulder’s chapter of the **UN Association of Colorado**. I was lucky to be joined by renowned Tibetan spokesperson and musician, Nawang Khechog ([www.nawangkhechog.com](http://www.nawangkhechog.com)) and his wife Tsering, moderator Jyotsna Raj, and Kunga Lama, a lay Tibetan who works for the University of Colorado in their “Teaching East Asia (TEA)” program, for a heartfelt exploration of the Tibetan experience and the settlements.



It was educational for me to review the information requested about both Tibetan history and the 38 current Tibetan Settlements in India. Numerically, most settlements are in north India, while only 5 are in the south and 3 in central India, but population-wise, more than half of the total settlement population lives in the south. Generally, the smaller settlements survive by handicrafts, while residents of the larger southern camps pursue agriculture and animal husbandry. Still, many Tibetans find they must find other work, such as selling sweaters in Indian cities, a major source of income. On the internet I noted that the populations listed, for example, for the Mundgod settlement, were out of date, listing only just over 10,000 residents, while the head of that settlement recently told me that the population was about 18,500.



*Tibetan Sweater Booths, Delhi*

In studying Tibet’s history, I referred to my books, but also looked at what **Wikipedia** had for “Timeline of Tibetan History”. I was shocked to see entries there such as, “1951: Arrival of the People’s Liberation Army in Lhasa following an agreement for liberation with the Central People’s Government”, and “1959: After a revolt against acceded reform, Dalai Lama fled Tibet with the help of CIA, ...”. This sounded like **Beijing’s propaganda** (not acknowledging how “the agreement for liberation” was forced, etc.), so I looked up the sources for this Wikipedia entry and found evidence of who was behind this warped entry. **Always check the references!** But for more information on the settlements (if not their population numbers), see [www.centraltibetanreliefcommittee.org/ctrc.html](http://www.centraltibetanreliefcommittee.org/ctrc.html)

Unhappily, while studying Tibetan settlements in India, I also saw the **increasingly vulnerable status of Tibetan refugees in Nepal**, thousands of whom lack papers and don’t have the right to work, own property or attend school. **The severely dysfunctional Nepalese government, under immense pressure from Beijing, has stopped aid to Tibetans escaping from Tibet, funds for which had been sent to Nepal by the Tibetan Government in Exile for years**, “Rinchen’s Journey”, pgs. 22-24.

In response to such difficulties of Tibetans, FOTSI continues to aid Tibetan refugees in India by long running as well as **new and re-engaged projects: See pages 17-18**. We have put major effort into finding a **fast and useful way to fund supplementary food for the approximately 150 Tibetan teenagers living in the hostel run by the Central School for Tibetans (CST) in Mundgod**. The cost of food in Asia has skyrocketed and budgets can’t keep up. It was clear

students were not getting enough food, and the number of TB cases was rising. Finally we discovered how to send funds quickly and directly -- through the Tibetan Children's Education and Welfare Fund of the Tibetan Government in Exile. This is working well! We have also sent **\$2000 to help purchase computers for the Office of the Representative in Mundgod**, which oversees all social work. This is an essential need for management of all activities serving over 18,500 people. And we have **helped Tsamchoe** rebuild part of her home.



*Hostel Students' Meal*

Most FOTSI donors don't have a lot of money or stock. A few may have **some highly appreciated stock that could be donated to FOTSI**, giving the donor the full amount to deduct as a charitable contribution, and **avoiding paying capital gains tax** on it. Also, those who have traditional IRAs and have reached the age of 70 1/2 could move funds from their **IRA to FOTSI as part of their required minimum distribution (RMD) and not have to pay taxes on it at least for 2013**. Two donors are financial advisors; one gets a **matching donation from UBS Financial** to FOTSI, the other is from **R.W. Baird**. International companies often have **matching donation options** even for charities that help overseas, as FOTSI does. **Charles Schwab, Inc.** gave us **free wire service to India!**

We support **The Tibet Fund's** work for Tibetan refugees, and we have had extensive communication with them about our personal will and about dealing with funds on hand at FOTSI if something should happen to me. I have tried to see that, no matter what happens, funds donated to FOTSI would go to the people and projects for which they were intended. Our Board of Directors would have great support at the Tibet Fund ([www.tibetfund.org](http://www.tibetfund.org)), should this ever be needed.

**Leann Halsey** runs a project that buys organic rice grown by Tibetan farmers (including FOTSI sponsored families) and gives it to poor Indians who do low-paid work cleaning the environment in India ([indiasocialwork.com](http://indiasocialwork.com)). **Sally Taylor** is sending money she raised in Ireland directly to India to combine with our FOTSI nuns' health fund. **Richard Gere** is offering to double contributions to the International Campaign for Tibet (ICT) ([www.savetibet.org](http://www.savetibet.org)). **Bethany Reed** ([www.malaproject.org](http://www.malaproject.org)), is going to India to help the Dre-Gomang Dispensary. **Lily Farm Fresh Skin Care** ([lilyfarmfreshskincare.com](http://lilyfarmfreshskincare.com)) is a FOTSI donor that creates environmentally sensitive farming projects providing income to threatened peoples and great beauty aids. **Jennifer Fox** ([www.boulderintegrativemassage.com](http://www.boulderintegrativemassage.com)) has helped FOTSI a lot. We share information with **Percy Alzamora**, of Chase Bank, who created a non-profit for children in Peru. (see [almazorainternational.org](http://almazorainternational.org)). We applaud a **special book by Matteo Pistono, "In the Shadow of the Buddha: One Man's Journey of Discovery in Tibet"**.



*Shanti & Tenzin*

This summer sponsored monk, **Geshe Tenzin Choephel**, got a chance to visit America for the first time and stay a day in the Boulder Foothills with his special sponsor, **Shanti Bhadriah**, cook breakfast for her, and thank her for all her help to him, his brother, and others. Our other sponsorees would love to do the same!

**Quoting a letter to FOTSI, "You have been like an angel in disguise .."**

**Rejoice in your kindness!**

With Gratitude to you all, **THANK YOU!**

*Chela Kunasz*, President, FOTSI

[www.kunasz.com/TSI/TSI.html](http://www.kunasz.com/TSI/TSI.html)



# Health Support

## Office of the Representative of HH the Dalai Lama, Mundgod ORM Emergency Fund & Direct Aid

In early December, 2012, our FOTSI social worker, **Tenzin Choezom**, took



*Doing Dishes!!*



*Holding Her Sponsors Photo*

Chela to visit our sponsored lady, **Dhondup Lhamo**, at her home in Village #1, in the Tibetan settlement near Mundgod, India. The three of us had a joyful, in-depth visit. Dhondup Lhamo is an amazingly cheerful and resourceful 84 years old. Her simple home is immaculately clean, and cleverly arranged. She does all her own cleaning and household chores and helps others as well. She has lived alone since her **husband, Jampa Thutop**, died ten years ago at age 84. She has no children. For something special

in life, she contacts local bus travel agents to learn when lots of Tibetans are going to see His Holiness the Dalai Lama, she buys a ticket on such a bus, and always has a great time! She told us she had trouble with her eyes but no other illnesses. She



*Jampa Thutop &*



*Dhondup Lhamo*

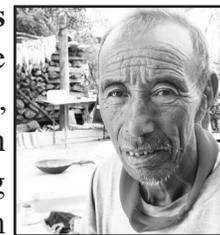


*Dhondup Lhamo*

proudly shared photos of her trips and held up a precious photo of her FOTSI sponsor. She says that the sponsorship through FOTSI helps her a lot, and with all her own efforts, she can be very happy. She also shared photos of herself and her husband when they were young. Unfortunately, in the early months of 2013, **she fell and broke her back and spent time in the hospital. Our Emergency Fund helps needy people like Dhondup Lhamo get medical help, and she is a**

**great example of how our funds can and have helped.** Here we share the photos of her and her old snapshots, and thank all who helped our *Emergency Fund (\$2,825 in 2012, and \$2,688 in 2013 to date).*

Our Emergency Fund and sponsorship helps those with **antibiotic resistant tuberculosis** (TB), like our former nursing student, **Tenzin Lhamo**, age 23, and **Goki's son, Tsering Dhondrup**, age 38, as well as others with regular TB, like **Goki** and wife **Lhaki** (in their 70's), and elderly **Tsering Choephel**, 85, from Camp #4. HH the Dalai Lama met with two people from each Mundgod camp as selected by a popular vote. It was heart-warming that the Tibetans of Camp #4 chose Goki and his son as the two from Camp #4, because everyone knew what this family has endured.



