



# FRIENDS OF TIBETAN SETTLEMENTS IN INDIA (FOTSI)

## Annual Report and Newsletter for 2014-2015 Projects in Mundgod and Bylakuppe Settlements



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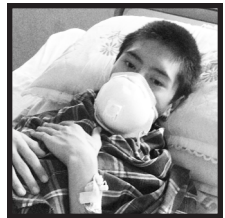
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## *Compassion*



## *Aid*



## *Real Health*



## *Education*



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**Financial Report for 2014** (ref. IRS Filing, Anton, Collins, Mitchell LLP)

To see more, type FOTSI at [www.sos.state.co.us/ccsa/pages/public/basic.xhtml](http://www.sos.state.co.us/ccsa/pages/public/basic.xhtml)

The 2015 Report will come in the 2015-2016 FOTSI newsletter.

**Income**

Donations	\$62,282
Interest/Investment Income or Loss from donated stock	- \$ 73
<b>Total Income</b>	<b>\$62,209</b>

**Expenses**

<b>Program service</b> (see details below)	<b>\$55,877</b>
Program service expenses (mail/wire fees, supplies)	\$ 214
Fundraising (newsletter, software, mail, copies, photos, supplies)	\$ 600
Administrative (IRS report, state registration, supplies, software)	\$ 2,128
<b>Total Expenses</b>	<b>\$58,819</b>

(Almost all the \$1462 software cost was donated by Microsoft)

**Education (part of Program Service) \$24,365**

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

**Health/Hygiene/Emergencies (part of Program Service) \$13,291**

Representative's Emergency Fund, Monks' and Nuns' Medical Funds, medical aid to laypeople by monks' and nuns' projects, direct aid, Tibetan student hostel food supplementation, DG School toilets/washrooms

**Sponsorships/Group Support (part of Program Service) \$18,221**

38 sponsorships through Rep. Office; 15 nuns; 31 monks and 3 aided; building aid for nuns; aid for boy and other laypeople helped by monks; short-term group or individual aid; funds for computers at Representative Office

Our Program service expenses of \$214 included registered and regular mail to India (\$163), a Western Union fee (\$11), and supplies (\$40). At the end of 2014 we carried forward \$54,085. Much of this was used and allocated early in 2015. From early work as CFT/TSI, and later as FOTSI through 2006, our program service and direct service expense was more than \$353,618. Since then, adding in only program service, we have sent more than **\$752,663**. As usual, **no salaries have been paid to anyone in FOTSI**. We warmly thank all who donated for FOTSI's operating expenses! We understand health and education needs in the USA remain a big concern, so, to all who remember those in Tibet and those struggling in camps in India, thanks very much from our "heartbone" as the Tibetans would say!

March, 2016

**Dear Friends of Tibetan Settlements in India,**

We work in resettlement areas (“camps”) in India to receive Tibetan escapees from Tibet with nowhere else to go. These areas were started in the 1960s.



Now there are 38 such camps in India, with at least 150,000 residents. Currently, these camps are also hosts, often temporarily, to distressed people from culturally related groups under duress, such as Mongolians (from places now controlled by Russia), and people from areas that were formerly part of Tibet, such as Mon (now A.P. India), Ladakh, Zanskar, Bhutan, etc. We specialize in aid at the populous southern camps, especially the Mundgod Tibetan Settlement. We began support in 1984 as individuals, continued as part of Colorado Friends of Tibet, and, since 2001, work as an independent non-profit, tax-exempt charity. Although our work and financial aid chiefly support basic survival, education, and health for residents of Tibetan camps in India, we also help with moral support. We receive many letters from sponsors and those who are our partners in the camps in India, saying, **“I will never forget your kindness.”**



