

# Tibetan Children's Education Foundation



TCEF Newsletter Fall 2016

## Mission Statement

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.



## With Immense Gratitude

Like many other Tibetans in exile, I used to have such a utopian view of all Westerners. I

don't even know how we Tibetans developed this idea. Maybe it was because of the transparent kindness of the volunteer workers when we first came into exile. Their empathy with our plight coupled with their fascination of our culture brought such huge smiles that we used to think the world of them and more - almost like a super race with unlimited resources, no worries, no problems and just tons kindness to spare!

I learned a great deal living in Montana over the past 14 years. Although many of the people that I crossed paths with have soft hearts for Tibet, I now know that they do not have unlimited resources to match their big heartedness. I know that my neighbors have mortgages like I do and that mail does not necessarily bring in 'sponsorship checks' - more likely the familiar collection of monthly bills!

Now I know people here have their own lives, own problems - and that not nearly everyone is seeking out Tibetan refugees to help. Few people get the privilege of being connected to or have the luxury of indulging in non profit work. Even when they do - there are many 'home' issues that are both compelling and deserving - from veteran issues to cancer appeals.

I now realize with increasing clarity how special and karmic were the ones that did enter my life. I always knew that India Supera was a very special lady but knowing what I know now, puts a new perspective on all the sponsors and supporters that TCEF has been privilege to have over the past 20 years. On behalf of all the children and elders that we support, a huge gratitude to every TCEF supporter.

As a Tibetan I continue to be as motivated to help my people as when I first joined the TCEF team over fourteen years ago. But I know I cannot do it simply by writing



appeals from Montana. I know that I've just got to travel, to engage people, to talk about Tibet, its culture and the educational needs of its children in exile - and I need your help in different cities in this great country. If there is half an chance that you can help host a TCEF

event, I look forward to hearing from you at [karma@tibetchild.org](mailto:karma@tibetchild.org) .

# Program Service Accomplishments

Preserving the endangered Tibetan culture, educating the children in exile, caring for destitute elders and offering direct services to marginalized Himalayan communities continue to be our core programs in 2016.

## Medical Service Trip



A TCEF medical service trip to the remote Himalayan area of Zanskar returned with mission accomplished and wonderful stories. The TCEF Medical Camp was the first ever Medical Camp in the Zanskar Valley. It provided 3 Physicians, 3 Nurses, a retired Hospital administrator, 2 EMTpre med students, 2 med students, a retired lab technician, a schoolteacher, 1 massage therapist and 3 support persons. They worked for 20 days. The camp provided cervical cancer screening via colposcopy for 300 women, pediatric screening with emphasis on congenital heart problems, general medical screening, pre natal checks on 43 pregnant women and physical therapy and massage.

## Educating the Children



Through our children's sponsorship program, TCEF helped with the education of about 150 needy Tibetan students including 10 students in college. This year we spent around \$50,000 supporting this program. Till the issue of Tibet is finally resolved, TCEF believes it is vital for Tibetan children to be educated so that they can overcome their disadvantages of birth, learn about their cultural heritage and become true representatives and spokespersons for their culture. Supporting the education of its children is one of the most significant ways to help Tibet.

## Service to the Elders



The present generation of Tibetan elders in their seventies and eighties is very special. They faced the brunt of the Chinese occupation of Tibet and fled to India under dramatic circumstances. In exile, they overcame incredible challenges to survive. TCEF's elder sponsorship program helps these elders during their final golden years. This year we helped around 100 needy Tibetan elders with sponsorship funds that helped with food, clothing and other living expenses. We spent around \$30,000 on this program. We still have many elders that need help. For more information on this program and to help, please visit:

[www.Tibetchild.org/](http://www.Tibetchild.org/)

## VISITS TO PROGRAM SITES

### PASTOR DAVE ANDERSEN

This winter TCEF board member Dave Andersen led a Kids for Action Network group of students from California to Kyitsel-ling Tibetan Children's Education Center, N India. For the American students, it was a unique opportunity to be immersed directly in the Tibetan culture and actually share the lives of the children at Kyitsel-ling. They shared the food of the Kyitsel-ling children, interacted and took part in several activities. For the Kyitsel-ling children, it was a rare treat to have the 'American students' in the midst. They absolutely loved the experience and some of them were teary eyed when the group left.