*Goki*



*Tsering Dhondrup*

## Health Support: ORM and Direct Aid (con'd)

**Goki's wife, Lhaki**, had a relative arrive from Bhutan to see what she could do for Lhaki and to listen to the Dalai Lama's teachings. These two women came to visit me in Mundgod and *told me that FOTSI donors and I were doing exactly what the Dalai Lama was telling everyone to do*, "kindly helping others".



Lhaki and Her Relative



Tenzin Lhamo 2011

**Tenzin Lhamo**, who was treated in Delek Hospital in Dharamsala, a hospital in Mysore, and the DTR Hospital in Mundgod, has been on special antibiotic resistant TB medicines for more than 2 years. **Her mother, Diki**, has been worried, due to her difficult disease, but is encouraged that now she is finally doing better and may be able to return to some kind of college (probably NOT nursing, but rather commercial or secretarial training). She looks quite different, now that her skin has darkened due to the TB treatment and she has finally begun to gain weight (as her doctors wish).



Diki & Tenzin Lhamo, 2012



Sonam & Kunsang



Tsamchoe



Migyur



Tsering Dolkar

Among others, we helped **Kunsang**, who has diabetes and high blood pressure, and **her husband Sonam**, who has dizzy spells and difficulty with his eyes. He escaped from Tibet for a second time 3 years ago. We've helped **Tsamchoe**, her nephew **Tsering Dorje**, and son **Tsering Dhondup** with medication. This year we aided **Migyur**, who has a hernia, and gave some extra direct aid, when Chela was in India, to several people such as **Tsering Dolkar**, for her son (Tenzin Yonten)'s TB.

## Health Support: Jangchub Choeling Nunnery

In 2012 we sent the nuns \$3,630 for their medical/dental needs and \$300 for their medical aid to the community. In 2013 we sent \$4,260 to this fund and \$200



T. Norzom & Bills



Tenzin Choetso After Successful Surgery

for their aid to the needy. Our funds were used for brain, eye, thyroid, leg, and hand surgery, as well as dentistry, bad headaches, hepatitis, gynecological issues, TB, and skin diseases. Nun Tenzin Norzin manages our fund dispersals and is a hardworking, careful record keeper and decision maker. This time we especially helped nun **Tenzin Choetso**, 28, with funds for a brain surgery, which was completely successful. After removal of a non-malignant tumor, her balance was restored.

## Health Support: Jangchub Choeling Nunnery (con'd)



*Dolkar Lhamo Post Surgery & Now*



**Nun Dolkar Lhamo**, 33, needed a thyroid surgery and **Lobsang Choetso**, 29, badly broke her lower leg, requiring surgical insertion of a pin. FOTSI's Nun's Medical Fund helped cover both surgeries, and these nuns are now well. Lobsang Choetso is also having treatment on her jaw to help with a speech impediment. She's a smart student and everyone hopes this will help.



*Lobsang Choetso's Scar Post Surgical Pin*



*L. Choetso*



Many nuns have regular, smaller, but important, medical needs that can be met with help from our fund. In 2012, we had several good meetings with a recovered **Tenzin Sonam** after her 2011 head injury at the railway station (see 2010-11 newsletter, pg. 21). In 2012 we helped her get new false teeth that were attractive and allowed her to eat properly. She told me things were finally going really well for her and gave me a big smile when we met in December, 2012.



*Tenzin Sonam, Dec. 2012 & 2011*



*Thubten Lhatso*

Chela also visited founding nun, **Ani Thubten Lhatso**, 81, who had had a tough year in 2012, but

had benefitted from an eye surgery and medications FOTSI helped fund. She was most gracious and thanked us profusely for our help to her and the nuns of Jangchub Choeling. We were sad, but not surprised, to learn of her passing away on April 11, 2013. We were, however, shocked and distressed to learn of the sudden death of **Tenzin Sonam**, 51, in mid-January, 2013, after seeing her so apparently healthy. Both these special nuns will be sorely missed. When Thubten Lhatso escaped from Tibet and tried to find options for Tibetan nuns in India, there were very few. She accepted HH the Dalai Lama's challenge to create a new nunnery in India, providing this choice for Tibetan women and saving a major aspect of Tibetan culture. Now, that future has opened up a lot, as Tibetan nuns have risen as community helpers, scholars and teachers, and will soon have the new titles of "Geshema" and "Bhiksuni". We're doing our part to keep them healthy!

## Health Support: Tibetan Monks

The large preponderance of self-immolations by Tibetan monks and nuns is partly due to the extra harrassment that the Beijing government applies to monastics. If a monk or nun talks back to a policeman or soldier, it is likely the person will soon be arrested. Beijing has increasingly hardened Tibet's borders, and only a few have managed escape since 2005. Monks or nuns who wish to return to Tibet to care for ill or aging parents need permits to return to Tibet from India. Recently I haven't met any who have received these. If one, especially a monk or nun, enters Tibet without a permit, he/she will certainly be arrested. The problem of the oppression of Tibetans in their homeland remains

---

## *Health Support: Tibetan Monks (con'd)*

the most pressing root of suffering for these people. We acknowledge that our efforts in refugee areas are only indirectly addressing this. Yet, if we can keep Tibetans and their unique heritage alive, then there is a glimmer of hope. To this end, **FOTSI donates money to the Gungru Khangtsen Health Fund and a General Health Fund for Monks. In 2012, we sent a total of \$2,122 to these two groups, and in 2013 to date, we have sent \$3,345.**

One of the monks we helped from our General Monks' Health Fund was **Tsewang Norbu, of Ngari Khangtsen**, Drepung Gomang Monastery, who, while doing work near his home, and that of elderly **Geshe Thubten Tashi**, whom we sponsor and



*Monk Tsewang Norbu Post Accident & Foot Surgery*

he helps, injured his foot badly. A nerve was damaged and his foot would no longer work properly. He had a delicate surgery that was successful in repairing the injury so that he has recovered well. His little nephew, shown in the photo here, came with him to see me just before I left Mundgod in December. **Tsewang is an especially kind monk, who not only has worked a lot in the monks' community dispensary, but also helps poor beggars and cares for and feeds neglected and abandoned animals, helping them to no longer be a threat to humans or other animals. We were very happy to help him recover.**



*Tsewang Norbu*

FOTSI also helped **Lobsang Dhondup, of Hamdong Khangtsen** (monastery living group) of Dre-Gomang, where he has served as a teacher. He had previously almost died from a blood disease, and was again ill with digestive and other symptoms. After local doctors and Tibetan medicine failed to help, we finally sent him to see our **former FOTSI nursing scholarship holder, Dawa Dolma**, now an experienced, expert nurse at Delek Hospital in Dharamsala, north India. She gave him great advice; he saw doctors there, got good medicine, and has now recovered. In late 2013 he will celebrate reaching "Geshe" status at the monastery.