*Waiting for HH the Dalai Lama to pass through Lama Camp #2*



**In 2014 we sponsored 84 people -- laypeople, monks, and nuns -- and aided many others.** We helped with medical and dental needs, scholarships, school fees, and special projects. In 2014 we put **\$55,877 into our relief programs in India**, spent \$214 on India program

expenses (mail/wire fees, supplies for work in India), and used \$2,728 for fundraising and administrative needs (state registration, IRS reports, newsletter, supplies, and software). Almost all of the \$1462 software cost was donated by Microsoft. The Tibetans we aid were again very grateful. Everyone in the Tibetan Settlement and elsewhere was **worried about the 80-year-old Dalai Lama’s poor health last year**, which required cancellation of his events in the USA, including a September visit to Boulder, CO. So it was wonderful to catch a glimpse of him as he went through the Mundgod settlement on his way to his energetic activities in December further south in India. **May we all stay inspired by him and by Tibetans in India as we pursue our caring efforts.**



**The closure of Tibet to all but Beijing-selected reporters continues to hide what is happening in Tibet. Nonetheless, Tibetans and other brave souls are getting news out.** See the Internet, “Tibetan Bulletin,” “Tibet Press Watch,” the New York Times, and communications from Tibetan friends outside

Tibet. Voice of America ([www.voatibetanenglish.com](http://www.voatibetanenglish.com)) and [www.phayul.com](http://www.phayul.com) are also good sources. **Below I share a little about why FOTSI continues to feel strongly about aiding Tibetans.**

China’s Golmud-Lhasa railroad is continuing to bring in large numbers of Chinese immigrants and take resources of all kinds out of Tibet. Tibet’s former forests and wildlife have been extremely hard hit since the 1950s. Also, due to many causes, including increasing pollution from India as well as China, temperatures are rising four times faster on the Tibetan Plateau than anywhere else. The glaciers there, which constitute the largest concentration of frozen free water outside the polar regions as well as huge areas of permafrost, are disappearing at a frightening rate, causing some researchers to

predict that most of the Himalayan glaciers will be gone in as little as 20 years. The consequences for the 2 billion people who depend on these glaciers for water, are unimaginable.

The Beijing government continues to be extremely oppressive, especially to Tibetans and Uyghurs. China recently (12/27/2015) passed its first “counter-terror law” as another way to facilitate removal of human rights. This new law is increasing extrajudicial killings, torture, imprisonment, and crackdowns on even mild expressions of religious identity and culture in Tibet and Xinjiang. The Beijing government is invoking “national security” to come down hard on Tibetans, Uyghurs, and Chinese too. People can be punished for environmental efforts like planting trees and for sticking up for Tibetan language in schools, what to speak of religious expression. Sadly, **Tenzin Delek Rinpoche**, who was an advocate for environmental conservation in the face of indiscriminate logging and mining, and who fought for medical and other facilities for



*Tenzin Delek Rinpoche*

nomads, died in a Chinese prison in 2015. He was known to have been badly mistreated in detention. That is putting the situation mildly. I have spoken with Tibetans in Tibet (in 1987) and in India (many times) who have personally been tortured (hung up on a wall, etc.) or were in prison when a relative was tortured with an electric cattle prod. If you are not familiar with Palden Gyatso, look into his autobiography, or the film “Fire Under the Snow,” about his long years in prison. In December 2015, I spent time with our sponsored **Lobsang Dhondup, Hamdong**, who had studied as a child under Tenzin Delek Rinpoche and was extremely saddened by the news of his death. He shared this with me as he offered sympathy about my husband’s August 2015 death (see below).



