



TIBETAN CHILDREN'S Education Foundation

TCEF dedicates itself to the preservation of the Tibetan culture through education and assistance, raising awareness of the culture, and by empowering Tibetans to carry out these goals.

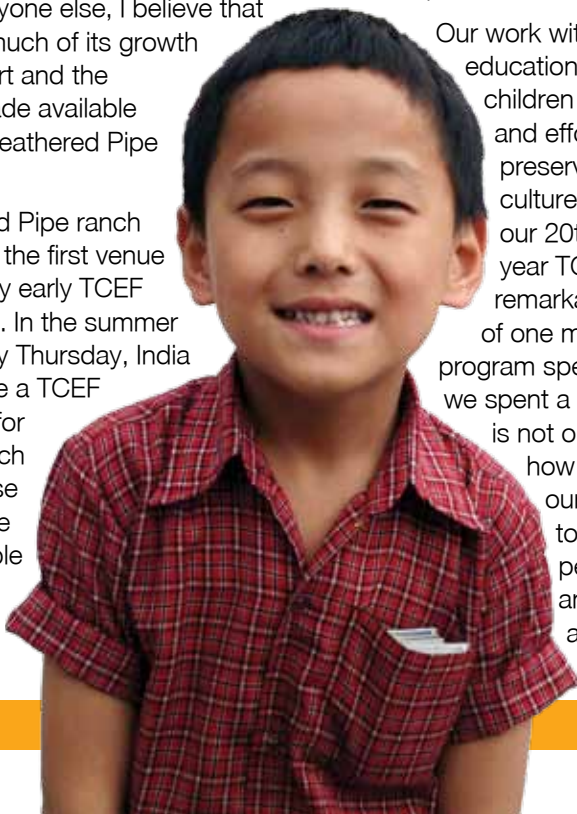


An overview of our beginnings and our work

I believe the seed of TCEF was planted over thirty years ago when India Supera and her group found their way to the small Tibetan settlement of Clement Town in North India where I lived. India herself became the very first sponsor I ever found. Together with a few other friends from Montana who had a genuine empathy for the plight of the Tibetans, India helped to found TCEF.

During TCEF's infancy, the Feathered Pipe Foundation acted as its umbrella organization. Together with other founders like Roy Andes and the late Bill Wilmot, India and the Feathered Pipe Foundation nurtured our growth and led us forward step by step. More than anyone else, I believe that TCEF owes much of its growth to India's heart and the resources made available through the Feathered Pipe Foundation.

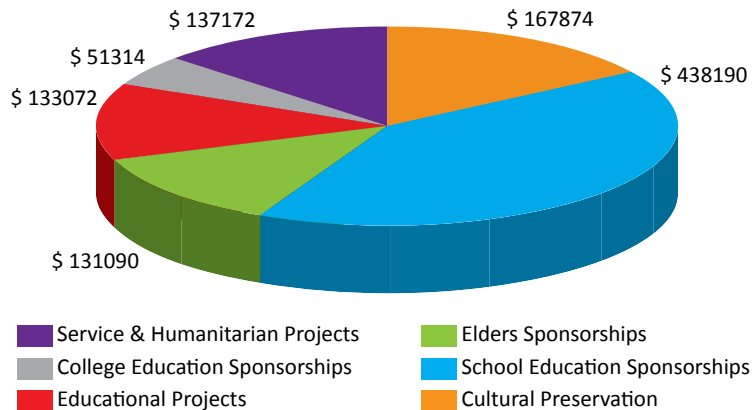
The Feathered Pipe ranch itself became the first venue for most of my early TCEF presentations. In the summer of 2002, every Thursday, India would arrange a TCEF presentation for me at the ranch and from these came the core of a remarkable collection of famous yoga



teachers and yogis whom we now proudly call TCEF sponsors! Many of them became event coordinators and resource persons.