*Lobsang Dhondup & Nurse Dawa*

Our Gungru Khangtsen Monks' Health Fund incurred a very big expense when one of FOTSI's own advisors (see pg. 25), **Geshe Ngawang Tsondu**, was diagnosed with heart disease, and advised by a visiting Western doctor on his last day in Dharamsala and an Indian doctor in Delhi to get heart surgery. He had an operation including several procedures in New Delhi in 2013, and has recovered well this year. I did think he looked a bit unwell when I saw him in Mundgod. Because this treatment was such a big expense for the Gungru Khangtsen Health Fund that covers many monks, some money from the our other monks' health fund was also used, but several donors have been refilling those coffers to try to cover most of what was used. Geshe Ngawang's sponsor sent a double sponsorship and other donors also sent funds, as did Tibetan friends. Geshe Ngawang has helped FOTSI and Chela with translation and information for a long time, and we were glad that we could be of assistance to him.



*Geshe Ngawang Tsondu*

# Health Support: Tibetan Monks (con'd)

Gungru Khantsen monks send Chela detailed lists of monks' names, illnesses, and Rupees given for health aid. This year they not only sent many such lists, but also 27 pages with passport photos, details, and thankful short letters written by 27 monks, all of whom were among those benefitting from our **Gungru Khangtsen Monks' Health Fund**. **Geshe Palden Gonpo** has suffered terribly from diabetes and resultant sores. Other ills treated include TB, skin diseases, hepatitis, eye and ear problems, ulcers due to bad food and water, often from Tibet, migraines and other headaches, hernias, heart disease, and high blood pressure (BP). Due to space restrictions, we left out "Geshe" titles from some monks, for which we apologize. Each monk is shown with his name, age, year when he left Tibet or came to the monastery, and health issue. In some cases I don't have all the info or couldn't read the Tibetan!

					
འབྲས་གུང་མ་ལོ་སྐྱེས་ལུང་ལུང་བཞུགས་པའི་སྐྱེས་ལུང་། ཇོ་ཏོག་སྐྱེས་ལུང་ལོ་སྐྱེས་ལུང་།					
Dre-Gomang Gungru Health Emergency Medical Committee					
Lama Camp no. 2, P.O. Tibetan Colony Mundgod N.K. Karnataka state. Pin 581411 India. Phone: 0091-838-545356 E-mail: gungruhealth@yahoo.com					
Ref no.....050	Date 2018.07.16				
ལྷན་ཁག་། Sl.no	མཚན་མོ། Name	ནད་ལཱི། Diseases	རྫིང་། Rs.	འཕྲི་བཟང་། ps	མཚན་མོ། sing
1.	དཀོན་ལོ་སྐྱེས་ལུང་།	ཅི་ནི་ནོ་ཚོ་དཔལ་ལྷན་ལུང་།	5373.00		
7.	འཇིགས་ལེན་རྗེ་རྒྱལ་།	འཕྲོ་ནད།	502.00		
31.	བྱམས་ལ་ཚོལ་ལུང་།	འཕྲོ་ཚོ་ཚོ།	1080.00		
4.	དཀོན་ལུང་ལུང་།	ལྷན་ལུང་།	2200.00		
4.	འཇིགས་ལེན་རྗེ་རྒྱལ་།	ལྷན་ལུང་།	157.00		



Yonten Tenzin 9 2011 Fever, Sores	Thubten Dhondup 36 1997 Nerve Issue	Tsultrim Gyatso 33 1995 Headaches	Jampa Choeden 38 1983 Hernia,Ulcer	Tenzin Norbu 28 1986 Shivers,Sores	Tenzin Choephel2 27 2004 Back sores	Lobsang Tenzin 30 2006 Skin Disease	Jigme Dorje 27 2004 Ulcers,etc.	Tenzin Tsongzas 41 2008 TB
---	---	---	--	--	---	---	---	--



Ngawang Oesung 42 1993 Diabetes	Lobsang Topgyas 25 2003 TB	Thupten Nyibum 26 ???? Flu	Ngawang Jangchub 39 1995 Shivers,Chills	Samten Drachung 30 2005 Ulcer,Throat	Tsering Phuntsok 18 ??? Headaches	Lobsang Gyaltsen 43 Long Ago Eyes	Konchok Tenzin 35 2002 Flu	Palden Gonpo 41 1996 Diabetes
---	--	--	---	--	---	---	--	---



Ngawang Rabjam 43 1993 Headaches,Ulcer	Lobsang Gyatso 20 ???? Eye Prob.	Ngawang Dorje 47 ???? Hepatitis	Rinchen Palden 93 1964 Heart, BP	Thubten Tashi 87 1959 Digestion,BP	Ngawang Tsondu 45 1991 Heart	Jampa Choedrup 44 1991 Ears, Nerve Prob.	Ngawang Dhamchoe 42 1995 BP	Lobsang Tenzin 33 2005 Ulcer
--	--	---	--	--	--	--	---	--

# *Education -- Post High School Scholarships*

## **FOTSI Nursing and College Scholars 2012-2013**

<b>Name</b>	<b>Major</b>	<b>College</b>
Ms. Tenzin Dolma	MCA Computer Sci.	University of Madras, Chennai
Mr. Tenzin Phuntsok	Masters Degree, Economis	St. Philomenas College, Mysore
Ms. Tenzin Norzin	Nursing, more training	K.L.E.S. Hospital, Belgaum
Ms. Tenzin Lhadon	B.Sc./B.Ed post B.Sc.Comp.Sci	(new program, awaiting college name)
Ms. Pema Lhamo	Doctor of Physiotherapy	Amar Jyoti Institute of Physiotherapy, Delhi
Ms. Tashi Lhamo	B. Business Mgmt.	Baldwin Women's College, Bangalore
Ms. Lobsang Choedon	B. Business Mgmt.	Baldwin Women's College, Bangalore
Mr. Sonam Dorjee	B.S. Physics	Madras Christian College, Chennai
Ven. Lobsang Samphel	B.A. Buddhism, Languages	Central Univ. of Tibetan Studies, Delhi
Ms. Penpa Dolma	Nursing	SDM Institute of Nursing Sciences, Dharwad
Ms. Tenzin Lhamo	B. Comm	Will be chosen when she is well enough
Ms. Tenzin Lhakey	Nursing, extra training	St. John's Nursing School, Bangalore
Ms. Tenzin Khando	B. Hotel Management	Don't have college name yet
Ms. Samten Dolma	M.A. English	(now concluded)
Ms. Tenzin Tseten	Nursing	Now doing Internship at St. Martha's Hospital, Bangalore