*Palden Gyatso with  
Chinese Prison  
Torture Devices*

In recent years **Nepal is partnering with China** in denying Tibetans basic rights, having signed “security” agreements. All the aid centers long established in Nepal for Tibetans fleeing Tibet are gone. All voting in Tibetan Government-in-Exile (TGE) elections must be done secretly. **In Bhutan, if you vote in a TGE election, you can be thrown out of the country.** I learned this from a young woman we sponsored and aided with a scholarship, who now works for the TGE in Dharamsala, India. Tibet’s borders have been sealed so tightly that very few make it out of the country now. Protests by Tibetans continue and have grave consequences inside Tibet. And, in Nepal, over 9,000 people died, over 20,000 were injured, and millions lost homes, and sometimes their entire sizable village, due to a 7.8 Richter scale earthquake and aftershocks in April 2015. We got a plea for help for damaged Tibetan schools in Nepal and advised donors how to help in Nepal, but our IRS rules restrict us to work in India, so we did not get directly involved, except to help the Tibetan School hostel in the Mundgod settlement, as funds were redirected to Nepal.

With what has happened and is going on in Tibet and Nepal, I feel shy writing about myself, but as I’ve delayed the newsletter after going to India following a three-year hiatus, I will. My beloved husband Paul, with whom I shared more than 50 years, died in August 2015, following a two-year bout with metastatic prostate cancer. He cared very much about Tibet and Tibetans and helped many refugees living near us. He was Secretary of FOTSI’s Board of Directors. He is shown in the collage that is part of this year’s newsletter, in the lower right-hand corner. Next to him is a photo of nuns at the Jangchub Choeling Nunnery lighting oil lamps in his memory. I was deeply touched by the

kindness of these nuns and so many in the Mundgod settlement in 2015, and this helped me a lot. **But, I had forgotten how hard things can seem to a soft Westerner like me**, traveling half the world and living in a refugee camp. Boiling water spilled on my thigh during my air flight, and it blistered for three weeks as I walked the dusty roads. I accidentally stepped on a bee in my room, and defective plumbing dropped gallons of water on me, my bed and clothes in the



*Representative, Chela, D. Chodon*

middle of the night. There was a complete road block from Lama Camp #2 to Village #3, requiring what seemed like a trip across all of India to circumvent. I learned that, due to the unprecedented loss of two accountants in a row, funds for sponsored people and projects through the Office of the Representative were halted for more than a year! Fortunately, an accountant **was** finally acquired two months before I reached the settlement. For days our social worker, Dickyi Chodon, and I worked on plans to speed dispersal of our aid and minimize future problems. I visited every sponsored person present in the settlement as well as current and past FOTSI projects, and was reminded how draining India's heat can be. One sponsoree thought I had died, and cried when she saw me because she was so happy that I was still on the planet. This newsletter documents our recent work. **I hope to inspire our joyful perseverance and collaboration going forward.**

In India I learned about new (for me) categories of antibiotic resistance: MDR (multiple drug resistance), an ongoing problem from which we helped one girl escape. Frighteningly, there is now XDR (extensively drug resistant) TB, resistant to all drugs normally used in Indian hospitals. The sister of a sponsored student has it. See <http://www.cdc.gov/tb/publications/factsheets/drtb/xdrtb.htm>. American doctors and nurses are helping Tibetan XDR TB patients at Delek Hospital in Dharamsala. They do this out of kindness, and an effort to find drugs to fight XDR TB if it grows in the USA. Most Tibetans I've heard about took all their medicine and did everything "right," but some still contracted multiple rounds of increasingly bad TB. In Mundgod, TB cases in the local hospital were fewer, but the serious cases had gone to Dharamsala. I saw more cases of serious hepatitis B virus infection, acquired by Tibetans in India. Inadequate treatment can increase incidence of liver cancer.

I experienced the electric outages that persist in India, as well as restrictions due to water shortages. The water in the Mundgod camp is still undrinkable, but most must use it. There is corruption, which some young Tibetans have seen as they work in India. Many Indian government workers use their power, not to enforce meaningful regulations, but to extract money from innocent businesses.



