



FRIENDS OF TIBETAN SETTLEMENTS IN INDIA

(“FOTSI”)

Annual Report and Newsletter for 2009-2010 Projects in Mundgod and Bylakuppe Settlements



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Many Tibetans

Newsletter

Ken Bernstein

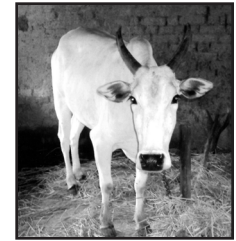
Chela Kunasz



Lending a Hand



On-site Projects



Vital Health Aid



Education



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Financial Report for 2009 (ref. IRS Filing, Doty, Lyle & Jones, LLC)

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

Income

Donations	\$61,655
Interest Income, Bank Incentive	\$ 112
Total Income	\$61,767

Expenses

Program	\$49,139
Fundraising (newsletter, software, mail, copies, photos, etc.)	\$ 987
Administrative (IRS reports, State Registration, India travel)	\$ 2,548
Total Expenses	\$52,674

Our Program Services Expenses in 2009 = \$49,139

Education **\$12,334**

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

Health/Hygiene/Emergency Aid **\$20,275**

Representative's Emergency Fund, Hospitals, Monks' and Nuns' Med. Funds, direct aid

Sponsorships/Self-Sufficiency/Group Support **\$13,080**

45 sponsorships through Rep. Office, cow purchases, 19 nuns, 41 monks aided/sponsored, plus short term group or individual aid

Leadership Programs **\$ 3,450**

Tibetan leaders & projects--aid to innovative Tibetan leaders, copier for legislature, nun aid worker's laptop, final funds for earlier work

Included in our "Administrative Expenses" above are Program expenses for our work in India, such as travel to/in India (most donated by FOTSI President), \$1617, and our registered mail to India, \$259. At the end of 2009 we carried forward \$49,806. Much of this was used and allocated during our early 2010 India trip. Including early work as CFT/TSI and now as FOTSI, our program service has exceeded **\$498,307**. As usual, **no salaries have been paid to anyone in FOTSI**. We deeply thank all donors who have donated for FOTSI's operating expenses! **Donations to FOTSI to date in 2010 are 25% less than at this time last year. Our 2010 total through November is about half of last year's total... a hard year for all as we hear every day!**

November, 2010



Dear Friends of Tibetan Settlements in India,

Thank you again from FOTSI and the hundreds of Tibetans you have helped. In 2009-10 we sponsored 106 laypeople, monks, and nuns, and aided many students, teachers, and others. We helped with medical treatment, scholarships, housing, and self-sufficiency needs. In 2009 we put \$49,139 directly into our relief programs in India, spent \$1876 on India program expenses (travel, registered mail), and used \$1,656 for fundraising and administrative needs (state registration, IRS reports, newsletter, mail, etc.). Given the job losses, health problems, and moribund economy facing donors, plus disasters such as the fires that have plagued Boulder, Colorado, the Tibetans were especially grateful that people, even those who themselves suffered, continued to remember them. **With your help, we are pursuing our mission to aid Tibetan refugees in camps in India and we share our knowledge of the continuing problems in Tibet.** This newsletter contains heartwarming stories of meaningful lives in exile, as well as experiences of hardship and escape from Tibet. One 80-year old man finally made it across the Himalayas to rejoin his wife after an accident and disability prevented his trying this epic journey for 15 years.

FOTSI continues to play a special role in the Mundgod Tibetan Settlement in India. The Representative, Palden Dhondup, told me our work was the most effective of any aid group working there, although our donated amount is not the largest. FOTSI is almost the only source of scholarships in Mundgod. We can do a lot because FOTSI and many Tibetans work on projects for no pay, and the dollar's power in India gives us great leverage. We can monitor our work, and we do not have the terrible problems of warlords, militants, and huge natural disasters that aid groups in other places face. Thus our small efforts can have long-lasting positive results. We were gratified by the improving health and the accomplishments of our students and sponsorees, many of whom are becoming **leaders and role models**. During my 2010 visit to Mundgod, I was again helped by Tibetan nurses, some of whom FOTSI had aided in the past.

Sadly, from our conversations with the 80-year old who left Tibet and donors who visited Tibet this year, we have again verified news reports of the repressiveness of the Beijing government. One FOTSI donor said she will never forget the heart-rending expressions (made carefully in private) of gratitude by Tibetans for her sponsorship of a Tibetan monk in India. The Tibetans in the Mundgod settlement continue their cancellation of public celebrations of Tibetan New Year (Losar), in solidarity with Tibetans who suffered during the 2008 protests and continue to see their freedom and culture destroyed. Time magazine reported an October protest by Tibetan students in Qinghai province against making Mandarin Chinese the main language of instruction in schools. The big picture is remains dire, as Beijing continues its exploitation of the Tibetan land and people. **The terrible news of a magnitude 6.9 earthquake that struck the Tibetan area of Kyigudo (Chinese: Yushu) in Qinghai April 14, 2010**, was a final blow on top of recent unusually difficult winters and Beijing's continued refusal to engage in meaningful



Tibetan Earthquake, April 2010



Kyigudo (Yushu) Earthquake, April 2010

discussions. Even the official tallies, often low, told of close to 3,000 dead, and over 12,000 injured, with many left homeless with little time or resources to rebuild before winter. Tibetans in exile wrote, “The heart wrenching pictures of young boys and girls lying dead on the pavements of Kyigudo town ... perhaps made many (of us) reassess the political worth of this crushing physical separation (between Tibetans in Tibet and those in

exile). Our hands couldn’t reach their houses to lift a brick from the rubble or wipe a tear from their cracked cheeks...”



Monks Help after Quake

Yet, Tibetans in exile found marvelous ways to help. Some, with help from American friends and websites like www.tibetanvillageproject.org, put a Tibetan-American coordinator on the ground and helped greatly by buying and deploying large warm tents for shelter through the winter before permanent structures can be re-built. Tibetans in exile rejoiced in learning that monks in large numbers emerged from surrounding areas, rushed to Kyigudo to lead the rescue and relief efforts around the clock for days to pull survivors from the rubble of the flattened town. Tibetans from all over Tibet collected food, water, and clothing and sent truckloads to Kyigudo. Word had it that there was no tsampa left in Lhasa, although Kyigudo, the seat of “Yushu” county, was far from Chamdo, capital of Kham, Tibet. The Chinese army, thankfully, eventually provided aid, but also sent the monks away. There was also **terrible flooding and death in Ladakh** this year.



*Tibetan in Chains
Beijing’s Propaganda*

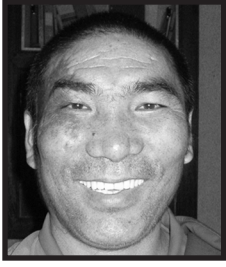
The Beijing government continues trying to convince the world, and especially Tibetans, that it is the savior of Tibetans rather than their nemesis. While I was in Mundgod, a Tibetan who had been to a gathering with HH the Dalai Lama in north India gave me what he saw as a lovely present--a glossy magazine with beautiful photos of his homeland. I appreciated the photos and looked at the rest of the magazine. In it were photos showing Tibetans in chains and poverty and text saying China had saved Tibet. This magazine was in English and Tibetan. While it is true there were problems in Tibet before Mao’s army invaded Tibet, the message in the magazine was full of misleading, shocking propaganda. Meanwhile, Tibetan monks who’ve escaped Tibet continue their tours, sharing their culture and their own experiences of their “liberation”. (see page 24).

Finally, we deeply regret the passing in May, 2010, of Mr. Tenpa TK, an amazing Tibetan who served his people with keen intelligence and unmatched heart. He was a great inspiration for me and FOTSI. See pgs. 26-27 for more about Tenpa TK and news of my Jan-Feb 2011 India trip.



Mr. Tenpa TK

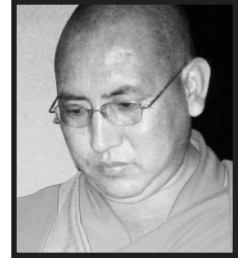
With Gratitude to you all, Chela Kunasz, President, FOTSI



Tsultrim Gyaltzen

Tibetans Who Make FOTSI's Programs Work -- 2010

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 2009-10 are shown and described here.



Lobsang Sangyas

Geshe Tsultrim Gyaltzen - senior administrator at the Drepung Gomang Monastery; helps FOTSI and Tibetans a lot

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

Migmar Tsering - Secretary of the same monastery; works expertly and kindly with FOTSI and all donors

Palden Dhondup - great Representative of HH the Dalai Lama in Mundgod, top official there; heads Office of Rep (ORM)

Ven. Lobsang Ngodup - A big help to Chela in India in 2010, attended the sick, helped run the GK Health project

Ven. Tenzin Norzom - Tibetan nun facilitates FOTSI's aid to nuns and some lay people in Mundgod in coordination with Jangchub Choeling Nunnery administrators

Kunga Nyima - Secretary, Dre-Gomang Buddhist Cultural Assn. (DGBCA); helps Chela travel and work while in India

Tsewang Norbu - excellent Dre-Gomang Dispensary leader who helps FOTSI + many patients; also helps animals

Nyima Lhamo - works for the Office of the Representative (ORM); is FOTSI's expert and kind social worker, translator, and facilitator in Mundgod

Tenpa TK - led the Kharyak Charitable Society (KCS); top advisor to everyone in Mundgod; passed away May 2010

Dr. Kyizom - doctor at Tibetan Medical Clinic; helps in many ways; Tenpa TK's wife; advisor to FOTSI

Tenzin Yangkar - superb top accountant and more for the ORM

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

Lobsang Monlam - Tibetan Volunteers for Animals (no photo)