*Tenzin Dolma*



*Tenzin Phuntsok*



*Tenzin Norzin*



*Tenzin Lhadon*



*Pema Lhamo*



*Tashi Lhamo*



*Lobsang Choedon*



*Sonam Dorjee*



*Lobsang Samphel*



*Penpa Dolma*



*Tenzin Lhamo*



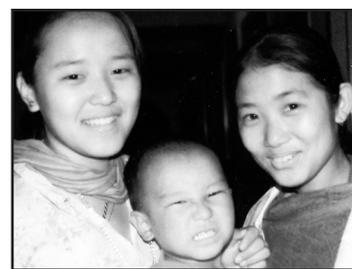
*Tenzin Lhakey*



*Tenzin Khando*



*Samten Dolma*

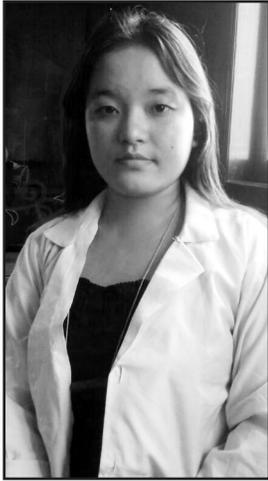


*Tenzin Tseten at Right with Mom & Patient Hating Injection*

---

## Education -- Scholarships (cont'd)

In 2012 we provided \$15,490 to Tibetan students for college or nursing school costs. Of the \$15,490, \$9,220 went through the Office of the Representative Mundgod (ORM) and \$400 went through the Drepung Gomang Buddhist Cultural Association (DGBCA). Another \$5,870 went directly to students we know. To date in 2013, we have sent \$15,115 for scholarships, with \$9,185 going through the ORM, \$800 going through DGBCA, and \$5,120 directly to 4 students we know.



Pema Lhamo

We began helping **Pema Lhamo** save for pursuit of a medical career when she was still in high school, because we knew her family was poor, she was a good student, and her brother had done much for others. When she began at Teerthanker Mahaveer University near Delhi, we, along with several relatives and a scholarship from that institution, helped pay for her studies towards a "Doctor of Physiotherapy" degree. She did well. Now she is at the **Amar Jyoti Institute of Physiotherapy in Delhi**, and is continuing to study hard in the second year of her program. She wrote, "I have to study six subjects -- electrotherapy, exercise therapy, human anatomy, biochemistry, physiology, and English communication." She also wrote, "**I am very lucky that I have your (FOTSI's) support...** I will try my best to achieve my goal... I thank you so much...With lots of love, ... Yours, Pema Lhamo."

Chela met many of our scholarship students when she was in Mundgod. From **nursing student Tenzin Norzin**, she learned about a nursing strike at the hospital connected with her nursing school. To keep the hospital running, the student nurses had to take over the duties of the regular nursing staff and work long hours for some time. They learned a lot and were a big help to the patients. They were glad the nurses got a big pay raise as a result of that strike, which will benefit all who stay to work at that hospital in the future and probably others. FOTSI is also helping **Tenzin Lhakey** continue her **nursing training**. Tenzin has a sister who is ill with antibiotic resistant TB. Both Tenzins are good students, intent on helping their parents, who have struggled. Both expressed deep gratitude for our aid.



Tenzin Norzin



Nursing Student Tenzin Norzin & Her Parents



Tenzin Lhakey

Our newest nursing student, **Penpa Dolma**, shared an interesting story. As she is very athletic, she had wanted to join the Indian Army, but after her physical exam, they told her she had an ear problem and definitively rejected her. She was shocked, as she is a much appreciated singer of Tibetan songs who thinks she has great ears, which was indeed found to be the case when she had her ears checked later. Suddenly she had to change her plan. Luckily, she was accepted to the **SDM Institute of Nursing Sciences at Dharwad**. We think this was partly because she had been an outstanding student. We were happy to learn that the associated SDM Medical School is directed by Dr. Niranjan Kumar, the brilliant surgeon who did 6 surgeries (to great effect, and at no charge) on our sponsored monk, **Karma Tsultrim**, whose eye was destroyed when he was

## *Education -- Scholarships (cont'd)*

attacked by a horned animal (yak?) in Tibet. **Penpa**, now in her 2nd year, is intensely studying “medical surgical nursing 1 and 2, and psychiatry”. She received some aid, in addition to ours, from several monks of Gaden Monastery, who heard her sing in a cultural program and learned she needed funds for college. She and her mother are pleased that she will be a nurse instead of a soldier. She was kind to email Chela and write that she remembered all their meetings and was inspired in a way she’ll never forget.



*Mom Tsering D. & Penpa Dolma*

**Tenzin Lhamo**, who was a FOTSI sponsored nursing student in her 2nd year, has struggled for more than 2 years to recover from antibiotic resistant TB she got from another student in her school hostel. She finally seems to be recovering and hopes to return to college. Due to her health, she will switch to a business course, her original plan before she was accepted to nursing school. We plan to help when she starts business training or college. She is sponsored by kind FOTSI donors, of whom she wrote through Chela, “I really went through lots of mental stress and my dark days in which I found you as sparks of fire which enlightened my life and really thank you for your support.” We hope she’ll be back on track soon.



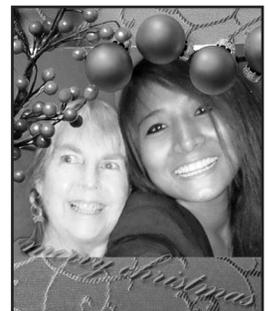
*Mom Diki & Tenzin*

**Tenzin Lhadon** completed her B.S. degree in Computer Science, but was discouraged by the high cost of continued computer study, and jumped on an opportunity to get a joint B.Sc./ B.Ed. degree to become a teacher. I had written to her that we had funds to help if she wanted to try more computer science, but that program IS very expensive and she liked the idea of teaching, so she tried for a scholarship from Dharamsala for the teaching program and won it! She is now studying for that degree and teaching math in a classroom. She hoped we’d use funds we had planned to send her to help another student!



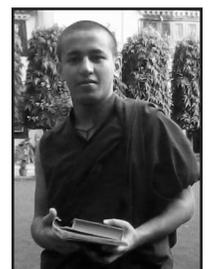
*T. Lhadon*

**Lobsang Chodon**, who is studying for a degree in business management, is pursuing a second career as well. She studies dancing, and has performed at several venues, including an Indian film set, during which she got to meet the famous star, Imraan Khan. She is also studying well, and wrote to her sponsor, “Your help and kindness is always remembered in my entire life.” She met Chela at her hotel in Bangalore as she was leaving India and used a photo taken then to make a Christmas card for her.



*Chela & L. Chodon*

**Lobsang Samphel**, a young monk of 20, is in his second year at the Central University for Tibetan Studies (CUTS) in Delhi. **His goal is to be a translator** from Tibetan to English. He is studying Sanskrit, English, Tibetan, Buddhism (its variety and philosophy), and political science. He plans to complete an Acharya degree and return to the Dre-Gomang Monastery to become a Geshe. He wrote to thank us, saying that he was busy finishing crucial assignments, but will send thank you letters to “those great enormous heart sponsors” as soon as he can. He is thankful for our aid, which helps him cover study needs and fees, and “get enough warm clothes, blankets, shoes and all needed things” to survive the cold Delhi winter weather. **We also seek a sponsor for him.**



*Lobsang Samphel*

# Education -- Scholarships, DG School, Tibetan Children's Village



T. Dolma

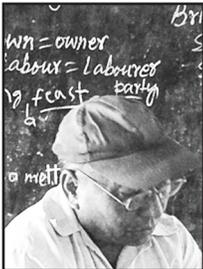
We also support **Tenzin Dolma**, who is completing a Master's in Computer Applications, in spite of having been in the hospital for a month. **Tenzin Phuntsok**, who studies economics, and **Sonam Dorjee**, who now studies physics after a stressful life, visited me in Mundgod in December, 2012, and thanked FOTSI. In 2013 we'll have a new college student, **Tenzin Khando**, who wants to study hotel management. She was a great translator and guide when Chela was in Mundgod visiting our sponsorees. **Please help us with our college scholarships, the stuff of dreams and future success.**

## Drepung Gomang School (DGS)



Science Exhibit:  
History of Earth  
With Dinosaur

We were pleased that DGS continues to hold Science Exhibitions, to which it invites local Indian school students and Tibetans in the Mundgod settlement. In addition to science, the school teaches English, math, social studies, Tibetan language, and Buddhist religious courses (to monks, and summer lay students who choose them). The summer courses help boys and girls keep their language and culture, and help elders who care for them. For years we've carried **toothbrushes** to students from a dentist in Boulder, Colorado.