*N. Sherap*

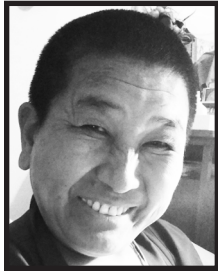
We thank **Nawang Sherap** in Denver, who translated letters in Tibetan when Paul was ill; **Michelle Harris**, who helps write receipts; business donor **Lily Farm Fresh Skin Care** ([www.lilyfarmfreshskincare.com](http://www.lilyfarmfreshskincare.com)); potential FOTSI Board member, **Jennifer Fox** ([www.boulderintegrativemassage.com](http://www.boulderintegrativemassage.com)); and those who sent donations to FOTSI in memory of Paul Kunasz. **Quoting a letter to all at FOTSI, "You have been like an angel in disguise." Rejoice in your kindness!**

With heartfelt gratitude to you all, **THANK YOU!**  
*Chela Kunasz*, President, FOTSI [www.kunasz.com/TSI/TSI.html](http://www.kunasz.com/TSI/TSI.html)



*Chela*

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



*Ven. Tenzin Norzom*



*Migmar Tsering*



*Geshe Lobsang Ngawang*



*Dickyi Chodon*



*Dr. Kyizom*



*Geshe T. Dhondup, L. Tashi*

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 2014-15 are shown and described here.

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

**Phuntsok Tsering** - Representative of HH the Dalai Lama in Mundgod, top official; heads Office of Rep (ORM);

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

**Geshe Lobsang Sangyas** - runs our general monks' health fund; helps Chela a lot when she is in India, and works at Drepung Gomang Monastery

**Geshe Lobsang Ngawang** - runs and helps with our monks' health projects; coordinates aid to many

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

**Dickyi Chodon** - FOTSI's social worker for the ORM; is a huge help, taking Chela to 9 villages in 2015

**Lhakpa Choden** - Principal, Central School for Tibetans (CST) Mundgod; Rector, CST Hostel, who manages food aid to students with our Tibetan Education & Welfare donation

**Dr. Kyizom** - doctor at Tibetan Medical Clinic; helps in many ways; was very helpful to Chela in 2015

**Tamdin Dolma** - Home for the Elderly (OPH) head, Mundgod

## IMPORTANT COLLEAGUES ALONG THE BOTTOM ROW

**Geshe Thubten Dhondup & Ven. Lobsang Tashi** - Gungru Khangtsen Health workers; helped Chela a lot in India

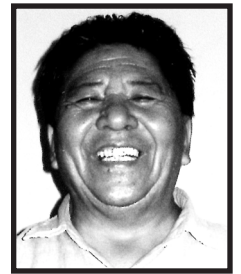
**DTR Hospital doctor and one of the nurses**, so helpful!

**Office of the Representative, Mundgod, staff:** new accountant,

**Seethar Migyur** (2015), cashier **Tsewang Thinley**

**Choney Dolma**, now assisting Tamdin well at the OPH

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



*Rep. Phuntsok Tsering*



*Geshe Lobsang Sangyas*



*Kunga Nyima*



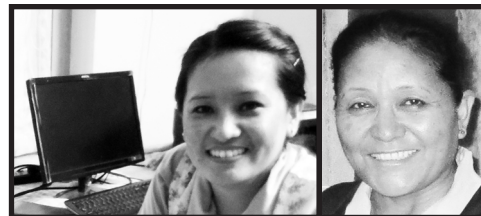
*Lhakpa Choden*



*Tamdin Dolma*



*DTR Doctor and Nurse*



*Seethar Migyur and Tsewang Thinley,*



*Choney Dolma*

# Compassionate Aid -- Sponsorships

What FOTSI and its Tibetan partners do is **stand with people in difficult situations**, whether aid to an individual or group is required. When possible, we look for those opportunities to help that can have positive effects on more than one instance of a problem.