Our work with the education of Tibetan children in exile and efforts to help preserve Tibetan culture now enters our 20th year. Last year TCEF reached a remarkable landmark of one million dollars in program spendings. How we spent a million dollars is not only a story of how TCEF kept our promises to the Tibetan people, but also an overview of all that we did and continue

Where we spent a million dollar



to do as a nonprofit and therefore the focus of this special 20th Anniversary Newsletter.

I realize with deep gratitude that our growth and work is possible because of our founders for their compassion and vision in creating it, board members - the pillars of our foundation, the scores of TCEF event coordinators/ event hosts who gave so much of their time and energy and opened their hearts and homes to us, special donors who have supported our work, the hundreds of sponsors who either support children's education or needy elders, and the thousands of interested Americans all over the country who engaged us with genuine love and interest as we traveled to tell people about Tibet and Tibetans.

Karma Tensum
Executive Director





Transforming Lives Through Education

THE SPONSORSHIP OF SCHOOL & COLLEGE EDUCATION PROGRAMS - \$489,504 SPENT

TCEF has always believed that one of the best ways forward for the Tibetan refugees to overcome the circumstances of their birth and for them to help themselves in the preservation of their unique culture is education. Our focus on education is reflected in over 50% of all program spendings.

The bulk of this was spent on the individual sponsorship of children's school education. For individuals here in the West wanting to make a difference for Tibetans, this is a great way to support Tibetan education and make a personal connection with someone whose life you are changing. Often, being able to make that personal connection to a real child and realizing that for a small amount of money, you can really transform one or more lives, is what made this program successful for us.

The vision of the current Tibetan leadership under Dr. Lobsang Sangay, is to produce a crop of Tibetan professionals who will be the best hope of Tibet and Tibetan culture. While school education has always been our focus, the TCEF board would like to see our sponsorship dollars now translate into real jobs and secure futures for the



children in our lives. We have made a small but significant move to start a college sponsorship program that will help needy and deserving Tibetan students continue further education.

TCEF sponsorship program has touched over 500 lives. Here are some inspirational examples of how this program and education has helped to transform lives:



Namgyal Wangmo

Joined Kyitsel-ling Tibetan Children's Education Center, N India* in 2000 as a 5 year old. Received most of her education through a TCEF sponsorship. Graduated at the top of her class in 2014 and is now studying in the prestigious Miranda House, New Delhi for a degree in Geography.



Migmar Tsering

Joined Kyitsel-ling in 1999 and graduated school and college with the help of TCEF sponsorships. Currently teaching computer in a Tibetan school, he plans to soon do his Masters.



Kalsang Chodon

Joined Kyitsel-ling in 2001. Received most of her education through a TCEF sponsorship. Graduated in 2014 and now studying Nursing at the prestigious Apollo Nursing Home, New Delhi.



Stanzin Dawa

Traveled all the way from Ladakh to receive her education at Kyitsel-ling. Received most of her education through a TCEF sponsorship. Graduated school in 2014 and now studying Accountancy in Delhi University.

Tibetan Children

One of the best ways to help Tibetans and Tibetans is by supporting the education of its children. You can make a difference by helping educate a child. Contact tcef@mt.net or call 406 443 6078 to start a sponsorship through TCEF.





Phuntsok Chodon

After graduating school, college education for 3 years sponsored by TCEF. Works for the Tibetan Medical and Astro Institute's Mumbai's branch as an accountant.



Lodoe Gyaltzen

Joined Kyitsel-ling at the time of its founding in 1998. Long time sponsored student of TCEF board member Crystal Water. Graduated school in 2013 and now studying Nursing in Hyderabad, S India.



Tsering Lhamo C

Traveled all the way from Tibet to study at Kyitsel-ling. Has no close relatives in India and even spends her vacations at Kyitsel-ling. Receiving her education through a TCEF sponsorship. Stand out student who tops her class and has the potential for college and more.