### VALERIE HELLERMANN

TCEF Program Manager Valerie Hellermann visited Dharamsala and Sidhpur in November. The team returned to reevaluate the needs of the hostel

founded by the Ramdha Buddhist Society to benefit the children from the remote areas of



Kids in Action Network at Kyitsel-ling



### MICHAEL WILLING

This winter also saw Michael Willing long time TCEF sponsor and former board member visit Kyitsel-ling. In Delhi he met Dolma Yangzom the Tibetan

grandma that he has been sponsoring over many years.

Michael and Dru also kindly sponsored a brand new Table Tennis board for the children at Kyitsel-ling, complete with nets paddles etc. They are loving it.

Michael and Dru are also making fundraising efforts to replace the worn out equipment at the Kyitsel-ling Children's Park. This park provides many hours of happiness to the Kyitsel-ling children - especially the youngest ones who are not quite into Table Tennis or basketball.

Unfortunately, much of the park equipment is now broken and needs to be replaced. Here is the link to that fundraising video:



Thank you for new TT board .



### JENNIFER PRUGH IN CLEMENT TOWN, MARCH 2017

TCEF board member Jennifer Prugh will be visiting Kyitsel-ling, Clement Town in N India in March 2017 with a group that will include several TCEF sponsors. They will meet sponsored children and hopefully make new connections!

# Special Projects in 2016

## *Service Trip to Zanskar, Ramdha Hostel & Teacher Sponsorship Program*



**Medical Service trip to Zanskar**

In 2014 a TCEF service trip journeyed to the remote Himalayan region, Zanskar. We were invited by the Himalayan Astro Medical Society to access the health care (or lack of) in the region.

In the summer of 2016, TCEF will return to Zanskar to arrange medical camps, educate health care workers and help set up a hospital.

TCEF is teaming with the Global Midwives Education Project to educate village midwives and open maternity beds at a hospital. A longtime TCEF supporter and doctor will be doing cervical cancer screening and another doctor will be screening for heart problems in children and general health screening.

There are nurses preparing curriculums based on the Indian healthcare system to teach health care workers. We are also working with Dr Kalsang a Tibetan doctor to assure collaboration with the traditional Amchi healers.



**Ramdha Hostel Project**

Since 2007 TCEF has been doing service trips to our program sites in India. These trips also take us to pockets of neglect - unserved by other aid organizations. This year we are renewing our connections with Ramdha Buddhist Society - a non profit located at Sidhpur ( just outside of Dharamsala) that is trying to provide education access to children from the remote areas of Lahaul, Spiti and Kinnaur.

Lahaul and Spiti are remote areas. During winters, they can be cut off from the rest of the country. Many families continue to be poor and the children do not have access to good education. The Ramdha Buddhist Society is dedicated to providing education access to children from this area.

Towards this aim, they have already set up an educational hostel in Sidhpur. This enables children from the Lahaul- Spiti area to attend schools in the Dharamsala area. The TCEF service team identified several needs here - the most glaring one being to expand and improve the washroom facilities. We are indebted to the Good Works Institute for funding this program. Work is already underway to upgrade and improve the washroom facilities.



**Teacher Sponsorship Program**

For nearly 20 years, TCEF) has been helping the children at Kyitsel-ling Tibetan Children's Education Centre in Clement Town, Northern India. Kyitsel-ling is a boarding hostel which provides its children with excellent learning resources and supplemental education. The Kyitsel-ling students attend the local Tibetan school in Clement Town called Tibetan Nehru Memorial Foundation School (TNMFS). TCEF's Teacher Sponsorship Program is aimed at helping procure quality teachers for this school

The problem then really boils down to a lack of funds for TNMFS to blossom. This school is owned and administered by the local Tibetan community and it does not have the resources to attract or retain quality teachers. Taking inspiration from our students' sponsorship program, we are embarking on a Teacher Sponsorship Program aimed at procuring funding to recruit and retain good teachers in this school.

With funding from the Jamie Harmon & Kelly Cline family, this program is already underway starting January 2016. This very kind family has again send funds to support this program n 2017. It costs just \$200 a month to fund a quality teacher with potential to impact hundreds of students.