Teacher Tashi



Toothbrushes!

The school has nearly 200 students (not counting summer). **Many are orphans**

**or from very poor homes. The teachers monitor the health of students.** When HH the Dalai Lama was in Mundgod in late 2012, a number of DGS students and teachers volunteered to clean up trash after the thousands of visitors left, and His Holiness personally thanked them. **In 2012,**

we sent the school **\$3,750;** to date **in 2013, we've sent \$4,760.** We sent the Drepung Gomang Monastery \$125 for books and English classes in 2012 and \$25 in 2013.



Some of the 300 DGS Summer School Students



Those Who Volunteered for Cleanup



DGS Student

## Sponsorship at Tibetan Children's Village School

The Tibetan Children's Village (TCV) has become a thriving educational community for destitute Tibetan children in exile as well as children who have escaped from Tibet. Its branches, extending from Ladakh in the north to Bylakuppe in the south, serve nearly 17,000 students. Our **Karma Tashi** is at **Bylakuppe's TCV.** In 2012, his sponsor, Laura Marshall, donated extra funds to TCV from the sale of her beautiful Green Tara posters. TCV sponsorships make a huge difference to students, as one FOTSI donor, a former student, knows. Please see [www.tcv.org.in](http://www.tcv.org.in). **In 2012 we sent \$645; in 2013 to date, \$205. Please consider general donations as well as sponsorship.**

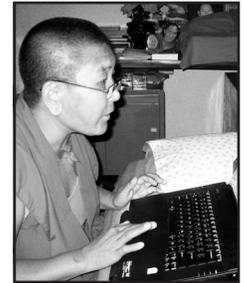


Karma Tashi

# Aid and Resources -- New and Re-Engaged Projects



*Palden Dhondup in 2010 Using Laptop FOTSI paid for in 2006*



*FOTSI Helped Pay for a Computer for Tenzin Norzom, 2010*



*Ms. Palmo & Computer for TWA, 2008-2009*

**This year (2013) we have sent \$2000 for computers, at the request of the Office of the Representative, Mundgod, for their office and Mundgod's legislative assembly. We'll try to send more for the large batteries needed there, where power is often off or unstable. This is not a "heart-strings" project, but help to buy computers and equipment like the large photocopier we funded for the assembly in 2009 is at the top in cost effectiveness.** Our previous computer purchase



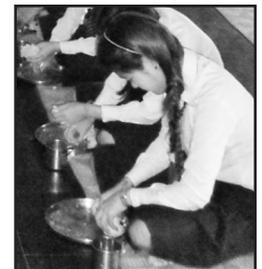
*Computers for Drepung Gomang School 2008-9*

for the ORM was a laptop used by a succession of Representatives, starting after 2006, when we sent funds. Several said it was invaluable -- it was so portable and of good quality. Representative Palden Dhondup said he got lots of work done at home, away from the turmoil of the ORM, hub of activity for 18,500 Tibetans. The Tibetan Women's Association used their computer equipment for tutoring, training, and work for Tibet.

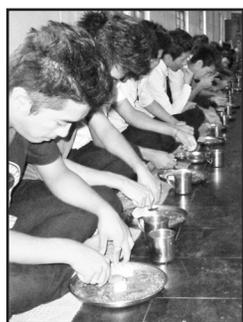


*Kalsang Dawa*

In 2010 we received a plea from Kalsang Dawa, Rector of the Central School for Tibetans (CST) in Mundgod, who also manages the hostel that houses about 150 students from other settlements where there is NO high school, or an insufficient one with few science classes. He hoped we could help with the hostel's food budget and sent a detailed request for a grant for a



*Girls at CST Meal*



*Hungry Boys at CST*

“Supplementary Diet” at the hostel. **He wrote that the food budget per student was about 10\$/month, and had stayed that way for 4 years, but food costs had gone up 4 fold. He told me students were hungry, and this was affecting their studies, general health, and the number of TB cases.** So we tried to help, sending \$450, but found that our money took more than a year to reach the hostel because the originally suggested funding route was, to say the least, not the best. All our funds reached the school finally, but now **we have found a great way to send funds -- through the Tibetan Children's Education and Welfare Fund (TCEWF), part of the Tibetan Government in Exile's Dept. of Education,**

and have sent \$700 recently, and **plan to send more in the first months of 2014. Please help!** See a YouTube clip of HH the Dalai Lama in late 2012 visiting the CST area and students, with Mr. K. Dawa shown: [www.youtube.com/watch?v=dAg7U-70gX4](http://www.youtube.com/watch?v=dAg7U-70gX4) (95 seconds; be patient at beginning).

## *Aid and Resources-- New and Re-Engaged Projects Aid (con'd)*

We have participated in large and small infrastructural projects, such as sending funds (2008-9) for a generator used to pump water for Camp #6 when electricity is out. People used to break their legs trying to carry buckets of water through the mud during the monsoon. **In 2013 we sent funds to rebuild the outdoor wash room and separate latrine that was serving Tsamchoe in Camp #4, as she cared for her unwell son and a nephew who has mental health problems.** If she doesn't oversee and constantly attend to her nephew, the result can be problems not only for her family, but the community. When her nephew takes medication regularly, he is a benign person. Her efforts, over many years, when she also cared for others, merited our sympathy and aid. This project was slowed by the monsoon and personnel changes at the ORM, so we haven't received photos of this work yet, but share two of Tsamchoe when life was too hard, and on a better day. Many thanks to those donors whose funds helped us help her!



*Tsamchoe, on a bad day, and better one*

## *Aid and Resources --Sponsorships: Office of the Representative of HH the Dalai Lama in Mundgod (ORM)*

**Our sponsorships help with aid and resources for many laypeople, monks, and nuns. Through the ORM in 2012-13 we sponsored 41 people -- 16 young, 15 elder, and 8 middle-aged laypeople and 2 elderly monks. Of our young people, 9 are girls. In 2012 we sent \$19,070 for all programs through this Office, of which \$6,675 was explicitly for our sponsored Tibetans and their families. In addition, we sent \$2,825 that was used for Emergency needs by our sponsored people. Minimum sponsorship is \$120 per year. In addition to the 4 sponsorships we have at the Home for the Elderly and Infirm, we sent another \$200 there in 2012, and \$150 to the CST Youth Hostel mentioned on pg. 17. We aided other laypeople through the Drepung Gomang Buddhist Cultural Association, including Kalsang Gyatso (pg. 22) and the Jangchub Choeling Nunnery (pg. 9). In 2013 so far, we have sent \$20,673 for all ORM uses, with \$6,575 for sponsorees, \$2,688 for emergencies, and \$225 extra to the Home for the Elderly. The rest was for scholarships (see pg. 14) and computers (pg. 17).**

Among the 16 young people we sponsor is **Tenzin Nyima**, second from left in the photo at right. She is in the 11th grade and hopes for college in late 2014. Her sponsor's aid helps the whole family. Her father works as a farmer, and sells organic rice



*Tenzin Tseyang*

to a co-op that then sells some to Leann Halsey who gives it to very poor Indian environmental cleanup workers (see pg. 7). Sponsored **Tenzin Tseyang** is in 10th grade at the CST School. Years ago we helped her relative, Konchok Wangmo, become a nurse. We hope to help Tseyang with future study too.