SELECT TESTIMONIALS FROM SPONSORS

Over the years we've received many heart warming and inspirational letters from our kind sponsors. We can only share a few with you and space further constrains us to abridge their messages:

To be a sponsor of a Tibetan is one of the greatest gifts I can imagine. I can only imagine how the education they receive through the financial gifts help to change their lives- as education has significantly changed my life. I am so grateful to keep this gift of education and care moving forward, especially to an extremely sacred area of this world.

Marta Weinstock, Campbell, CA

I think this is a worthy undertaking. I enthusiastically encourage anyone who wants to support world peace (and who doesn't) to help fund the education of Tibetan refugee children through the Tibetan Children's Education Foundation. And do it with your grandson or granddaughter!

Frances Barnes, Portland, OR

We were surprised at first to receive the picture of Tsering and his letter/drawing. Now we look forward to his sweet letters and compare his picture to previous years', and see how his writing has progressed too. He signs his letters, your adopted son, and our hearts are touched. We hope he will find success in life. We hope he will have happiness. It is a small gift we make to a small, sweet boy who is a gift to us, and I am sure a gift to all who know him. We are grateful for the opportunity.

Adrain & Constance Heidenreich, Billings, MT

I am deeply grateful to have such a joyful avenue through TCEF to provide support for a Tibetan child to be able to complete her studies....and therefore to be able to support the Tibetan people in general.

I am deeply grateful for the wisdom flowing into the world through Tibet and deeply sorrowful for the injustices suffered by the Tibetan people.

Supporting one student is such a small way to help, but it makes my heart happy to be able to do so.

Zita Xavier, Bayfield, CO

Sponsoring Migmar, and watching him grow has been such a great pleasure. Knowing that I sponsored a child's education is great a privilege.

Tessa Wilcox, San Francisco, CA

*Kyitsel-ling is an educational hostel offering supplementary education and learning facilities. TCEF helped to found this institution. More information on Kyitsel-ling and its programs is available at www.kyitseling.org





Making a difference through vital education projects

EDUCATIONAL PROJECTS AND INFRASTRUCTURE: \$114,752 SPENT

Building Infrastructure

TCEF helped to found Kyitsel-ling Tibetan Children's Education Center, Clement Town, N India. Kyitsel-ling continues to be our oldest partner in India. The center is doing excellent work in the care and education of Tibetan children in exile. It has touched hundreds of lives and we're confident that it will continue its good work for many more years. More information on Kyitsel-ling is available at www.kyitseling.org.



TCEF helps children from this regions through our sponsorship program.



We also helped to add a third floor to the Sukhavati Educational Hostel, Sikkim, NE India that Lama Paljor our partner for programs in Sikkim runs. Lama Paljor helps provide education access to children in Zuluk region in Sikkim. The whole community there is very poor and in great need. Aside from help with the building,

Tibetan Dance, Music and Drama

TCEF believes that Tibetan children should receive an education that grounds them and informs them of their cultural heritage. To help the Tibetan Dance, Music and Drama classes succeed, we funded a project to procure musical equipments and traditional Tibetan costumes.



Computer Education Projects

We equally believe that Tibetan children should receive an excellent modern education so that they can be comfortable and compete successfully in today's world. We believe that Computer Education can make a real difference and we funded several Computer Education projects in Clement Town and Sikkim.



Training Tibetan Teachers

Our best hope is that Tibetans will use the education they received to be the best spokespersons for Tibet and their culture. We think English proficiency is vital for them to succeed academically and for them to best represent their culture. TCEF completed an English Acquisition Project that helped to train 25 teachers in Tibetan schools in modern and researched methods of acquiring English

TCEF acknowledges with gratitude the contribution from the following for the above projects:

Ann Down and the Good Works Institute, Sun Valley, ID, Frank & (late) Virginia Unterberger, E Stroudsburg, PA, the late Bill Wilmot, Anaconda, MT, Lynn Wasser, Mill Valley, CA, Jennifer Prugh, Rob Barber and Marilyn Mereseau all from San Jose, CA, Jane Amdahl and Jane Wieland, both from Helena, MT.