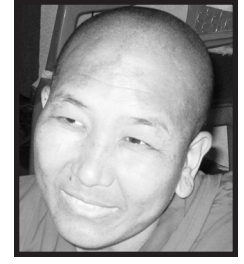
Palden Dhondup



Migmar Tsering



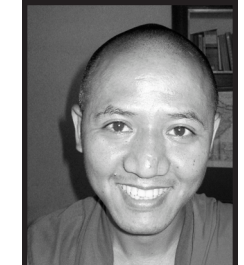
Lobsang Ngodup



Tenzin Norzom



Kunga Nyima



Tsewang Norbu



Nyima Lhamo Translates Sponsor's Letter



Dr. Kyizom and Tenpa TK at home, 2009

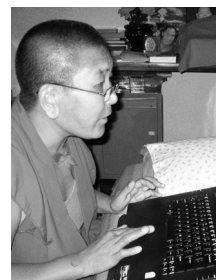


Tenzin Yangkar greets HH Dalai Lama



Leadership 2009-2010

This year we finished funding the **Legislative Assembly copier** for the Mundgod Tibetan Settlement and **our part of a laptop for our nun administrator, Tenzin Norzin**, at the **Jangchub Choeling Nunnery**. Yet, our **most important contribution** to “leadership projects” was manifest in the large number of our Tibetan sponsorees who have grown up and are now taking up challenges as leaders and role models. Our vision of FOTSI’s work is increasingly the support and encouragement of those with few means, and often great obstacles, but huge heart and the talent to be leaders and examples for our world. In fact, many sections



Tenzin + Laptop



Sonam Palmo



Nurse Diki

of this newsletter are about such people. We have an expanded section this year about monks so we can share more about their lives and the leadership, creativity, and heart they’ve been demonstrating. Of course, the nuns and lay people have been teaching, learning, leading, and accomplishing great things as well. In fact, almost all those we help have faced more adversity by far than we have. That is why they were selected for sponsorship. However, as they overcome the worst of their problems, we see how they are turning their experiences into motivation to achieve the unimaginable. Tenpa TK, our mentor, had turned that corner long before we met him, but his story, shared at the end of this newsletter, is a perfect example of this. So are histories of many Tibetans who never heard of FOTSI. Yet, we hope, in reading this newsletter, you will enjoy and share our vision of FOTSI’s small part in supporting great people. We believe that hanging in for the long run is key.



Ngawang Choephel

Here we post photos of **nurse and health coordinator, Sonam Palmo**, and **nurse Diki**, who’ve done so much for others, have given up so much to work in Mundgod, and who helped me when I was quite sick. And, here we simply celebrate **Ngawang Choephel**, who, with his new film, **“Tibet in Song”**, has contributed uniquely and powerfully. He is a young Tibetan born in Tibet, raised in Mundgod, whom we never sponsored, who has sent a thunderbolt into the world. We highly recommend his film, available on Netflix.

Sponsorships and Direct Individual Aid

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

We sponsor **45 people** -- 19 young people, 20 elders, and 6 middle-aged -- through the Representative’s Office. Of our younger people, 11 are girls. Chela met all of these sponsored people in India in February, 2010. She often visited the **Home for the Elderly**, where five of our elders live, including **Tsering Choephel #1**, age 77. In 2009, we sent **\$16,335** to the Office of the Representative, Mundgod settlement, for sponsorships, scholarships, part of our Tibetan Children’s Village school tuitions, emergency aid, and cow purchases. Changes in 2009 required us to send funds to the **Central Tibetan Relief Committee (CTRC)**, which is structured to meet current India law as to charities. They forward our funds to Mundgod. To date in 2010, we have sent **\$17,350** for the same purposes. We sponsor and aid 5 children at **TCV Schools**, partly through the **Representative’s Office and partly directly to TCV**. See more about TCV on page 11.



Tsering Choephel #1

Sponsorships and Direct Individual Aid-- Office of Rep (con'd)

In 2009-10 we funded 10 of our post high school **scholarships through the Office of the Representative.**



Migyur with Cow from FOTSI

We also bought **two cows**, one for each of two of our sponsored people. One was for Migyur, age 80 and suffering from a hernia, who, with his multi-generational family, sells milk and cares for cows. The other cow went to Tenzin Khando's family. Tenzin's mother died a few years ago, and as she was so hard-working, this was a huge loss for their family. In addition, we helped her sister, Tenzin Lhadron, with a scholarship (see page 16).



Tenzin Khando's Family Cow



Tenzin Nyima with Aunty, 2005

Our sponsored young people are: Tenzin Sonam, Tenzin Tseten, Tenzin Tseyang, Tashi Lhamo, Tenzin Dadon, Tenzin Palbar, Dawa Dolma, Tenzin Yougyal, Tenzin Nyima, Penpa Dolma, Lobsang Choedon, Tenzin Khando, Tenzin Lhamo, Kunga Dechen, Tenzin Lhakey #1, Tenzin Phuntsok, Tenzin Norzin, Dawa (Tenzin Nyingpo), and Kalsang Dorjee.



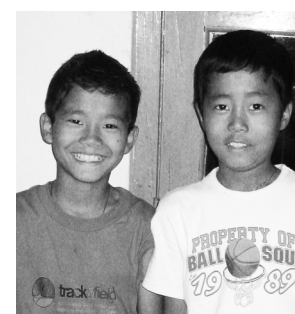
Tenzin Nyima 2010

Tenzin Nyima, 15, is in 9th grade. She stays in **Pema Tsal Hostel**, except for Sundays, when she spends the day with her family at home. Pema Tsal is also in Mundgod, but it maintains a great study atmosphere for students. Tenzin's family is poor. She has 11 brothers and sisters, of whom 5 plus her parents and an uncle are now at home. The Tibetans try to help young people like Tenzin get as well educated as possible and hope for college opportunities to break the cycle of poverty. Tenzin studies hard and likes Indian history and social studies. Her father and brother sell sweaters on Indian city streets. The kids at home attend local schools.



Tenzin Yougyal Then and Now

Tenzin Yougyal (from another family) **also stays in the same hostel**, loves math and soccer, and was on his way to the Mundgod-wide camp vs. camp soccer tournament when we spoke. He is 4th in his class and also in 9th grade now. **Tenzin Palbar**, age 12 and in 6th grade, speaks and writes English remarkably well. He still loves math and soccer and his one sibling, little sister Dadon.



Friend + Tenzin Palbar

Lobsang Choedon, 18, is in 11th grade. She hopes to study hotel management and accounting in Bangalore. We began sponsoring her in place of her sister, **Tenzin Kyizom**, who died when she fell out of a upper story window in an Indian city where thier family was selling sweaters. Both feminine and athletic, Lobsang was senior girl champion in the long and high jumps. She's also a great runner. Our **Penpa Dolma**, 18, was 2nd to Lobsang and is also a fast runner. Penpa Dolma is thinking of a career as a math teacher. **Tenzin Sonam** is 10! The "Tenzin Sonam Then" photo shows him at about the time his sponsorship began.



Lobsang Choedon Penpa Dolma



Tenin Sonam Then Tenzin Sonam Now

Sponsorships and Direct Individual Aid-- Office of Rep (con'd)

PT*'s Escape Story as told to Chela, February 2010 (no photos)

(some details are changed slightly to protect people and routes)

The **husband of our elderly sponsorees** had gone back to Tibet for a visit in 1995, had an accident, and got stuck there for 15 years due to his injuries, age, and other obstacles. We're giving him an alias, "**PT**", as he requested. PT was **one of the few people who managed to make it out of Tibet** (without a permit, hard to get for someone like him) **to Mundgod this year**. I usually meet some recent arrivals, or at least hear of them, but in 2010 I heard of no one else! Here is what PT told me. In Tibet in 1995 he broke his arm and his leg badly, and the healing was problematic. Later, he did not get any permission to leave Tibet. Finally, he was almost 80, and thought that, no matter what, he must try to return to his wife before he died.

Fortunately, he had a distant, but friendly, relative who helped by arranging things for him. This relative was a business man who paid for everything and used his phone at work to make arrangements. Due to this relative's work and connections, he could both gather the needed money and gear and make the arrangements secretly. We are guarding this person's name, exact business, and shop location carefully. The relative hired 2 Nepalis to help PT. One was a driver, and one a walking guide who would go over the border with PT. The plan was to drive as close to the border as possible in one area, and then the guide and PT would go the rest of the way on foot. There was gear for the trip and some presents and money (for possible bribes). This amounted to about 40000 Chinese Yuan, which was about \$112. It was a lot of money to PT. Unfortunately, the driver stole all the money and part of the gear! The other Nepali was a good person, and he kept to his part of the bargain. He and PT walked together through a forest. There was snow and several huge rivers to cross. They had to traverse those by clipping themselves to ropes and sliding down over the water. It was hard, and it was very scary. They walked for twelve days through snow and forests. Sometimes they could walk in the daytime. Other times they were too near people and the possibility of being caught before reaching the Nepalese border, so they walked at night. All PT carried with him were some "tsi", small stones with "eyes" in them that are valuable to Tibetans and which could be sold, he hoped, if he needed money. He had 4 aprons as presents for his wife and relatives. He had 2 Chinese bed sheets and a blanket. Because most of his warm clothes had been stolen, he only had regular pants, but he managed not to get too cold. He carried matches and sometimes they could make fires.

When they reached the Nepalese border, there were a lot of policemen there. It was important for PT to call his relatives in India and let them know he was at the border. He needed them to come get him, partly because in that case it is easier to deal with the border police. He was scared when he realized that he had lost the phone number, but he did remember the phone number of someone else in Mundgod, in Camp #3, so he called that number. Fortunately, that person answered and quickly informed his relatives, who had been waiting anxiously for news of him. PT's relative in Tibet had managed to get some veiled information to them that PT had left, and so they were waiting for news and saying a lot of prayers for his safe journey and arrival. One of his daughters and her husband managed to pick him up in a hired car. The Tibetans are not supposed to get near the Tibetan border, so this was a bit tricky, just reaching there to meet him, but they pulled it off and managed to get him all the way south to Mundgod! PT was very grateful to his wife's sponsor for helping her for so long. He told me his story in person, but wanted some details and names changed for fear of problems in Tibet for others. He did want me to share his story so he could do his part to let the world know true stories about Tibetans who are not free. PT was sad, however, to see how few years he and his wife have left together and to learn of her and their children's struggles with survival and illness in India. I'm not showing their photos here, but we are sharing images PT's wife's medicines,

Sponsorships and Direct Individual Aid-- Office of Rep (con'd)



PT's Wife's Meds

FOTSI helps her buy, and photos of other elderly Tibetans we sponsor. At right is FOTSI sponsoree **Tenzin Lhakey**, 79, who has health problems and who broke her hip in 2009. At the same time, her grandson, Tenzin Osel, 18, got antibiotic-resistant tuberculosis. To help this good family, which everyone loves, many Tibetans in Mundgod contributed funds. Fortunately, a FOTSI donor had given Chela \$200 to help a needy person during her trip, and that was exactly the amount still owed by Tenzin Lhakey's family after all the efforts. So FOTSI was happy to join in and help her family and the community. At left we share a photo of elderly **Tsultrim Sangmo**, with daughter Phuntsok, looking at a family collage her Wyoming sponsor sent her. Tsultrim can now walk again after several strokes.