**With special thanks to the Good Works Institute, ID and Jamie Harmon & Kelly Cline for funding these programs.**

# MEDICAL SERVICE TRIP ZANSKAR



THE TCEF MEDICAL SERVICE TRIP TO THE REMOTE HIMALAYAN REGION OF ZANSKAR IN LADAKH SAW OVER 1700 PATIENTS IN 20 DAYS.

THE TEAM ALSO TAUGHT BASIC HEALTH CARE ASSESSMENT, EKG TECHNOLOGY, VITAL SIGN TECHNOLOGY, DRUG DISTRIBUTION INCLUDING SIDE EFFECTS AND PROPER MODE OF INGESTION AND CERVICAL CANCER SCREENINGS.

# KYITSEL-LING FOUNDERS DAY



KYITSEL-LING CELEBRATED ITS 18TH FOUNDERS DAY WITH A TIBETAN CULTURAL EVENT ENJOYED BY EVERYONE - INCLUDING OUR GUESTS FROM KIDS IN ACTION NETWORK, CALIFORNIA.

TCEF HELPED TO FOUND THIS EDUCATIONAL HOSTEL THAT SERVES AROUND 100 TIBETAN STUDENTS.

# NEW PLAYGROUND EQUIPMENTS



WHEN HH THE DALAI LAMA LAID THE FOUNDATION OF KYITSEL-LING, HE ADVISED THE FOUNDERS TO KEEP THE CHILDREN HAPPY!

THANK YOU MICHAEL WILLING FOR YOUR INITIATIVE IN FUNDRAISING FOR THIS PROJECT. THANK YOU TO EVERYONE WHO CONTRIBUTED. WE KNOW IT WILL BRING MUCH HAPPINESS TO THE CHILDREN FOR YEARS TO COME.

# ANNUAL TCEF FUNDRAISER



3RD ANNUAL TCEF BOLLYWOOD FUNDRAISER 2016

THIS EVENT HELPS TO MEET MOST OF TCEF'S OPERATIONAL EXPENSES. HUGE GRATITUDE TO VOLUNTEERS, LOCAL BUSINESSES AND EVENT SPONSORS FOR ANOTHER AMAZING EVENT.

BOLLYWOOD 2017, HELENA CIVIC CENTER, OCTOBER 7, 2017

# In Appreciation

*Our work is possible only with your support. For TCEF, this is not a cliché, just a simple truth. Huge gratitude to everyone who support our work.*

## YTD Donors above \$1000\*

Carla Ada  
Jane Amdahl  
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## New Sponsorships in 2016

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## Bollywood Fundraiser 2016 Performing Artists

Prashant Kakad and  
Bollywood Dreams LLC  
Tsering Lodoe, NYC

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**Plus, all the other sponsors  
and our wonderful  
volunteers! Thank you so  
much!**

\* Many of our key supporters  
have an end of year donation  
schedule and they are not  
included in this list.

## How You Can Help TCEF



### 1. Host a TCEF event

Hosting a TCEF event is one of the most significant ways to help. A TCEF event can be whatever you want it to be - often it is small intimate gatherings of a few friends and family members all wanting to do some good OR we can get help and make it bigger and more attractive - feature a Tibetan artist, create a sand mandala, show a Tibetan movie or anything else that you think might be fun! Any TCEF event, no matter how ever small has the potential to benefit many Tibetans. In partnership with TCEF, you can really make a difference. So this year, if you're able to help, please contact me [karma@tibetchild.org](mailto:karma@tibetchild.org). I promise to follow all leads.

### 2. Sponsor the education of a Tibetan child

Recently the sponsorship coordinator of the Sambhota Tibetan Schools Society, Dharamsala went on a needs assessment tour of Tibetan settlements in the Northeast of India where about 5000 Tibetan refugees are rehabilitated. He identified more than 95 really poor students that needed help. The Tibetan families here are very poor and they really need help for their children's education. We have our work cut out to find sponsors for these children.

### 3. Sponsor a Tibetan Elder

In April 2015, I returned from India with many case histories of Tibetan elders that need help. We've been able to find sponsors for a few of them - but I still have many elders that need help. Please consider helping a Tibetan elder at \$35 a month. On information on the elders sponsorship program is available at: <http://www.tibetchild.org/become-a-sponsor/sponsor-an-elder/>

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