*T. Dolkar's arm is hard to use after injury by her husband; Indian police, FOTSI, & others help*

One example is our support, both financial and emotional, of sponsored Tibetan woman **T. Dolkar**, age 56. Her husband had caused her problems for a long time; she told me life had been like “living under the Chinese occupiers in Tibet.” After her husband had badly twisted and injured her arm a second time, she managed to legally divorce him, not an easy feat for a refugee woman in a resettlement camp in India. Her husband then entered her home, threw food all over the place, turned on propane gas, emptied her water tank, and left with the gas flowing. When she returned home and discovered the situation, she was able, fortunately, to turn off the gas and avoid a fire. But this was the last straw, so she bravely called the police and created a legal, documented injunction preventing her husband from coming to her house again. So far he has not done so. She said she has the phone number of the Indian police now, and they told her that if he came again, she should call them immediately and they would come, arrest, and jail him! **This is an amazing change from what I've seen earlier in India, especially in the Tibetan refugee settlement.** T. Dolkar, our Tibetan social worker Dickyi Chodon, and I are hopeful that this shows not only T. Dolkar's courage, but also a change in the options for other women in India and the settlement! We hope others will learn of what T. Dolkar has done and speak up if they need help. We supported and celebrated her courage and gave her funds to see a doctor and possibly a physical therapist, as her injured arm is still somewhat dysfunctional months after her injury. She will also be able to use our Emergency fund (see pg. 16). Sponsored neighbor **Dolma Tsering**, came by to be encouraging, saying how difficult her poverty had been when she was widowed years ago, with two young children and her mother to support, and sharing her joy in the aid that FOTSI had provided, and how much her situation has improved. **Hopefully, many will stand with any battered woman in the settlement, in India, and in our world.**



*T. Dolkar with Chela and Neighbor D. Tsering*



*Ven. Lobsang Palden & Social Worker Dickyi Chodon*



*Dawa Bhuti*

Running the Office of the Representative in Mundgod (ORM) is itself very hard since there is a small staff, and it is hard to find an accountant to single-handedly deal with the problems of 20,000 people. The difficulty of “no accountant” resulted in more than a year during which funds from aid organizations like FOTSI could not be dispensed through the ORM. It was only the aid of neighbors of sponsored elderly people like **Ven. Lobsang Palden and Dawa Bhuti that kept them going when funds were not dispensed that year.**

# Compassionate Aid -- Sponsorships (cont.)

I was shocked to learn of these difficulties, but glad I was there and that an expert accountant had finally arrived. Money was flowing again, but this situation showed me the importance of our sponsorships. **I extracted a promise that this Office would let me know of these situations in the future.**

Fortunately, the accountant problem only applied to the ORM and not to our sponsorships at the monasteries and nunnery. Also, as there are so many elderly people in the Home for the Elderly and Infirm (known as the “Old People’s Home” or OPH), our sponsorees there were not affected so much. At the OPH I enjoyed spending time with **Kunsang Wangmo, Tsokyi, and Tsering Choephel**. I also met with **Sherap**, who is quite crippled, and had become unable to adequately function in his home in Camp #8, which he nonetheless missed. I did discover

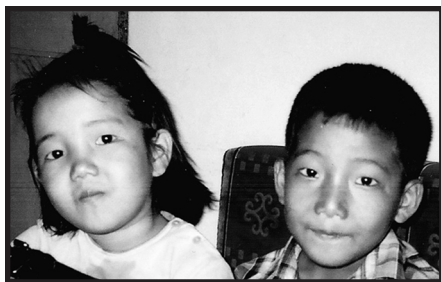


*Chela catches up with Kunsang Wangmo*

that due to Sherap’s move and the press of work at the Drepung Gomang Buddhist

Cultural Association through which we had sent aid to Sherap, recent donations had not reached him. Happily, I was able to get those funds, which had been held safely for him, and deliver all the rupees into his hands.

We had learned that one of our college graduates, **Lobsang Choedon** (now 24), and an entire family, including sponsored boy, **Tenzin Sonam** (now 16), managed to gain asylum in Switzerland



*Sister Tenzin Dekyong & Tenzin Sonam near the beginning of sponsorship*

and Belgium, respectively. We were happy for them, although now, language studies and new challenges will be there as well as a brighter future. Tenzin Sonam’s mother had significant mental illness and his father had come out of Tibet and these factors made it possible for them to gain asylum in Belgium. They and we are very grateful to the sponsors who helped

them until these new possibilities opened up. I spoke to the ORM social worker and relatives concerning both while I was in India, and learned how suddenly these things happen and that these opportunities are rare.