Tenzin Lhakey



Tsultrim Sangmo

Home for the Elderly, Mundgod

Another FOTSI donor gave us funds to give every resident and lower level staff member at the Home some New Year spending money.

We were aided by knowledgeable senior staff and volunteers. We sponsor 5 residents there through the Office of the Representative, and 2 more through another channel. We sponsor another 15 elders living alone or with families.



At Elderly Home



Chela Gives Donor's Gift

DTR Hospital, Mundgod

The same donor who gave funds for the elderly asked FOTSI to help the DTR Hospital, the oldest in Mundgod. For years FOTSI has helped this hospital remodel, put in good toilets, discourage cobras, remove monsoonal fungi, and buy equipment. This year, our aim was to help the neediest patients, whether Tibetan or local Indian. The nurses at the hospital (see photos, pg. 6) said this would aid truly needy people and promised to do their best to guide the funds optimally. The hospital coordinator, Penpa Labrang, doctor T. Norzang, and accountant, all dedicated Tibetan health workers, helped us and everyone in the local area. For more about hospitals in Tibetan settlements in India, see the article about Mr. Tenpa TK, pgs. 26-67.



DTR Accountant



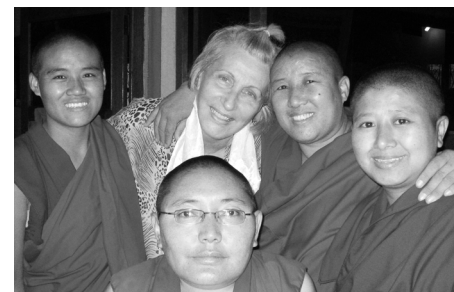
Dr. T Norzang



*DTR Coordinator
Penpa Labrang*

Visits to Mundgod by FOTSI Donors

Two FOTSI donors visited Mundgod in 2010. One was **Sandra Esner**, who came with her Tibetan "Gen", **Geshe Monlam**, a special advisor to many of us. Sandra visited **Thoeling Monastery**, the **Jangchub Choeling Nunnery**, the **Drepung Gomang School** and other sites with Chela, as they learned a lot at each place and were loved, especially at the nunnery. At the **Thoeling Monastery**, where we give general donations and sponsor two monks, Sandra and Chela viewed



Sandra Esner hugged at Jangchub Choeling

Visits to Mundgod by FOTSI Donors (con'd)



Sandra + Chela at DG School

special cultural and religious treasures of Tibet. For more about **Thoeling**, look it up on the internet, and see page 24 of this newsletter. We also share photos of Sandra and Chela at the **Drepung Gomang School**. See more about the School on pages 18-19.



Sandra Esner with Gen Monlam

Another visitor to Mundgod in 2010 was **Greg Hunt** who had gone there with Chela in early 2008. Greg returned to Mundgod on his own in the fall of 2010, visiting his two sponsorees, **Tenzin Dadon (16) at Camp #6 and Lobsang Dolma#2 (37) of Camp #1**, and other friends. He learned that



Tenzin Dadon

Thubten, Tenzin Dadon's father, was having eyesight problems due to diabetes. Fortunately both Tenzin and Lobsang were well. This was great because Lobsang Dolma#2 had had very bad antibiotic resistant TB for a long time when Greg first began sponsoring her. Greg emailed me, "They both want me to have lunch and dinner and I am trying not to hurt anyone's feelings. But I appreciate that they care about me... I saw a cobra at Lobsang's house yesterday. It



Lobsang Dolma#2

was at the vacant house next door. It was no threat but was kind of scary..." When I wrote to ask more about the cobra, Greg replied, "The cobra was next door to Lobsang's house. The house is vacant. It was on the back porch and then slithered to some trees piled on the porch. That same day Tenzin Dadon saw a **snake in her bedroom**. She was very scared... they smoked it out of the house. The power is down a lot, so internet service is difficult. It rains every day and the road is muddy".

Later, after reaching the home of the Tibetan Government-in-Exile in Dharamsala, north India, he wrote, "I have a nice 'room with a view' at the Yellow Guest House. It even has hot water for a shower, a luxury in India. This is an amazing place with lots of energy - with yoga and meditation classes, ecological projects, Human Rights activists, Tibetan and Indian artifacts galore to buy... I visited His Holiness's (the Dalai Lama's) temple and residence yesterday. It is rather nondescript and not at all palatial, at least from the outside. Of course he is in the US right now... I visited the Tibetan Children's Village Centre, where they sell artifacts made by Tibetan children. I bought some nice bags. I went to TIPA (Tibetan Institute of Performing Arts) this morning... I may try to volunteer with Volunteer Tibet while I am here. I met Tenzin Dorjee, Director of Students For A Free Tibet, last evening at a discussion. I mentioned I'd been



Greg receiving gift from monastery, Mundgod 2008

active with Colorado Friends of Tibet. He suggested we might have mutual friends. I mentioned Tenzing Shrestha, who was our (CFT's) Director a few years back. It turns out they are cousins. It is a small world.... The shoeshine boys are driving me crazy. Since I have been wearing black leather shoes I am a sure target. They follow me everywhere. Really, how many times a day can my shoes be shined? Today I am wearing hiking shoes that don't need a polish, so I hope that will help. "**Close door when leaving as monkeys may enter room**" --sign at my hotel. Later I went to another open conversation at Volunteer Tibet and discovered I knew one of the monks in my group. He was at Mundgod two years ago when I stayed at the Drepung Gomang Guesthouse. He cooked for us and was a gracious host. I did not remember him at first but he recognized me immediately."

Sponsorship at Tibetan Children's Village Schools

From its humble beginning 50 years ago, the Tibetan Children's Village has become a thriving educational community for destitute Tibetan children in exile as well as for thousands of children who have escaped from Tibet. It has established branches extending from Ladakh in the north to Bylakuppe in south India, with over 16,700 students under its care. FOTSI sponsors 4 children in 2 different TCV schools and sends pocket money to another. See www.tcv.org.in for more information about all of TCV's branch schools.

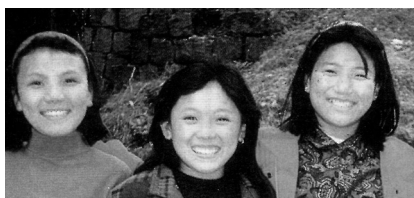


Tsering Choedron

Last year our photo of sponsored girl **Tsering Choedron** was woefully out of date. Tsering is now 16, and attends the TCV School in Bylakuppe. Her mother, Lobsang Dolma #1, is very poor and also sponsored by us. Tsering's father has died. She is a shy, sweet girl praised for her good conduct. At the same school we continue to sponsor **Karma Tashi**, now in Class 6, and to help his sister, **Sonam Dolma**.



HH Dalai Lama talks with student



Girls from Tibet at TCV, older photo

Samdup (14), in class 7 at the Bylakuppe TCV School. Both of these boys come from a difficult home situation. We feel sending such children to the excellent TCV schools is one of the best things FOTSI does. In 2009, FOTSI sent \$2230 to TCV Schools (some directly, some through ORM); so far in 2010 we've sent \$1515.

We are very proud and excited that our sponsored boy, **Sonam Dorjee** (16), who has been attending the Chauntra School in north India, did well enough in his classes and on major exams that he has been able to transfer to the TCV School in Upper Dharamsala, where he can study in a science stream. He has always liked science and math, so this is a wonderful opportunity for him. He wrote to those who have sponsored him, "Hope you are well and doing fine. Nowadays I am well, my health is good, and also my education... these thing are totally because of you! So, sometimes I think that you are my everything, my god, my parents, everything..." He is now in 11th grade. We also sponsor Sonam's brother, **Tsering**



Sonam Dorjee

Emergency Aid in Mundgod and Bylakuppe

In 2009 we sent \$2050 and, to date in 2010, \$1480 through the Office of the Representative in Mundgod to help with **emergencies**. This has paid for surgeries, medicine for 3rd line (very antibiotic resistant) TB, other medicine, diabetic foot sore treatment, treatment for mental illness at a mental hospital for Tsering Lhamo's son and his follow-up treatment. This has been **invaluable** for helping with some of the worst problems for the neediest in the camp. Some aid, like that for 3rd line TB and mental illness, protects the whole Tibetan settlement. We also sent \$1200 in 2009 and \$1017 in 2010 to the Kharyak Charitable Society (**KCS**) in Mundgod for emergency health needs such as medicine, as well as surgeries for female problems and heart disease. We sent \$300 in 2009 and \$100 in 2010 for helping needy elderly patients at the **Tashilunpo Clinic** in the **Bylakuppe** Settlement.