*Tenzin Nyima and Family Members*

## Aid & Resources --Sponsorships: (ORM) (con'd)

Chela visited **Tenzin Palbar**'s family and brought greetings from his sponsor. **Grandma Norzom** is now 78, and Tenzin is 14. His English is excellent, and he seems very bright. Among our other young sponsorees is **Tenzin Sonam**, age 14 and in 9th grade.



*Tenzin Palbar (right), Chela, Grandma, Sis*



*Tenzin Sonam*

His mother suffers from depression that can be hard for the whole family. Tenzin recently got a scholarship from the Tibetan Government in Exile to a boarding school in Gopalpur, India. His sponsor's funds help with clothing, travel to school, and school needs, and can also be used for his mother's medicine. Sonam is a good student and very motivated. I met a family relative, Dolma, who said she was going to try to do more to help Tenzin's mother. Sonam's father gets some work as a electrician in the Tibetan camps.

FOTSI's and my friend, **Greg Hunt**, again visited the Mundgod Tibetan Settlement to be there for HH the Dalai Lama's talks and **visit sponsored people and other Tibetan friends**. He has done a lot for Tibetans and FOTSI as well as for human rights.



*Greg Hunt*



*Topgyal, 2007*

Among others we sponsor are Topgyal and Dolma Tsering. **Topgyal** is mute, but not deaf, and has always been cheerful and hardworking, cooking for a nursery school. He can't work as hard as earlier, but does what he can and enjoys children's shining faces.



*Tibetans Guarding North Indian Border*



*Dolma Tsering*

**Dolma Tsering** has migraines and lives alone now; son **Karma Sonam** helps as much as he can. Her sponsor and FOTSI like to keep up the connection with Dolma partly because Karma, a former sponsoree, is guarding the Indian border, from both terrorists and Beijing's army, as a well-trained Indian Army soldier. Chela was thrilled to meet Karma in December 2013, when he was in Mundgod to visit his mother. She took photos of his photos, to share what he and other Tibetans are doing at Indian's northern borders. Karma wishes not to harm anyone, but he will defend the Indian border at all costs. The Tibetans well know what it can mean not to have an adequate defense.



*Tsultrim Sangmo*

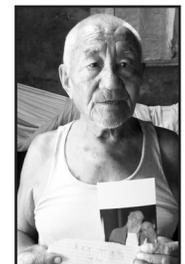
Some sponsored elders like **Tsultrim Sangmo**, live with family members who care for them; others, like **Dhondup Lhamo** (pg. 8), **Sonam Tsering**, **Dawa Bhuti**, and **Lobsang Palden**, shown holding a photo of his sponsors, live alone.



*Sonam Tsering*



*Dawa Bhuti*



*Lobsang Palden*

## *Aid & Resources -- Sponsorship & Aid; Home for the Elderly (OPH)*



*Tsokyi*

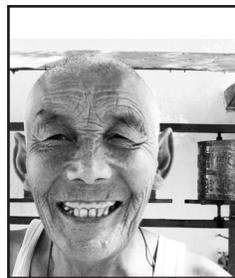
Our sponsored people at the Home include **Tsokyi, Kunsang Wangmo, Tsering Dhondup, "Tseka", and Tsering Choephel #1.** This year we found a new sponsor for Tseka after mentioning him in last years' newsletter. We separately gave funds to the Home for the Elderly as a whole. Sometimes we give out our own and others' donated funds to each resident and staff member. Sandra Esner, who does so much for Tibetans, always does this. In December,



*Receiving Rupees*



*Kunsang Wangmo*



*Tseka*



*Tsering Choephel #1*

2013, we did this together, with her own and another FOTSI donor's funds. It is always a joy to spend time with the Tibetan elders.



*Sandra Esner Giving*

## *Aid and Resources -- Sponsorship & Help: Jangchub Choeling Nuns*

Many Tibetan nuns suffer incarceration, beatings, and other problems in Tibet. Because they don't live with families, they can protest with less danger to others. Thubten Lhatso, shown in an old photo here, was a founder of this nunnery and sponsored by us for years. She became quite frail, and died this year, about 3 months after Chela visited her. **In 2012-13, we sponsored 17 nuns of Jangchub Choeling Nunnery (JCN),** sending them **\$2,215 in 2012, and \$3,020 in 2013.** We also sent funds for medical/dental aid (pgs. 9-10), administered by nun Tenzin Norzom and used by any of the 250 JCN nuns. Other funds were sent for upkeep and loan paydown of their buildings, and for educational supplies. In total, **we sent the nuns \$6,940 in 2012, and \$7,980 in 2013. Minimum sponsorship is \$100/year.**



*Gyaltzen Choedron & Tenzin Norzom Greet Chela with Bottled Water and Fruit*



*Thubten Lhatso*



*Thanks from JCN*

Nuns use sponsorship funds to buy medicine, clothing, toiletries, books, and sometimes food. They are enthusiastic about their studies. Some have completed the equivalent of the monk's Geshe degree will in future be recognized as "Geshemas". They are popular in the community, where their prayers and ceremonies are appreciated and well attended. They work hard in their shop and small restaurant and at other jobs. Young, often orphaned, nuns attend local schools. Young girls can opt out of the nuns' life later if they choose. All sent their thanks, as shown at right.



*Sponsors Sonam Choezom, Lobsang Choeden1, and Dolma Choetso*



*Trinley Tsomo, Kalsang Choeden, Chela, Lobsang Choeden2, Lobsang Dolma Gapa*

## Aid and Resources -- Help for the Poorest Jangchub Choeling Nuns

At the request of a donor we gave each of ten needy nuns, as chosen by their peers, \$10 in Indian Rupees. Chela gave this to each of them (shown below) in Dec. 2012. One escaped Tibet in 2011.

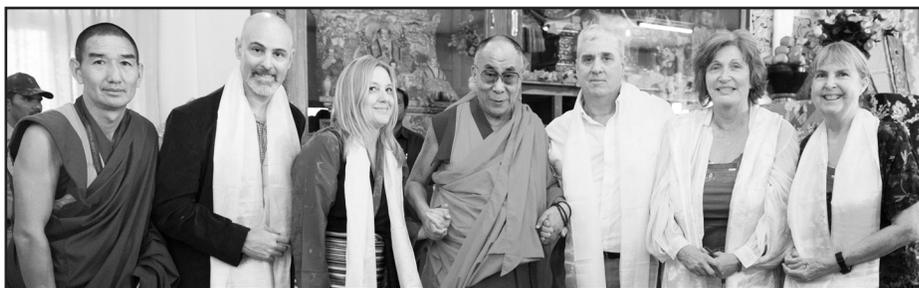


Lobsang Choedon3   Lobsang Lhamo   Lobsang Choeden   Kunga Tsomo   Yeshi Choedron   Ngawang Yangchen   Dolkar Lhamo   Yangchen Dolma   Wangmo Tsering   Karma Dolma

## Aid & Resources -- Sponsoring Monks

Monks and nuns have a harder time under the oppressive Chinese rule, and feel more need to leave Tibet. Most of FOTSI's sponsored monks are at **Drepung Gomang Monastery**, but some are at **Drepung Loseling, Gaden Shartse, and Thoeling Monasteries in Mundgod**. In 2012 FOTSI sent \$7,337 for our 35 sponsored monks, \$210 for children aided by the monks, \$45 for a needy group of monks, and \$2,122 for medical aid (pgs. 10-11). We also sent \$340 to Drepung Gomang Monastery, and \$350 to Thoeling Monastery.