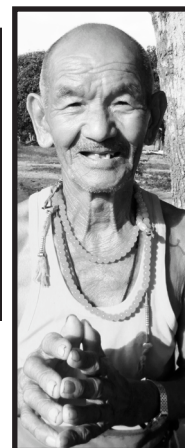
There will be more about other Tibetans sponsored through the Office of the Representative, Mundgod (ORM) in future pages discussing our Emergency Fund (pg. 16) and scholarships (pgs. 20-23). **We sponsored 38 Tibetans through the ORM in 2014-15 and sent \$6,611 for their sponsorship and extra aid in 2014 and continued similarly in 2015.** Having just visited almost all of them, I share their gratitude and mine for all your kindness.



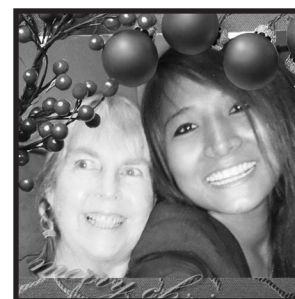
*Tsokyi with OPH cat*



*Chela delivering Sherap’s funds*



*T. Choephel*



*Xmas Card L. Choedon made in 2012 of herself and Chela*



*Pema Lhamo says “Thank You!”*





# Compassionate Aid -- Sponsorships (cont.)

## Jangchub Choeling Nuns

Many Tibetan nuns suffer beatings, arrests, and other problems in Tibet. Because they don't live with families, they can protest with less danger to others, and they have been courageous in so doing. We sponsored **15 nuns of Jangchub Choeling Nunnery (JCN) in 2014**, sending them **\$1,165**. This is a much lower number than usual due to various difficulties, such as serious problems for our administrative nun, including her sisters's illness and death, and changes at the nunnery that caused a temporary pause in transmittal of funds. **No funds were lost**, and the funds that were supposed to go at the end of 2014 were sent in 2015. **In 2015 we sent our sponsored nuns \$3,655**. The nuns use sponsorship funds for medicine, clothing, toiletries, books, and sometimes food. They are enthusiastic about their studies. We had very useful and cordial discussions with all the nun administrators at Jangchub Choeling about our contributions. Chela spent a lot of time with the nuns and had a warm and fruitful visit with them this year in India. The nuns were so happy that we got everything flowing again that they emailed me a photo of some of the rupees they received from FOTSI!



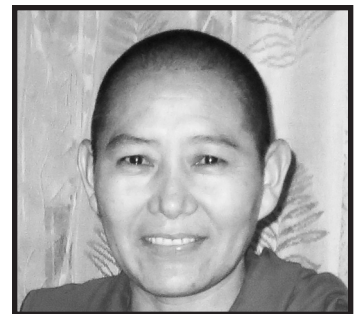
*Some FOTSI Sponsored Nuns Thanking Us*



*Rupees from FOTSI*

We also sent funds for medical/dental aid (pg. 17) and for building repair and educational supplies. **In total, we sent the nuns \$3,285 in 2014**. This is also less than reported in our previous newsletter as "sent to date in 2014," since we suffered the disruption described above in getting funds to the nuns in 2014. **In 2015 we sent a total of \$10,020 for all purposes.**