Jangchub Choeling Nunnery, Mundgod Tibetan Settlement



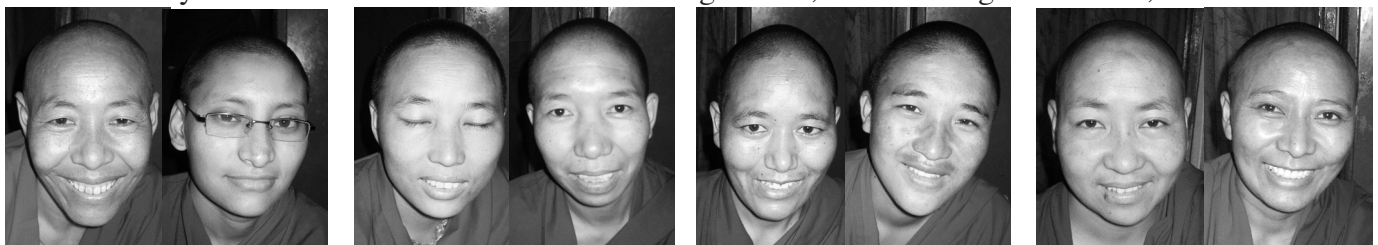
Medical Needs, One-time Aid, Shelter, Sponsorship

Many nuns suffer incarceration, beatings, and other problems in Tibet. **In 2009 and 2010 we sponsored 19 nuns among hundreds in Jangchub Choeling Nunnery, Mundgod.** We gave another 10 poor nuns one-time aid, sent medical and dental aid, and gave money for a small educational fund and for the **nuns' new building**, which will house more than 60 and help all the nuns. **In 2009 we sent the nuns a total of \$7683, and, so far in 2010, we've sent them \$12,112. Of this, \$3830 has just been sent, but it may not be cashed by the banks until 2011.** Some of what we sent in 2009 did not cash out of our bank account until 2010. Of these amounts, **\$3295 and \$4500** was explicitly for our **Nuns' Medical Fund** in 2009 and 2010, respectively. This money is used for medical/dental needs not otherwise covered. We also helped some nuns through the Kharyak Charitable Society (ref. pg. 11, 26-27). Our funds were used for major surgeries, breast problems, TB patients, including one with a nodule on her neck, hearing aids and glasses, dental work, asthma, water on the lungs, ulcers, heart disease, digestive lesions, gall stones, etc. The photo on the upper right shows some of many nuns thanking FOTSI. The 4 photos above on the left are a few of many who benefitted from our medical fund: **Tenzin Choedron** (19)- hearing problems and asthma, **Yama Choegha** (28)- digestive lesions, **Lobsang Choedron** (39)-TB and water on the lungs, ulcers, headaches, and **Namgyal Lhamo** (42) - severe heart problems; septal ablation, surgery. We helped founder nun, elderly **Thupten Lhatso**, with her knee problems. We also sent the nuns \$100 in 2009 and \$300 in 2010 for a **separate fund they use to help lay people**. The nuns helped poor patients with hepatitis, epilepsy, kidney stones.



Thupten Lhatso

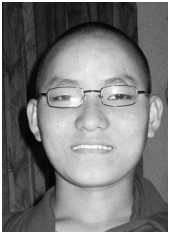
One FOTSI donor gave money for **modest one-time aid to 10 nuns**. A special group of nuns assembled and had a lively debate on who were the neediest amongst them, not including themselves, and no conflicts-



of-interest allowed! The nuns selected to get the small gifts for New Year are shown above, left to right: Lobsang Yangchen, Karma Lhadon, Kunsang Dolma, Ngawang Yangchen, Tashi Yangzom, Yeshe Choedon, Tenzin Tsomo, Lobsang Choezom, with Karma Dolma and Sonam Youdron shown on the next page.



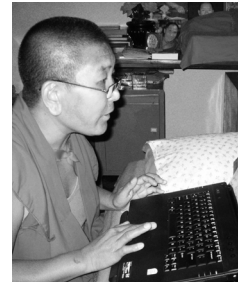
Aiding Nuns at Jangchub Choeling (con'd)



Karma Dolma, Sonam Youdron



We paid half the cost of a laptop **and part of the internet connection fees for Tenzin Norzom, our administrative nun.** Tenzin Norzom's brother, a Tibetan who has a shop, donated the other half of the money for the laptop.



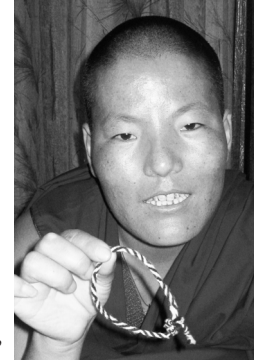
Tenzin Norzom+Laptop

Chela and FOTSI donor and friend Sandra Esner met with the heads of the nunnery and toured their new building as it was nearing completion.



Chela + Sandra Esner with Nun Admins

The new building now houses 112 nuns and has allowed nuns to move out of rotting derelicts and classrooms. **We have donated \$4,157 altogether over the last two years towards this needed major shelter.** The nuns have a big loan for this that they are trying to pay. They work hard for the community and are doing what they can. They



Pema Choeyang + One of 50 Bracelets She Made

made over 100 hand-made woven bracelets at the request of Lily Organics (see page 27), a company trying to raise funds for the nuns' building during the 2010 Christmas season. We share photos from 2009 and 2010 showing the building work and nearly completed structure. Both nuns and skilled Indian workers worked on this home for refugee nuns.



Our **sponsored nuns** use their funds for toiletries, clothing, books, medicine, and sometimes travel. **Among our sponsored nuns are Tenzin Dolkar and Sonam Tsekyi, shown here. Due to health and financial problems, their sponsors cannot continue. So we are looking for new sponsors for these two nuns.** The new building and health fund help all the nuns of



Tenzin Dolkar

Jangchub Choeling Nunnery in Mundgod, including some young nuns, **girls** who have either escaped from Tibet or come from very poor areas of the Himalayas, where, perhaps they families have come earlier from Tibet and/or have had a family crisis so that the girls have little hope. These young girls attend the "public" Indian-run schools in Mundgod, and so study languages such as English and Hindi and also math, science, social studies, etc., but they live in the nunnery and eat there. So, our health and shelter and



Sonam Tsekyi

education programs help them as well as all the other nuns. As they grow up, they can leave the nunnery if that is not the life they choose. However, many enjoy the independence and the community service and cultural and religious significance of their lives in the community as Buddhist nuns.



Young girls at Jangchub Choeling

Nursing/College Student Scholarships/Aid 2009-2010

Name	Major	College
Ms. Passang Dolkar	Nursing	Apollo Hospital, Hyderabad
Ms. Tenzin Lhakdon	Nursing	K.L.E.S. Hospital, Belgaum
Ms. Samten Dolma	BA English/Teaching	St. Joseph's College, Bangalore
Mr. Tenzin Tashi	MBA	IGNOU (I.Gandhi Open Univ.)
Mr. Karma T. Dhondup	B.Commerce	AA Arts,Sci.Commerce,Bangalore
Ms. Tenzin Dolma	BS Computer Sci.	Women's Christian College, Chennai
Ms. Tenzin Tseten	Nursing	St. Martha's Hospital, Bangalore
Ms. Tenzin Lhakey	Nursing	St. Joseph's Hospital, Bangalore
Ms. Tenzin Lhamo	Nursing	K.L.E.S. Hospital, Belgaum
Mr. Kunga Dechen	BCT&CA	Culinary Academy of India, Bangalore
Ms. Tenzin Kyizom	Beautician Cert.	Beauty School, New Delhi
Mr. Tenzin Phuntsok	B.A.	St. Philomenas College,Mysore
Ms. Tenzin Norzin	Nursing	K.L.E.S. Hospital, Belgaum
Ms. Tenzin Lhadon	BS Computer Sci.	Mysore University, Mysore
Ms. Pema Lhamo	(Medical career)	(Now in High School; saving for study)



Passang Dolkar



Tenzin Lhakdon



Samten Dolma



Tenzin Tashi



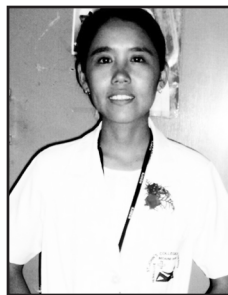
Karma Tsering Dhondup



Tenzin Dolma



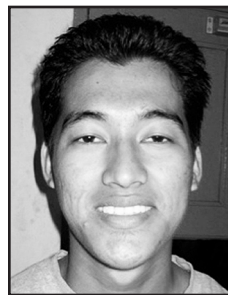
Tenzin Tseten



Tenzin Lhakey



Tenzin Lhamo



Kunga Dechen

See photos and more details about Tenzin Kyizom, Tenzin Phuntsok, Tenzin Norzin, Tenzin Lhadron, Pema Lhamo
and the several of the above students on Pgs 16-18

Nursing and other College Scholarships (continued)

In 2009 we sent Tibetans \$7,284 for college scholarships, with \$4220 going to the Office of the Representative, Mundgod (ORM), and \$3064 going to the Kharyak Charitable Society (KCS).

In 2010 to date we have sent \$9181 for college scholarships. Of this amount, we sent \$7647 to the ORM through the Central Tibetan Relief Committee (CTRC) in Dharamsala, now required by the Tibetan Government-in-Exile to comply with current Indian law, and \$1217 to KCS. We gave the remaining \$417 to Tenzin Kyizom and Pema Lhamo through the Dre-Gomang Buddhist Cultural Association and through a Tibetan monk. Karma Dhondup, Tenzin Dolma, and Tenzin Tseten were aided through KCS (see pg. 17). All other students were helped through the ORM via CTCRC.

Tenzin Tashi completed a 3-year program and got his B.Comm. Due to financial and health problems he was unable to continue at Osmania University and switched to Indira Gandhi National Open University to pursue his M. Comm. Later, this too became financially impossible, even with our help, which, admittedly was limited. So he joined the Indian army, which offered him the possibility of future financial aid for his studies. He is in the midst of his military training now. He thinks this will work for him, and he knows we are supporting many other students. He wrote, "You (FOTSI) are a great mother not only for me, but for all our Tibetan youngsters. Otherwise we become discouraged in our life and stay at home...."

Phurbu Dolma, former polio patient and long-time FOTSI sponsoree, is doing well on a TCV Scholarship at Mysore University, where she is in the second year of an MBA program.