Preserving the unique and endangered Tibetan culture

TCEF TOURS WITH TIBETAN CULTURAL AMBASSADORS - \$167,874 SPENT



We believe that a very important part of our work is our cultural tours - our travels with various Tibetan cultural ambassadors to raise awareness of Tibetan art and culture here in the West. We've spent about \$168,000 doing 7 major tours with these artists. We started with a long tour covering multiple states with three outstanding Tibetan thangka artists in 2005. We followed up with tours and events featuring sand mandala creations, butter sculptor presentations, lectures on Tibetan medicine, talks featuring Tibetan spiritual concepts, Tibetan and Himalayan musicians, dancers and performance artists. We feel privileged to share Tibetan culture

here in Montana and in about 25 other states. We believe that these tours not only helped to inform audiences about Tibetan culture, but that they helped to keep Tibet in the consciousness of people in the West. And, that is what Tibet needs now. It seems that with passing every year, Tibet fades just that much more from global consciousness and so any event that talks about Tibet or Tibetan culture, we believe helps preserve Tibetan culture.

We also celebrate Tibetan culture through Losar dinner and Saga Dawa prayers that include an annual putting up of Tibetan prayer flags for the benefit of all sentient beings.

These cultural tours would just not have been possible without the wonderful TCEF event hosts in different places. Some of them opened the doors of museums, churches, universities, libraries, yoga studios and theaters for us, but many of them just opened their homes. A huge thank you to all TCEF event hosts. A complete list of our event hosts is available at: <http://www.tibetchild.org/what-you-can-do/host-an-event/>





Compassion in action

SPONSORSHIP PROGRAM TO BENEFIT TIBETAN ELDERLY - \$131,090 SPENT

The Elders sponsorship program connects interested sponsors here in the West with elderly Tibetan in exile that need help to survive. While the children are our hope for the future-the elders are our connection to the past.

The generation of Tibetans now in their seventies and eighties have suffered great tragedies and survived many challenges. It is this generation that followed HH The Dalai Lama into exile and crossed the Himalayas into an unknown land. Many of them were nomads or farmers with no work or language skills for them to start new lives in exile. Almost all of them started their new lives in exile breaking stones by the roadside.

It was a great change for them from the cool plateau of Tibet into the heat and humidity of India. Many of them did not survive - victims either to tuberculosis or their newfound poverty.

The Tibetan elders for whom we seek your help are the strong ones - the survivors. Many of them have depended on the ability for hard physical labor to survive. In old age they face an insurmountable challenge.



Aku Lori

Escaped to India following the flight of HH The Dalai Lama in 1959. Never married and has no children. Made a living printing Tibetan prayer flags. Now old and sick, he desperately needs help to survive.



Aku Dakpa

Escaped to India following the flight of HH The Dalai Lama in 1959. Has now surviving children. Worked as road construction and many labor related jobs his whole life. Now in the late eighties can no longer work and needs help.



Chimey Rinzin

Escaped to India following the flight of HH The Dalai Lama in 1959. Never married and has no children. Brief stint at road construction work, followed by many years embossing Tibetan handmade carpets. Now in his seventies can no longer do that work. Has a part time job cleaning a temple area - but needs help for medicines.



Donkar

Escaped to India following the flight of HH The Dalai Lama in 1959. Widow with no children. Can no longer work and does not have any source of income. Needs help to survive.



Ama Chungdon

Escaped to India following the flight of HH The Dalai Lama in 1959. Although married for many years, she never had any children. Following a stint of road construction, she worked for many years taking care of Tibetan children as a foster mother. Now in her late seventies she can hardly move because of her arthritis. The TCEF sponsorship helps her to survive.