**A Sponsored Nun's Story:** One longtime sponsored nun is **Ven. Lobsang Choedon**, now 39. She was born to a very poor family in Jupa, Tibet. Since childhood she had wanted to be a nun, but due to hardships her family faced under Chinese oppression, she felt she could not leave home. So, she stayed and helped with the farming until she was 18. She did not receive any education because she worked long hours to help her family. By the time she left, her parents had other help, so she became a nun and joined the Thondup Ling Nunnery in Tibet. At that time, she experienced the exceptional cruelty and cautious attitude of the Chinese occupation towards nuns and monks. She was thus not able to study properly. The Chinese policemen said terrible things about His Holiness the Dalai Lama. Finally, she talked back to them. Very frightened of repercussions, she was convinced that it was time to leave. She escaped but has not revealed details of her trip, except that she went with seven other nuns and two monks. They reached Delhi and then Dharamsala, where she attended school for two months. Next she reached the Jangchub Choeling Nunnery in Mundgod, but had to stay in a moldy, discarded Old People's Home room until there was a decent room in the nunnery. She was a TB patient for a while, and had problems with her teeth that had not ever had proper care. She will begin studies to be a female Geshe, a "Geshema" next year. (These studies are somewhat like "doctor of divinity" scholarly study, but also include scientific topics.)



*Ven. Lobsang Choedon Jupa #1*

# Compassionate Aid -- Sponsorships/Help for Nuns (cont.)

Our sponsored nuns include Vens. Kelsang Choedon, Tenzin Namdol, Trinley Tsomo, Dolma Choetso, Lobsang Dolma Jupa, Tenzin Deetaen, Ngawang Jampa, Tenzin Dolkar, Sonam Tsekyi, Gyaltzen Choedron, Lobsang Dolma Gapa, Lobsang Choedon Jupa #1, Lobsang Choedon Jupa



T. Namdol

#2, and Tenzin Norzom. Ven. Tenzin Namdol and Ven. Tenzin Norzom came out as #2 and #3 in the India-wide Geshema examinations recently. After three more years of study, they will reach a high level of scholarly study of Tibetan Buddhist philosophy and be addressed as ‘Geshema.’ This will be part of a major historic first that HH the Dalai Lama and the nuns have been working towards and supporting for a long time. Many monks have also helped to set up this program and serve as teachers for the nuns.



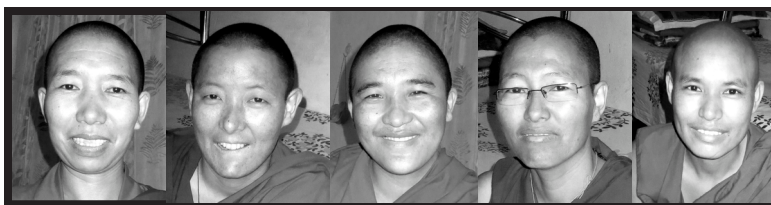
Tenzin Norzin Checks Accounts

Ven. Tenzin Norzom has also served as our FOTSI liaison and fund administrator for many years and sends us the best data and records of all our contacts. The nuns also kindly did a prayer service and offered traditional butter lamps for my husband Paul when they learned of his passing away, contributing their own money for the lamps as thanks for our longtime efforts for them. Paul was secretary of FOTSI until his death in August 2015.



S. Youden    T. Lhadon    T. Norzin    T. Dolkar    R. Bhuti

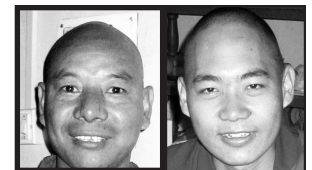
When in India in late 2015, I gave aid from one of our donors to the ten poorest nuns, as chosen by the other nuns and shown on the left. Note that the newer nun arrivals (since 2009) are all from ethnic Tibetan areas outside of Tibet, as it is getting so hard to escape Tibet these days. The five from Tibet are listed with their escape year. **Please keep standing with the nuns, who have braved dangers and work and study hard!**



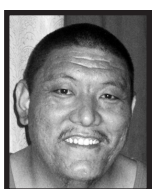
N. Yankyi    T. Dolma    Y. Choedon    L. Choedon    K. Tsomo  
2003            2007            2007            2007            2009

## Compassionate Aid -- Sponsorship for Monks

Monks and nuns have an especially hard time under the oppressive Chinese rule, resulting in greater need to leave Tibet. In 2014-15, most FOTSI