Phurbu Dolma

Amazingly, **Tenzin Kalden**, our graduate nurse from the past, not only helped FOTSI and



Tenzin Kalden + Patients, Dharwar

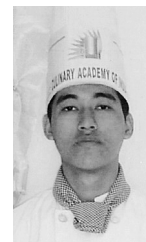
various patients when Chela was in India in 2010, but she also married a Tibetan, Jigme Dorjee, now a US citizen, who lives only minutes away from both Chela and Tenzin Kalden's sponsor in Colorado! Chela had originally met both Tenzin Kalden and Jigme in Mundgod when they were quite young. It took more than a year after Jigme and Tenzin's marriage for Tenzin to get a US visa. Jigme went to India to see Tenzin in February, just when Chela was in Mundgod. We share a photo from that time, as well as some from the



Tenzin Kalden, Chela, Jigme in Mundgod

Dharwar Medical College where Tenzin helped with patients. Tenzin finally made it to the US before our **May FOTSI Board meeting**, which she and Jigme attended. It was great for our Board members to meet them and share thoughts about life in Mundgod and FOTSI's work. Tenzin currently works in a nursing home in Boulder County; Jigme works for the University of Colorado. The rest of our graduate nurses are working in India, some at Tibetan hospitals.

Kunga Dechen writes that he is enjoying his study for a Bachelor of Catering Technology and Culinary Arts at the Culinary Academy of India. He says he's learning about Indian bulk cooking and baking until December, and then he'll have "industrial training" in a hotel. He has learned to cook a variety of styles, such as Indian and Continental. He sent his love and referred us to www.iactchefacademy.com. Many of us thought he would study computer science, but his interest in cooking prevailed.



Kunga Dechen

Nursing and other College Scholarships (continued)

Samten Dolma is working hard to be an **English teacher**. Her college, St. Joseph's in Bangalore, has many Tibetan students. Every year they get a chance to educate their college-mates in a forum about Tibet, its culture, and traditions. Their friends take a keen interest in their presentation, and that feels good. The Tibetans appreciate their opportunity, because the other students are from all over the globe. Our 1st year nursing student **Tenzin Lhamo** is a poor girl whose eye was hit by a stone and permanently compromised when she was a child. She planned to do a Bachelor of Commerce degree. Since our scholarship would allow her to study **nursing**, which she thought would help people more, she joyfully changed her plan.

Our Newest Scholarships !

Tenzin Norzin is studying to be a **nurse** at the **K.L.E.S. Hospital in Belgaum**, where our sponsored **Tenzin Lhakdon** and **Tenzin Lhamo** also study. She is most interested in helping the poor, especially children. She dreams of returning to Tibet, the land of her parents. She has 5 sisters and one brother. Her parents and grandparents were born in Tibet, with the grandparents both born in 1924. In 1959 they walked all the way from Tibet to India via Nepal. First they went to Dharamsala. In 1968 they were able to come to Mundgod. Tenzin's grandfather was born in a small village called Keydong. He died in 1997. Her grandmother is 86. Tenzin Norzin's FOTSI sponsor has aided her since she was a little girl.



Tenzin Norzin



Tenzin Lhamo and Grandmother

Tenzin Lhadon is the sister of **Tenzin Khando**, whom we've sponsored for years. Lately, we have been helping our own sponsored young people go to college. There are so many graduating from high school now, we have limited most of our new scholarships to these students. However, the social workers at the Rep's Office in Mundgod were desperate to persuade Chela to help Tenzin Lhadon get a chance for college. Tenzin Lhadon had been the **best math and science student in Mundgod**, but due to her mother's death and financial difficulties, she had to stay home with no way to attend college. Because she had been a special student, the social workers felt it a great waste if she had to stay home. At first it was hard to find a place for her because she had not immediately gone to college after high school. However, finally, Tenzin was admitted to a **computer science major program in Mysore**, much to everyone's delight. Tenzin is so excited. She is now 20. She loves to dance. Tenzin helps her father who is a farmer and depends on the local area's sparse rains. Tenzin is the oldest child among 4. She helps the others and takes care of her 78 year old grandmother, who was born in Tibet and remembers it as a beautiful land surrounded by ice. Tenzin wrote to thank us, "My silent prayers are always with you, your loving child, Tenzin Lhadon." Her father wrote to thank us both for buying the family the cow, and for Tenzin's scholarship. Of that he wrote, "She is sending her heartfelt thanks for your kindness and **making her life beautiful** and she promises to use your kind money in a good way."



Tenzin Phuntsok

Tenzin Phuntsok is in his first year of college, studying for a B.A. at St. Philomena's College in Mysore. He is interested in a business program. His two younger brothers are students at a charitable school. His father sells sweaters on Indian city streets and works their little bit of land. His mother escaped from Tibet in 1986 and is physically ill most of the time. Tenzin is the oldest child in his family and wanted to get more education and do what he could to support the family, but he was very worried about putting stress on his parents about this. He has been supported since he was a small boy by his FOTSI donor.



College, Post-High School Education (con'd)

Palden Dhondup, the “Representative”, head of the Mundgod Tibetan Settlement, kindly sent FOTSI a “Thank You” for FOTSI’s special effort concerning scholarships. He updated us with the fact that the Mundgod Settlement, founded in 1966, now has 16,994 residents. They have made huge efforts on education, so there are now about 2000 students in their lay schools. Every year 150 students graduate from their high school. Due to lack of money, very few can continue their studies. The Dalai Lama’s Department of Education sponsors 74 college freshmen each year, but this is spread out over all the Tibetan Settlements in India and Nepal! Representative Palden Dhondup wrote of our scholarships provided through the Mundgod Office (not counting our indirect and KCS scholarships) that, **“With the help of FOTSI scholarships, at present on record we have 20 students who have completed their further studies and those students are pursuing good jobs at various places. Here we all convey our heartiest gratitude to you, Ama Chela and all donors of FOTSI, for your kindness and generous help towards our settlement’s students, and at the same time, we humbly request you and all donors to continue your help to our students. Your generosity has brightened lots of our students’ lives and ... our society at large.”** We are almost the only source of scholarships for the Mundgod Settlement.

Please help us continue this VERY IMPORTANT effort for Tibetan refugees.

Our KCS and Direct Educational Aid

Through the Kharyak Charitable Society (KCS), begun by Mr. Tenpa TK in Mundgod, we support students **Karma Tsering Dhondup, Tenzin Dolma, and Tenzin Tseten.**

Karma, from a poor family in Camp #6, Mundgod, is in his 3rd year of study for a Bachelor of Commerce degree. Karma wrote in 2010, “I am so glad to have you (FOTSI donors) in my life”, and “without your help, I might not be able to continue my further studies”. He told us his grandfather, born in Kham, had gone to Lhasa when the Chinese army occupied Kham, but then moved to Ladakh, where they lived for 5 years. His grandfather worked at road-building, day and night, during that time. Then the Indian government sent him with others to Mundgod. They lived in tents, both in the cold in Ladakh and when they first reached Mundgod. Once, their tent burned down and they lost everything. Both of Karma’s parents are illiterate. **Tenzin Dolma** is a third year B.Sc. computer science student at Women’s Christian College in Chennai. The material is difficult, and her classmates are Indian women from more sophisticated backgrounds. She has only her mother at home, and few resources. Her mother knitted slippers for sponsors who had specifically sent money for Tenzin’s scholarship.



Karma Dhondup



Tenzin Dolma

Our **two directly aided students** are Tenzin Kyizom and Pema Lhamo. We helped **Tenzin Kyizom** go to



Tenzin Kyizom

a beauty college in Delhi. Her parents work Mundgod’s Home for the Elderly and don’t have another home. **Pema Lhamo** is a 12th grader attending the Central School for Tibetans in Mussorie, a hill station in north India. She is from Mainpat, a small Tibetan Settlement. Her father has died, and her brother is a layman working for the Dre-Gomang Buddhist Cultural Association in Mundgod. Pema’s mother is in her 60’s and still selling sweaters on streets. We’re helping Pema save up funds towards her dream of a medical career.



Pema Lhamo

Nursing Student Tenzin Lhakey's Story



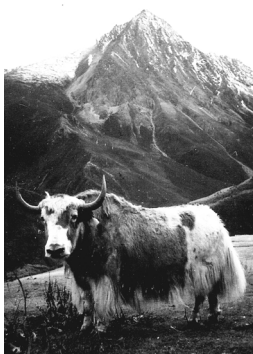
Tenzin Lhakey

Tenzin Lhakey, now 20 and in her 2nd year at the **Nursing College associated with St. Joseph's Hospital** in Bangalore, describes her family as poor and is sad that her parents had no formal education. They cultivate a vegetable garden in winter and have a few cows.

They work very hard and live on their dairy products and vegetables. Her parents came from central Tibet (U-Tsang), from a village called Purang. They loved their culture, spiritual tradition and art. Tenzin wrote that, at ages 13 and 14 her parents separately left Tibet in 1959, when so much destruction and so many beatings took place. One set of her grandparents were arrested, and her grandfather spent the rest of his life in a Chinese prison. Her grandparents had been nomads, herding yak and sheep and doing field work. When her parents reached India, they worked as road-repair laborers and lived in tents for years with little water, food, and clothing. Finally the Indian Government gave them and other Tibetans land in Mundgod, and they could get a house. And they are very grateful that "many foreigners supported them" by sending aid. Eventually Tenzin's **father, Pema Dorje**, learned how to read and write Tibetan. When Tenzin was younger she loved being in a girls' marching group in Mundgod. The photo at upper left shows Tenzin Lhakey with her father back then when FOTSI first sponsored her.



Tenzin + Dad Years Ago

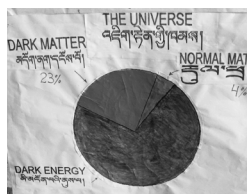
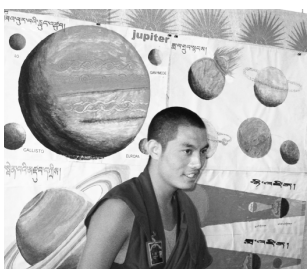


Yak in Mountains, Tibet

Drepung Gomang School & Science Exhibition

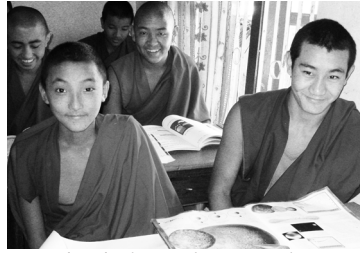
As part of its effort to educate boys sent to the **Dre-Gomang School** from Tibet and north Indian Himalayan countries inhabited by ethnic Tibetans, and also to provide programs for boys and girls in the settlement, the school put on a wonderful "Science Exhibition" in February, 2010. Chela took many photos and was amazed at the quality of the displays and verbal presentations, which were entirely made by the students at the School. Boys and girls from

local Indian and Tibetan settlement schools all were invited and attended this multi-day presentation by the School students. The officials of the settlement, monks of nearby monasteries, and many others attended. The posters were often in both Tibetan and English, even for such esoteric subjects as black holes and dark matter and energy. As far as Chela could see, everything was very accurate, in a variety of subjects such as astronomy, plate tectonics, vulcanology (see photos above), genetics (see DNA model below), meteorology, ecology, human physiology, electricity and magnetism, etc. They also spoke of the misuses of science and cleverly used plastic water bottles to make models of rockets (bottom, left).