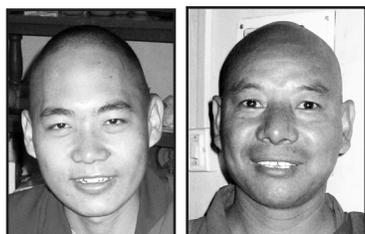
In 2013 we have sent \$9,650 for our sponsored monks and those they help, \$290 specifically for the boy, **Kalsang Gyatso**, aided by the monks, and \$3,345 for medical aid. We sent \$1,215 to Drepung Gomang Monastery itself and \$120 to



HH the Dalai Lama (center) with Geshe Lobsang Gyatso of Gomang and Monastery Supporters, incl. Sandra Esner and Chela Kunasz, at right

**Thoeling**. Chela, Sandra Esner, Greg Hunt, friends from DGI (pgs. 4-5), and other supporters of Drepung Gomang Monastery were treated wonderfully when we were in Mundgod in late 2012 to attend the teachings of HH the Dalai Lama.

We need sponsors for a few monks, whose sponsors are too ill to continue aid to them. We keep their sponsorships going with one-time donations, but this is not easy. Among those needing sponsorship are 1) **Tenpa Tsering #2**, who is recovering from hepatitis and



Tenpa Tsering #2, Tenpa Thinley

a good student, 2) **Tenpa Thinley**, a selfless monk who was malnourished to the point of eye problems and ill when we began his sponsorship, but has recovered, does well in studies, and helps others, 3) **Lobsang Ngawang #2**, an expert chant leader who has had health problems, and 4) **Lobsang (Norbu) Samphel** (pg.15).



Lobsang Ngawang #2

Monk **Tenpa Tsering** has been working in Europe, concerned about his parents, one of whom is not well. He was back in Mundgod in 2013 to organize the funeral arrangements and prayers for his **grandmother, Pema**, who died this year.



Tenpa & Pema

## Aid & Resources -- Sponsoring Monks (con'd)

We continue to sponsor monk, **Jampa Choeden**, who is studying for a possible Lharampa Geshe degree and caring for lay boy, **Kalsang Gyatso**, who begged Jampa for rescue from a kind of slavery, as we've reported before. Kalsang does well, helps at school, and gets rave report cards. We also sponsor monk



*Kalsang, monks Jampa & Ngawang Sopa with Chela*

**Geshe Tsultrim Gyaltzen** who helped Dre-Gomang monastery during a **fund-raising tour in Russia**. Monks work as well as study and help others. At right is a photo of monks helping with a **harvest**; others work in small shops and the **Drepung Gomang Dispensary**.



*Geshe Tsultrim Gyaltzen, Russia*



*Geshe Thubten Dhargyas, going around, helping us*

We support two monks at Drepung Loseling Monastery, including **Geshe Thubten Dhargyas** who is helping people in Lhadakh regain balance in their communities with traditional Buddhist "practical harmony". He is also working to increase education and job training. Thubten helped Chela a lot in Mundgod in 2012, going with her for visits with our sponsorees, translating, and bringing joy to us all. He said it was great for him too. We sponsor **Nyima** at **Thoeling Monastery**, which performs funerals etc. for the community. Thoeling is famous for holding the "Nangding", traditional sacred items from Tibet. **Karma Tsultrim**, at Gaden Shartse monastery, whom we helped with surgeries after an accident in Tibet, is a top student.



*Karma Tsultrim, Nyima*

## Story of a Monk's Escape from Tibet: "Rinchen's Journey" (Part III)

As we wrote in our 2011-12 FOTSI newsletter (see [www.kunasz.com/TSI/TSI.html](http://www.kunasz.com/TSI/TSI.html)) that had Parts I and II of this story, it is now very hard for most Tibetans, especially monks and nuns, to get into or out of Tibet. Some years ago, while I was at Drepung Gomang Monastery, I spent mornings taking down the amazing story of a monk's escape from Tibet in the mid 1990's, pieces. The tale was long, so we can't share it all, but we'll finish this true story because it speaks so eloquently of what Tibetans have endured to reach freedom in India. Some monks and nuns we know have gone back into Tibet to aid others, and have run the gauntlet twice. Below, we changed the names and a few details to protect those still in Tibet, but nothing essential is altered. We'll call the monk, "Rinchen".

We wrote of Rinchen's harrowing experiences and hassles due to Beijing government police/soldiers and explained his search for a guide to help him and a relative (Tashi) escape Tibet. We shared his obstacles and near catastrophes even before he began the long journey out of Tibet. We left the story just after a family in his party of 18 had been caught by informants working for the Beijing police, but had been let go after giving over what little they had as a bribe. Those not caught had waited for them, and the frightened group left, led through the night by their guide, Passang. Spying eyes were everywhere so they continued their night marches, fearing the daylight. Days later they encountered a big village, a small river, and a huge river. They had to navigate along the side of the mountain where there was no trail. They needed hands and feet to get through the terrain; it was scary and

---

## ***A Monk's Escape from Tibet: "Rinchen's Journey" (Part III con'd)***

treacherous without flashlights. After a long ordeal, they finally reached an easier section, but there was still no trail. They reached yet another river and saw a distant village. Fearing Chinese surveillance there, they made a meal of the only food they had, tsampa (barley flour), that could be mixed with snow, and rested there a whole day. That evening, they began moving again. They went and went, on and on. The area was very open; the river spread out and was flowing everywhere, next to it there were dense trees. They threaded through those, trying to keep track of each other, but then realized one person was missing. They were scared to call out and make noise. Finally, fear overcame caution, and they began to say his name, "Tenzin!", "Tenzin!". Tenzin was off route, but heard them calling and was able to rejoin the group. Then everyone worried someone might have heard them. The party knew they had so far to go; they walked a whole day and reached the lower pass they'd been aiming for and descended. Snow was everywhere. Evening came, and there was no place to stay, so they plunged on into the night. Unfortunately, the guide didn't know this path; no one knew if they were lost or not. They worried about not finding shelter or falling off the path down the side of the mountain. There was still no trail -- the snow depth was capricious and sinking into it an ordeal. Finally, they came upon a small, deserted, unlocked nomad's hut.

Everyone was hungry, thirsty, and tired. There was no food there. They slept in the tiny hut surrounded by deep snow in all directions. In the morning they ate a bit of tsampa and left. After a long trudge through the snow, they reached a village but kept going. One man became painfully snow blind. They all had sunglasses, but, still, everyone had some eye pain. They reached another village around noon. They didn't see any Chinese police, but they were afraid anyway. They bought some staples, tea, and vegetables, and stayed the night. The next day they were hesitant to leave due to the agony of their snowblind companion. The guide urged them to leave, but the group talked him into waiting another day in the village. The next day the snowblind Tibetan felt better, so they left and reached a place where they got some more food and tea. Later they encountered beautiful, garden-like, uninhabited places where they slept under the sky, as they had no tents. They were nearly out of food again, but the guide thought they'd soon reach Nepal. In another few days he said they might encounter Nepalese police, and could be arrested, but that it wouldn't be a problem.