Jhampa

Escaped to India following the flight of HH The Dalai Lama in 1959. Widower with no children. Worked hard his whole life and still has a smile on his face. Now he has a bad knee and no income. Needs help to survive.

We have helped over a hundred of these elder and have more stories to fill many pages. A large majority of them are in poor health suffering from diabetes, tuberculosis and other ailments. You can offer dignity and comfort to a Tibetan elder for \$35 or more. Please consider helping a Tibetan elder through TCEF.



Touching lives through direct services

TCEF SERVICE TRIPS - \$106,517 SPENT



Since 2007 TCEF has been doing service trips to our program areas in India. These trips enable interested sponsors and supporters to see our work first hand, to meet sponsored children and elders that they support and to volunteer their skills as their hearts dictate.

These trips have been an immersion into the Tibetan culture creating deeper understanding and life long friendships. Our service trips

have worked collaboratively with the people we serve on projects such as health care assessments, construction, English literacy, school projects, teaching first aid, carpentry, sewing, art exchange projects and computer education projects. Our service work has taken us to the heart of Tibetan communities in India. We get to meet those we serve while sharing stories over butter tea. In Dharamsala the seat of the Tibetan Government in Exile, we regularly

meet with the Tibetan led NGOs both to offer our support and to determine the current needs of the community.

2014 took us to the remote Himalayan regions of Zanskar and Ladakh where we set up a medical clinic and did basic health assessments in collaboration with the local Amchi's (traditional healers). While in Zanskar the service team had the great blessing of an audience with HH the Dalai Lama who expressed great support for our service work and told us we must continue.

These trips are adventures. They are a guided experience of hands on participation with our Tibetan friends where we share our skills and our friendship and receive so much in return.

Currently we are collaborating with The Global Midwives Education Foundation and the Zanskar Health Center Development Project on healthcare projects. We are supporting medical education of western health care and traditional Amchi medicines together in a hospital being built by the Dalai Lama Foundation. We will be returning to Zanskar June 2016.

Please contact Valerie Hellermann Project Manager if you are interested in participating in a service trip; valerietibet@gmail.com

TCEF would like to thank the following for participating in our service trips. Thank you for your love and many hours of dedicated volunteer service:

Wendi Thomi, Denise Fischer, Stephen Johnson, Mary Ahman, Lyn & Darrell Hayes, Laura Watham, Monica Gripman, Sharon Mason, Hannah Paton, Sophie Paton, Connor Whithall, Mary & Guy Kitchen, Paula Thiede, Shelly Saunders, Linda Bassingswaithe, Alyssa Grickiewicz, Nancy, Sue Babcock, Jim Peterson, Ashley Middleburger, James Michael, Craig Harrington, Ann Wilsnak, Dave Orndorff, Sara Buckerfield, Karen Sawdey, Michael Willing, Jane Wieland, Emma Wieland, Winter Safronoff, Jane Amdahl, Lori Skyrud, Sally Thompson, Tom Walker, Jeff Vantine, Rosa Lincoln, Dave Andersen, Shira Goodhall, Kathy Anderson, Rick Rowsey, Kergan Boggs and Ryland Boggs



How you can help

- ★ Sponsor the education of a Tibetan child at \$45 a month.
- ★ Support a Tibetan elder for \$35 or more a month.
- ★ Help to host a TCEF event
- ★ Take part in a TCEF Service Trip
- ★ Remember TCEF in your will
- ★ Donate stocks and/or IRA rollovers
- ★ Request matching funds from employers for sponsorship contributions or other donations to TCEF
- ★ Make a donation for any amount to TCEF

The easiest way to start a sponsorship and to contact TCEF with any issues is with an e mail to tcef@mt.net or karma@tibetchild.org You can make sponsorship or donation checks in favor of TCEF and mail to PO Box 1403 Helena MT 59624

You can start a sponsorship or make a donation to TCEF at our web site at www.TibetChild.org



20th Anniversary Newsletter

Tibetan Children's Education Foundation

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