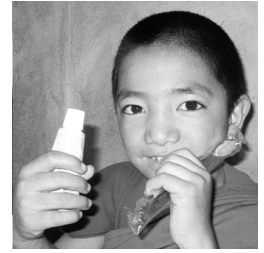
Tashi T, Admins Kunga, Gen Gephel



LKhechok, students in class

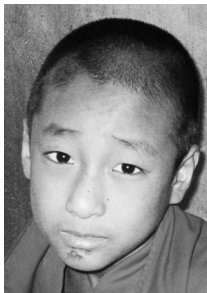


Science Teacher Sherap



1st grader + toothbrush

Drepung Gomang School (con'd): The Science Exhibition was done partly due to the strong desire of HH the Dalai Lama to modernize the education of monks and those in monastery schools, and to bring it closer to that offered in the settlement's lay schools. The middle two photos above show our sponsored student **Lobsang Khechok** in class preparing a poster about planets. Next is a photo of **teacher Sherap** shown next to a black hole poster. Sherap, a monk with a keen interest in science and teaching, was the lead person for the science show. We show English teacher **Tashi Tsering** and Drepung Gomang Buddhist Cultural Association secretaries **Kunga Nyima** and **Gen Gephel** in a classroom in 2010. **Kunga** meets Chela at the Bangalore Airport and helps her in a major way when she goes to India for FOTSI's work. In addition to science classes, which emphasize biology, ecology, and health, the monastery school also teaches English, math, social studies, Tibetan language, and Buddhist religious courses (to monks, and summer lay students who choose them). The summer language courses help students hold on to their language and culture, and free up time for elders caring for the children.



For the last 3 years we've carried **toothbrushes** and sometimes toothpaste to Drepung School students from a kind dentist in Boulder, Colorado. This is another way FOTSI and the school can help the **many orphaned or very poor children** sent there. Many see HH the Dalai Lama and monks who serve their communities as role models and preservers of Tibetan culture and are eager to try the monk's life. However, when they are older, they can opt out or return to live with relatives as lay people. There is a **major**



building project going on this year. This addition will help the school increase study of

English and other languages. FOTSI sponsors students and teachers and sends general funds to this school that works hard for their community. **PLEASE CONSIDER HELPING THIS SPECIAL SCHOOL!!**

Tibetan Monks: Sponsorship, Medical Aid

In 2009 FOTSI sent \$16,184 to help Tibetan monks. This included \$2,430 for the Dre-Gomang School and \$140 for books. In 2009 \$3988 was explicitly for monks' health funds. The amount for sponsorship plus one time aid was \$9626. So far in 2010, we've sent the monks \$16,714, which includes \$3180 for the school and \$660 for books and special English study; the amount to date for health has been \$3021, and for sponsorship and aid, \$9853. We've used a lot of funds donated in 2009 for aid in 2010.

In 2009-10 we sponsored and aided 41 monks. Most were from Drepung Gomang, but some were from Drepung Loseling, Gaden Shartse (Lhopa) and Thoeling monasteries in Mundgod. The sponsorship and aid is used for medicine, books, and basic survival needs. FOTSI aid sent to one monk often helps "roommates" and lay relatives. Some donors directly donated to the monasteries for all the monks. In the case of graduation ceremonies ("Geshe Tongos"), funds are shared with up to thousands of monks in a monastery. Many monks help people, animals, and community projects.



Granny Suku + Lobsang



Tibetan Monks: Medical Aid

This year we helped **Geshe Jampal Lodo**, who had a difficult neurological illness, probably Bell's palsy.



Jamphel Lodoe

His whole face was affected by this unpleasant problem that produced odd muscle contractions on one side of his face and then moved to the other side. Fortunately, after months of treatment with both western and ayurvedic medicine, he recovered. Jampal has faced a lot of difficulty in the past, partly as a result of the harsh realities, such as bad water and militants, he endured while working to keep a school open in north India. When he returned to Dre-Gomang Monastery after the militants closed the school, he suffered a large bladder stone that was surgically removed. The Bell's palsy was an unwelcome surprise. Jampal has worked for the Dre-Gomang School and helped elderly visitors during large gatherings with the Dalai Lama. He was the first recipient of a Tibetan monk "social worker" certificate in India.

Ngawang Rabjam arrived from Tibet as a tall thin monk with warm eyes tinged with pain. Chela met him in 1999, and wrote of him in that year's newsletter, "... there is one monk who seems not to be responding to treatments and has had terrible ulcers for years. We are looking for a sponsor for him." We found a sponsor, and Ngawang recovered. Later he needed surgery for a herniated disk in his back. While recovering, but not yet strong, he contracted tuberculosis. FOTSI helped him both times, and he is now well.

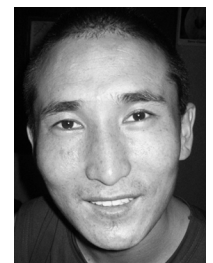


Ngawang Rabjam

Ngawang Rabjam is shown at left preparing porridge for **Ngawang Dhamchoe**, 38, upper right, who had just returned from the K.L.E. Hospital in Belgaum after an **appendectomy** for which FOTSI helped pay. Ngawang came from Bambar, near Chamdo, the capital city of the Kham region of Tibet, and arrived in India in 1995. He studies Buddhist psychology at the Gomang Monastic University. He suddenly fell ill Jan. 20, 2010, and had surgery Jan. 23. Chela visited him February 3 at the monastery. He was feeling much better and gave FOTSI his deepest thanks. **Tenzin Tsangsas**, 22, also had an appendectomy partially paid for by FOTSI and came to see Chela to thank FOTSI donors.



Ngawang Dhamchoe



Tenzin Tsangsas

In 1999 we began seeking help for a 15-year old monk named **Karma Tsultrim**, whose right eye had been run through by a frightened yak in Tibet in 1997. Karma, not a monk but a farm boy then, had been operated on in Tibet by the Chinese in that year, but the surgery was primitive and didn't deal with the bone shards still inside his head from damage to his eye socket or with his now-blind eye, infection, or the disfigurement of his face. Since Karma and his family failed to find adequate help in Tibet, the boy resolved to cross the Himalayas in his fragile state. After crossing of the Himalayas, made more challenging by his injuries, Karma finally found a kind monk at Gaden Shartse Monastery who took him in. Soon this monk became very concerned about Karma, as the boy's eye continued to exhibit swelling, discharge and burning, and looked dangerously infected. Having heard of eye exams FOTSI arranged at the Jangchub Choeling Nunnery, the monk asked nun Tenzin Norzom to contact us. Tenzin Norzin and Chela sought



Karma Tsultrim, 2000

Tibetan Monks: Medical Aid (con'd)

help at many clinics and hospitals, with no one saying they could help Karma. Finally, Chela and Tenzin Norzin went with Karma, by now 16, to the Manipal Hospital in Bangalore where a 6 hour surgery involving 4 doctors was arranged. The Indian doctors, led by plastic surgeon Dr. Niranjan Kumar, personally requested the needed 3-dimensional MRI to be done while Chela was there so that the cost and the plan for Karma's future could be clarified while she was still in India. Later a special donor was found who funded the entire surgery (and the next 4 operations as well!). Lots of people helped with this project, including monk Tashi Dorje who accompanied Karma to and at the hospital a number of times, and nun Tenzin Norzom with other nuns. The Indian doctors had all donated their time.

By 2002 five surgeries were completed, including one which inserted a piece of nerve tissue from Karma's wrist into his eyelid so he could blink his eyelid over a glass eye that had replaced his unsalvageable right eye. The dangerous infections were vanquished, Karma could see well out of his remaining eye, and his looks improved a lot. We found a sponsor for Karma, and he continues to do well at the Gaden Shartse Monastery. There, he and his teacher study, help others, and remain faithful followers of HH the Dalai Lama and to the example he sets for kindness to others. Karma's sponsors are interested in his studies, and enjoyed the beautifully written sample question-answer study material Karma wrote in elegant printed Tibetan as a gift for them. Chela has been using a copy as material for her Tibetan language study.

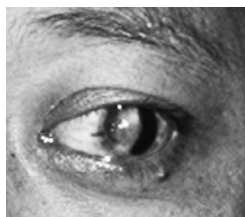
Karma came to think of the head surgeon, Dr. Kumar, as hero and life savior. Thus, he was overjoyed, after losing track of him, to find Dr. Kumar teaching at the Dharwar Medical College only two hours' journey from Mundgod. Chela and Karma, after a full day of mistakes, finally got to that college, along with FOTSI sponsored nurse, Tenzin Kalden, and sponsored boy, Kelsang Gyatso. After a long wait as Dr. Kumar to finished a surgery, Karma and Chela had a great reunion with him. Dr. Kumar and an associate suggested a final surgery to correct a small difficulty remaining with Karma's eye. The surgery was completed in May, 2010, after Karma placed first in his exams. Several FOTSI donors who know Karma paid for the operation. This surgery will help keep Karma's eye less vulnerable to ever-present dust in the camp.