Suddenly, Nepalese policemen appeared from nowhere and said, "Come with us!" The police gave them food. They were told there was a village nearby and that people there spoke Tibetan. The policemen said, "You must stay in that village for some days, and then you can go on into Nepal." They were not asked for money. The guide warned his charges to guard their few belongings because some Nepalese police might take those or their money. Rinchen wasn't worried because he had no money. The Tibetans had heard that some Nepali police hold Tibetan refugees for a while but send them back to Tibet/China if they can't get enough money from them. Just after the Tibetans had crossed into Nepal, Rinchen had a dream that in his home village in Tibet his mother was in great danger, and he was very worried. In the dream, he saw himself on one side of a big river and his mother on the other side. His mother was looking at him and crying and saying his name, "Pema Tsering", which was his name before he became a monk. In that dream his mother was clearly most distressed, and she was also poor, wretched, and not clean. Suddenly, he awoke from his dream. It was midnight and he had no idea where he was. At first he thought, "I am in India", but then he realized, "Oh, I've reached Nepal." He was very worried about his mother after that dream.

---

## ***“Rinchen’s Journey” (Part III cont’d)***

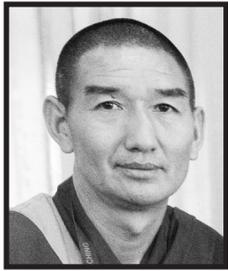
Two days later they left the village with the policemen and walked for two days. Then Rinchen had another dream in which his mother’s parents died. When he awoke, he didn’t believe that they had died, but according to Tibetan custom, he feared they might be sick. The next morning the Tibetans and policemen boarded a special bus called “Nay len kham”. Bus fare and food was paid for by funds the **Tibetan Government in Exile (TGE)** had given to Nepal. A few days later they reached Kathmandu. They could stop worrying so much! Their guide went back to Tibet. Everything seemed good in Kathmandu. But Rinchen missed his parents a lot. His body was in Kathmandu, but his mind was in Tibet with his parents, relatives, and friends.

During his month in Kathmandu, Rinchen couldn’t send any letters home for fear of causing problems for relatives and friends. Days after Rinchen’s arrival, the original group (finally about 40 people) that Rinchen had been supposed to travel with, arrived. They had gone another way and had suffered frostbite and much snow blindness. After 6 days in deep snow with no food or shelter, they had found barley in a hut and survived. But later they had to retrace their steps and come by a long and difficult route. They were in such bad condition when they reached the border, the Nepalese government sent a plane to fly them to Kathmandu, where they lost toes and skin. There were 500-600 Tibetan refugees passing through Kathmandu then, and they were all given housing and food by the TGE. Then they were bussed to Delhi, where they also got TGE funded food and housing. They had to fill out forms, telling about their family, where they were from, what they wanted to do, etc. Rinchen had written he wanted to stay in a monastery. HH the Dalai Lama was away at the time, but when Rinchen finally met him in Dharamsala after a week, he was very happy. His Holiness spoke to Rinchen’s group at length. He sympathized with them about their difficult journeys. His advice included, “We need to study hard for the sake of our country. We will get freedom soon, don’t worry. Now that you can tell the truth about our situation, you should do that, and this will help us get freedom. Whatever work you can do, do it for our country. Whatever we each do, it is important to tell the truth, and to behave properly, and do good things. Please take good care of yourselves. Don’t do bad things.”

The TGE in Dharamsala worked with the refugees to plan who should go where and do what. Rinchen was sent with others to Delhi, but he was the only one headed for the south Indian town of Hubli on the way to the Drepung Gomang Monastery. He stayed in the Tibetan settlement, Majnukatilla, in Delhi, in a TGE-owned house. A staff person went with him to the railway station, but he was scared about his solo multi-day trip by train through India. Luckily, he met Tibetans on the train who, to his great relief, helped him a lot, with some even accompanying him to the Mundgod settlement, where he reached Drepung Gomang Monastery. Rinchen was grateful to have reached safe haven, but still had problems. He had trouble with the food, so unlike that in Tibet, and had stomach problems and other ills. So the former Abbot of the monastery, Khensur Tenpa Tenzin, asked Chela to find a sponsor for Rinchen, and she did. Things improved. Now, he has almost achieved a Geshe degree; he misses Tibet a lot, but is content at the monastery. He still worries about Tibet and Tibetans there. ***China has exerted such pressure on Nepal that essentially all the refugee aid that was provided by the TGE to the Nepalese government for support services like those cited here, has been disallowed, and more Tibetans are shot trying to cross the border.***

**The stream of Tibetans making it out of Tibet has been reduced to a sad trickle.**

# *True Partners - Tibetans at the Heart of FOTSI's Work*



*Geshe Samten Gyatso*

Without the wise advice and hard work of **many** Tibetans our projects would never arise and flourish the way they do. Those most essential in 2012-13 are shown and described here.

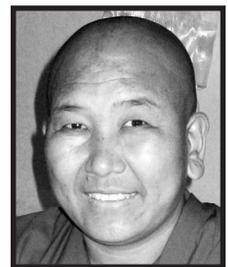


*Rep. Sonam Tenzing*



*Geshe Lobsang Sangyas*

**Geshe Samten Gyatso** - senior administrator at the Drepung Gomang Monastery; big help to FOTSI and everyone  
**Sonam Tenzing** - Representative of HH the Dalai Lama in Mundgod, top official; heads Office of Rep (ORM);  
**Phuntsok Tsering** replaced Sonam Tenzing in 2013.



*Ven. Tenzin Norzom*

**Geshe Lobsang Sangyas** - runs one of our monks' health projects; helps when Chela visits and takes care of her; has done major work for Gomang and FOTSI

**Ven. Tenzin Norzom** - Tibetan nun who facilitates FOTSI's aid to nuns and some lay people in Mundgod



*Migmar Tsering*

**Migmar Tsering** - Secretary of Drepung Gomang Monastery; works expertly, tirelessly, and kindly with all



*Kunga Nyima*

**Kunga Nyima** - Secretary, Dre-Gomang Buddhist Cultural Assn.(DGBCA); helps Chela a lot in India & all year

**Geshe Nawang Tsondu** - translator, keeps Chela in touch

**Dr. Kyizom** - doctor at Tibetan Medical Clinic; helps in many ways; advisor to FOTSI



*Geshe Nawang Tsondu*

**Tenzin Yangker** great accountant at ORM; huge help

**Tenzin Choezom** was our social worker for part of 2012-2013.

Our new social worker is **Dickyi Chodon** (no photo).

**Tamdin Dolma** - Head of the Home for the Elderly, Mundgod

**Geshe Thubten Dhondup & Ven. Lobsang Tashi** - Gungru

Khangtsen Health and Emergency Fund workers

**Kalsang Dawa**, Rector of Central School for Tibetans

**Lhawang C. Simki** - TCV School, Bylakuppe; (no photo)



*Dr. Kyizom*



*Tenzin Yangker*



*Kalsang Dawa*

*Sponsoree Tashi & Tenzin Choezom*

*Tamdin Dolma*

*Geshe Thubten Dhondup & Ven. Lobsang Tashi*