This year we worked with **Tsewang Norbu** of the Dre-Gomang Monastery's Dispensary to help people with **eye and ear problems**. We learned that many Tibetans had problems with hearing and visual injury. We found 3 unsponsored monks who each had lost

all sight from one eye. These monks were **Choe Gyatso** (28) from Amdo, Tibet, of Gomang's Tanyi Khangtsen, **Dhondup Palden** (25) from Litang (Kham), Tibet, of Hamdong Khangtsen, and **Tenzin Norbu** (17) from Manali, now of Ngari Khangtsen. All had old injuries, but had been so poor they never got care. Monk health workers Tsewang and Tashi took



Choe Gyatso and his left eye

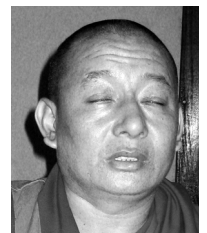


We paid for tests; we don't yet have the final word on his situation.



Karma Tsultrim and Dr. Kumar

them, using FOTSI funds, to several well reputed eye hospitals to provide glasses and vision-care advice to protect their functioning eye, and to see if anything could be done. In two cases there was no longer ANY hope. In the other, the hope was so low and the surgery danger enough that we, sadly, did not go further. We also tried to help monk **Geshe Jampa Chodrup**, who is going deaf.



Geshe Jampa Chodrup

Tibetan Monks: Sponsors, Leaders; Their Lives, Work

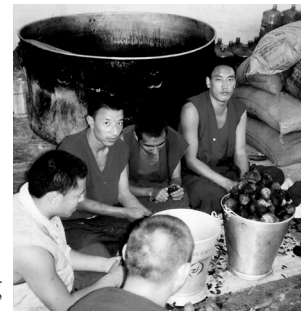
When the first Tibetan monks arrived in Mundgod in the sixties, their lives were a real struggle for survival. They had little time for their former philosophical studies, their arts, their chanting and prayers, or their roles as counselors. They worked in parched or else monsoon soaked fields trying to grow corn and were beset by cobras, and, sometimes, marauding elephants. They were hungry all the time; there was no medical aid. They lived in tents and were shocked by the heat. Their numbers were decimated by TB and other diseases.

Fortunately, now they can study their sacred texts, pray and meditate, participate in their ceremonies and cultural traditions **and** pursue many occupations to help support themselves and their Tibetan community



Monks Help at Harvest

and contribute what they can to the world. They manage to produce a good part of what they need, but sponsorship by FOTSI and others has helped many regain health after escaping Tibet and helps those still struggling in their resource-poor refugee setting. The monks still do field work, but not all the time. Now they do that mainly at harvest time. The monasteries assign jobs that are switched periodically. Some work in their kitchen, getting up at 3am to cook for thousands. That work is shared in turns. They also work in small cafes and gardens run by the monasteries.



Monastery cooking

Monks can manage living groups, keeping order and assigning jobs.



Thubten in North India

One of our sponsored monks, **Thubten Tsering**, is the director this year of **Dati Khangtsen** at Dre-Gomang. He runs one of the smaller, poorer groups that struggles to pay for electricity and other basic needs. In a small way we are starting



Young and needy at Dati Khangtsen

to help him and other such leaders. Last year he was a teacher at the Dre-Gomang School. Before that, he taught in north India. When we first met him, he was a child with recurrent typhoid episodes and a bad bleeding ulcer. Now he rescues others with problems and helps animals.



Another sponsored monk, **Lobsang Dhondup, of Hamdong Khangtsen**, has long taught English at the Dre-Gomang School. He helps FOTSI and wants to become a translator. Monks such as **Geshe Tenzin Choephel** teach in large or small groups for the Monastic University. They have completed their “Geshe” degrees, some even attaining the Buddhist “Ph.D. with High Honors”, the Geshe Lharampa degree. They have many students and can later become the abbots of monasteries, leading the monastery to help in many ways.



Teacher Lobsang

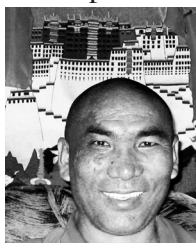


Geshe Lharampa Tenzin Choephel

Our sponsored monk, **Geshe Lharampa Tsultrim Gyaltzen** almost



Young Tsultrim



Geshe Lharampa Tsultrim

died and was not well for a long time (TB). He finally recovered and became the senior day-to-day administrator of the Dre-Gomang Monastery, something like the “Chief Operating Officer”. He was selected for his kindness, wisdom, great reputation, and common sense. This great and venerated person helped frantic Chela search for her lost room key (the only one!) on the floor of the monastery administrative offices.

Tibetan Monks: Sponsors and Their Work (con'd)

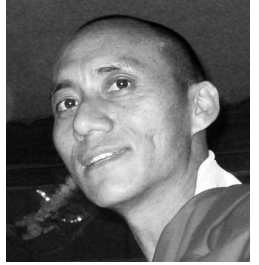
One of our recent Geshes, who also almost died from TB, **Thubten Dhargyas**, from Drepung Loseling Monastery, is working with a community in Ladakh, in Himalayan India. He's working on a job training plan for the community. He is also bringing practical application of Buddhist values strongly into the human and functional



Ladakhis celebrate with leader Thubten Dhargyas

aspects of people's daily lives. This has been so successful that long-time disputes and family difficulties have been significantly removed, and the community is supporting his work. They chipped in to donate to Drepung Loseling for his Geshe ceremony in 2010. Chela attended this as his "mom", since Thubten's mother had

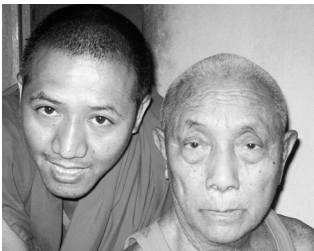
died, and FOTSI and Thubten's FOTSI donor had saved his life. His father thanked FOTSI donors with tears of gratitude and joy when they met at the time of the ceremony. Many people, appreciating what Thubten had done and will do for them, came south from Ladakh to attend the celebration.



Geshe Thubten Dhargyas



Chela + Thubten's Dad



Tsewang Norbu + Geshe

Monks work in and manage hospitals and dispensaries run by their monasteries, or they can be assigned to help the sick. **The hospitals and dispensaries help all the citizens of the Mundgod Settlement and local Indians as well.** We sponsor several such monks, including **Tsewang Norbu**, who also helps the special elderly monk, **Geshe Thubten Tashi**, who had tended him as a small child sent to the monastery by a



Patient with Tashi Dorje

desperate mother. Tsewang has helped **Indian beggars and stray animals**, as well as patients at the Gomang dispensary. Our formerly sponsored monk, **Tashi Dorje**, has spent much of his life caring for others or working (on assignment with Tibet support groups in New York) at a vegetable market to earn funds for the sick in Mundgod. We also sponsor monks, like **Lobsang Ngodup**, who have led the Gungru Khangtsen Health Fund, to which we contribute.



Tsewang Norbu Aids

Homeless Dog



Gungru Health Fund Workers

Gen Dakpa, a senior monk and FOTSI advisor, not sponsored by us, ran the **Home for the Elderly for years**. Recently Chela saw him supervising an upgrade to the buildings there. Other monks **help young people** with nowhere to go, such as our sponsored monk, **Jampa Choeden**, who rescued the boy **Kalsang Gyatso**, who'd been a kind of slave. Another monk went back to Tibet to rescue his sisters as their parents had died. In order to help his three sisters, he got asylum in Switzerland, learned German, cared for a crippled sister in Tibet (with money passed quietly through the border), and funded education for the other two in India. Now, he has got one sister legally into Switzerland, and the other is still in school. To do all that, he worked hard in Switzerland and gave up his monk's life.



Gen Dakpa at Elderly Home



Jampa and Kalsang



KR and sisters

Tibetan Monks: Sponsors and Their Work (con'd)



Gomang Sand Mandala in Kentucky, Oct 2010

Several monasteries in the Tibetan camp at Mundgod send monks to foreign countries to raise consciousness about the situation in Tibet as well as to earn money to help support their monastery. Every day in Mundgod, the monasteries feed thousands of refugee monks. The **monks' tours**, during which traditional Tibetan dances and chanting are performed, sand mandalas constructed, and other arts and histories shared, are authentic displays of Tibetan culture.



Gomang Russian Tour Group with "our" Lobsang Ngawang

They've been coming to the USA when they can for more than ten years. They have visited Canada, Europe, Japan, Russia and other countries. Currently the Drepung Gomang Monastery has one tour group in Russia and another in the USA. Our sponsored monk, **Lobsang Ngawang #2**, 2nd from left, top row, is a "Pavarotti" of chanting with a deep multi-tonal skill. He is with the Russian tour group right now. Another sponsoree is **Tenpa Tsering #1**, who has just arrived in Kentucky. Tenpa sent us photos of the sand mandala the monks are constructing. See www.gomang.org for information about the tours and the monastery. **If you would like to have the monks visit your area, there are contacts at this website.**

When Chela first met Tenpa Tsering, he was quite young. Later, in 2001, after he got 2nd line tuberculosis, we helped him recover. He and his sponsor have helped Tenpa's grandparents, who live in the Home for the Elderly in Mundgod.

Tenpa has worked hard for all the elderly residents for a long time. He has also had

computer training and has helped the community in Mundgod with that skill too. Several monasteries run "Cyber Cafes" where monks help everyone with Internet needs.



Chela with Tenpa, 2001



Tenpa Tsering with Grandparents



Gonpo Tashi Sewing

Monks can be assigned to work at or manage **handicraft centers**, which also employ local Indian and Tibetan laypeople. Some make beautiful paintings, masks, or statues. Others work in small shops or copying facilities run by the monastery. Some write books, containing historical, cultural, and religious material. On the next page, see more about **Gonpo Tashi**, shown here sewing at a handicrafts center.



Dawa at Thoeling

After the a **major tsunami hit part of the India coast in 2004**, Tibetans, including monks, collected aid from their own struggling communities and went to help. Some monks serve as **counselors** at the request of Russian-Mongolian communities such as Kalmyckia. These monks, like our formerly sponsored **Phuntsok**, work with lay people, many of whom they suffered for years under the Soviet communist regime, now gone. Another long-sponsored person, **Tenzin Nyingpo**, or "**Dawa**", is at **Thoeling Monastery**, where he helps share their treasures of old Tibet (of great cultural and religious value, not made of gold or precious stones). People come from India and even Tibet to see and learn about these relics. Dawa cares for poor children



Monks Help Tsunami Victims, 2004

sent to the monastery, cooks, and helps the Mundgod community in times of illness and death. Earlier, when he lived with his poor mother he almost died. Now, after a surgery, he is pain-free and helps others.

Tibetan Monks (con'd)

PLEASE CONSIDER SPONSORING A MONK OR CONTRIBUTING TO A FUND FOR 6 MONKS WHOSE SPONSORS CAN'T CONTINUE FOR HEALTH AND FINANCIAL REASONS. HELP US SUPPORT THESE CURRENT AND POTENTIAL LEADERS: **Lobsang Samphel, Lobsang Ngawang #2, Tenpa Thinley, Lobsang Dhondup Gungru (in dispensary), Tenpa Tsering #2, and Geshe Jamphel Lodo, shown below.**



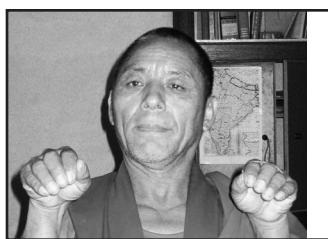
Gonpo Tashi's Story

We have sponsored **Gonpo Tashi** at Drepung Gomang Monastery for a long time. He is now 59, and was one of the first monks to arrive there after escape from Tibet. In the past he had many illnesses and suffered a lot after he reached India. He is joyful these days, now that he is well. However, I realized only this year that the reason he often answered oddly to questions people asked him was that he couldn't hear well. I had always noticed that he had a lot of scars. I asked if indeed his hearing was bad, and he said it was. I asked how long that had been so, and he said, "Since I was a small boy." I asked if he knew the cause, and he said that, as a small boy, he remembered Chinese soldiers coming and killing people in his area of Tibet. Once he was very badly beaten when they went to all the homes. After that his hearing was poor. He said, though, that that wasn't "the worst thing". I asked what was worse, and he said a worse thing was that when the soldiers came back after several years, they took all of the family's animals away... the farm animals that were the family's means of sustenance. After that he and his older siblings watched his parents starve to death, as they gave what food they had to the children. Then Gonpo Tashi said, "But that wasn't the worst thing." I asked what was worse, and he said the worst thing was that the Chinese soldiers killed all of the abundant wildlife in the region. He pantomimed the character and motion of animals -- deer, wild sheep, goats, marmots, pikas, birds, and other animals. There were so many. And after the killing, everything was so silent...

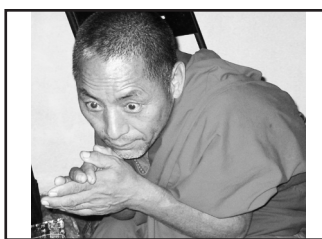


Elk-like Animal with Big Rack

I have asked the Dre-Gomang Buddhist Cultural Association Secretary to see if anything can be done for Gonpo Tashi's hearing, but because the problem is the result of brain damage and the injury is so old, it seems nothing can be done. Amazingly, Gonpo Tashi is happy and warm and tries to do what he can to contribute. Gonpo Tashi is a certified "character", but one of the dearest ones I've ever met. Here we share some of his imitations of the wildlife that he loved and lost in Tibet. He still dreams of a free Tibet.



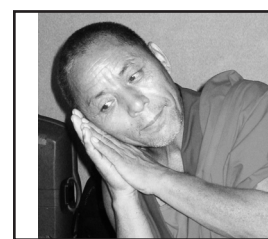
Friendly Marmot



Frightened Animal



Joyful Bird Soaring



Animal Sleeping

Tibetan Volunteers for Animals

We weren't able to connect with TVA in Mundgod in 2010. They are still operational. We have plans to meet with a board member, monk Geshe Sonam Dawa, in Jan. 2011. See www.semchen.org for more info.

A Great Light, Advisor to FOTSI, Tibetans Has Gone

Tenpa TK was born into the head family of kharyakpa to their eldest son, Kunsang Ngodup, and his wife, Kunsang Chozom Kharyakpa of Jeker Village, a small village south of the famous Thoeling Monastery and southwest of Mt. Kailash, on December 15, 1958, as their second child. He had an elder sister but lost his younger brother due to dehydration during their escape to India.

After the great exodus of Tibetans along with His Holiness the Dalai Lama in 1959, Tenpa TK's parents sought asylum in India in 1962. As soon as they reached Simla, his parents got him admitted into the residential school, while they themselves worked as road builders.

Unfortunately, after two years Tenpa was attacked by polio. Tenpa's father told him directly that he lamented Tenpa's illness, saying that their family's hopes were dashed since they had only a sick and deformed son. That galvanized Tenpa's determination to walk and to overcome every obstacle, whatever it would be. Strangely, instead of depressing him, his father's remark made him determined to compete and work like any healthy child. He later said, "I for one have never thought of myself as sick or handicapped. I tried my best not to give any extra trouble to my parents." He was in the hospital for nearly 2 1/2 years, after which he was able to walk, but with a limp. In this condition he rejoined his old school for a few years, after which his family moved to Karnataka State in South India where they settled as farmers. Again he had to spend a few years in the hospital, after which he attended St. John's High School in Bangalore to complete his schooling.

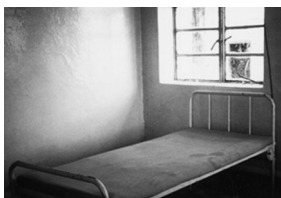
He eventually got a degree in pharmacy and worked as a pharmacist. Later he took up hotel management at Ladakh to fulfill his dream of seeing the second Tibet. After some years he joined the Delek Hospital. On a break, he visited his relatives and fatherland, Tibet, riding yaks as he couldn't walk. After some time he returned to school and got a degree from New Delhi's Institute of Journalism. Later, he visited a hospital in a Tibetan settlement, and seeing it crumbling, with no patients and a cow grazing in it, he was heart-broken and resolved to help his people. He rejoined the Tibetan government's Department of Health. In 1990, with a certificate in Management of Public Health and Hospital Administration, he was given the work of bringing back to life that almost abandoned Phende Hospital at Hunsur, where he transformed it into a working hospital even without a resident doctor for almost 3 years.

In 1993, Tenpa was transferred to Mundgod's DTR Hospital, the oldest and biggest hospital for Tibetans managed by the Tibetan Government. At that time there were cobras and huge muddy areas around the hospital. Monsoon rains had penetrated the building's walls, producing a fungus that gave patients new and worse diseases than those with which they had arrived. There were other needs too, such as bug screens for the windows and privacy for the women's ward. Chela met Tenpa in Mundgod at that time. FOTSI's early work involved helping with these things, and we gained great respect for Tenpa. While at DTR, Tenpa became a part-time India Field

Representative advising BODHI, an NGO group helping the poor. In 2000, Tenpa was transferred to the Tso Jhe Khangsar Hospital in Bylakuppe, and in 2004 he joined the Venthall Hospital in the Kollegal Tibetan Settlement.



Mr. Tenpa TK



Tenpa TK's Legacy (con'd)

He returned to DTR in Mundgod in 2005 and served there until 2006. From 2006 to 2009 he was President of the Legislative Assembly of Mundgod, finally resigning due to deteriorating health. Nonetheless, he remained **the** person whom everyone consulted about important innovations and actions. In 2006 he began the Kharyak Charitable Society (KCS) as a non-profit in India to which FOTSI contributed. KCS helped Tibetan refugees with education, health, and needs such as water, and technical equipment. He advised the Gere Foundation about their work in Mundgod and elsewhere. When Chela visited Mundgod in Jan-Feb, 2010, he and his wife, **Dr. Kyizom**, were a quiet refuge for her, as in the past, whenever she needed one.

Tenpa was a great father to his kids, so proud of them and their accomplishments. His eldest won a scholarship to the Kodaikanal International High School in Tamil Nadu, south India. It was not easy supplying books and travel money for that when Mr. Tenpa TK and his wife gave so much of their own time and small resources in service to others. Tenpa was always supremely appreciative of his wife's precious knowledge of Tibetan traditional medicine, as well as ayurvedic and Western medicine, and her many special qualities so valued by all of us.



Tenpa+Kids, 2004

Tenpa gave his life to his people, especially those in need of health and education. He could not have done more. He remains a great inspiration for many, including Chela and FOTSI. We hope people will continue to celebrate his life by helping FOTSI and other aid groups in their work. See our website at www.kunasz.com/TSI/TSI.html for more about Tenpa TK and hospitals.

Late-breaking News, January 2011 Trip to India

FOTSI's President, Chela, will go to India, leaving Boulder January 16, 2011, and returning February 22. She hopes everyone can get first quarter donations and funds to be used in India to her no later than January 10. We know this might be hard. If anyone wants to send funds but can't do it in time, please let Chela know. If you want to send anything with Chela, please be sure it is very lightweight and won't be a problem with airline security. Photos of yourselves or extra funds are always appreciated.

Our great supporter, **J. Fox Magdovitz**, of **Boulder Integrative Massage**, is currently offering a good deal for FOTSI and anyone connected with FOTSI. The cost of her 60 minute and 90 minute massages are \$65 and \$85 respectively. She will donate \$15 of your \$65, or \$25 of \$85 to FOTSI. See www.boulderintegrativemassage.com. Chela speaks from experience that "Fox" is a great therapist.

Lily Morgan, of **Lily Organics**, is another long-time donor. She and her company support 5 Tibetan families and raised thousands of dollars to help FOTSI with a tree and vegetable plantation early on, when there was so little nutritious food in the camps. This year Lily will try to help the Tibetan nuns with their building project and will send out bracelets made by the nuns. Please see www.lilyorganics.com to learn about a company that helps the planet and indigenous people while doing wonders for our bodies.

We sadly share news that, after China invited Nepalese officials to Beijing in Feb. 2010 and offered to provide money and support to help Nepal expand police checkpoints in isolated regions of its northern border, Nepal proceeded to close Himalayan passages through which Tibetans have long made secret trips in and out of China (Tibet), often to visit relatives or the Dalai Lama in India. There is much worrisome news in many areas of our world. **THANK YOU ALL for all your help despite our painful economy and this world's difficulties. Please take joy in the help you've given and the smiling faces in this newsletter.**