T. Thinley & T. Tsering



Geshe L. Ngawang #2

sponsored monks were at Drepung Gomang Monastery, but some were from Drepung Loseling and Gaden Shartse in Mundgod. In 2014 FOTSI sent **\$7,243 for our 31 sponsored monks, \$905 for children** aided by the monks, and **\$2,960 for medical aid** (pgs. 18-19). We also sent **\$1,000 to Drepung Gomang Monastery**. We still seek sponsors for four monks: **Geshe Lobsang Ngawang #2, Ven. Tenpa Thinley, Ven. Tenpa Tsering #2, and Ven. Lobsang Norbu Samphel** (see pg. 22).

# Compassionate Aid -- Sponsorships for Monks (cont.)

Here we share an account written in 1999 by one of our sponsored monks, **Geshe Jampa**, who just completed special (Lharampa) Geshe exams and placed second out of all the monks taking these exams this year in India. He was honored in various ceremonies, one of which I attended. Here are photos of Jampa, who hopes the world will not forget Tibet.



*Jampa in 2015*



*Jampa in 1999*

## *Jampa's Story*

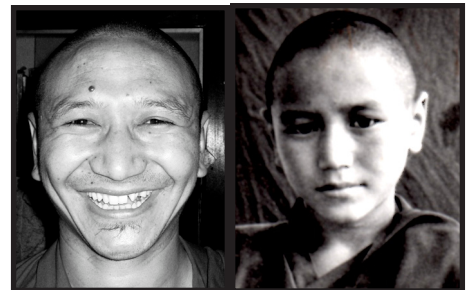
“I was born in Tsawa Pashod (Kham, Tibet) in 1979. When I was six years old I began studies at a Chinese school. Then, from age 8 through 14, I studied the beginning topics of Buddhism at the Pashod Monastery. From age 15 through 18, I continued Buddhist study at the Chamdo Monastery with a lot of debate practice. Because of the harassment from the Red Chinese police and military, I once again returned to Pashod, where I stayed for a year. Then, even at Pashod we were required to denounce His Holiness the Dalai Lama, and we were supposed to say that we were against Tibetan independence and that we accepted the false Panchen Lama (selected by the Beijing government), etc. Because of these and other difficulties, I decided to escape from oppression to India, where the Buddha and his students had lived. After more than a month of walking on foot, I reached Nepal, and through the kindness of India and the Tibetan Government-in-Exile, I can stay here in south India at the Drepung Gomang Monastery and continue my studies.” Jampa wrote these words in 1999, and when he was seeking a sponsor then, I received his story and he wrote, “Here at Drepung Gomang Monastery in India it is very different from my previous situation in Tibet. It is incomparably hotter and the nourishment is not enough. On my body, various sores are coming and blood has come from my ear. Due to such difficulties, I thank you very much for whatever help you can find (for me) and whomever you can find as a benefactor for me.” We did find a kind sponsor for him who has continued to aid Jampa for these last 16 years! Jampa has become healthier and has not only excelled in his studies and efforts to save Tibetan culture, but he has also helped others, including the boy **Kalsang Gyatso**, whom he rescued from a kind of slavery at the boy’s urgent pleading. This boy had had no chance for school, but Jampa (and now FOTSI) have helped Kalsang, and he is now attending a TCV high school (pg. 19). Jampa still has some residual health problems from what he suffered in the past, but he is doing much better.

In 1989 **Ven. Tenzin Khendak** came to the Dre-Gomang Monastery with two other boys—Tenzin Changshai and Tenzin Yungdung. Some years ago, Tenzin Yungdung died suddenly, but Tenzin



*Tenzin Changshai, Ngari Kids, Tenzin Khendak*

Changshai is now a Geshe and head of his big living group, Ngari Khangtsen, which houses monks from



*Tenzin Khendak Recently & in 1989*

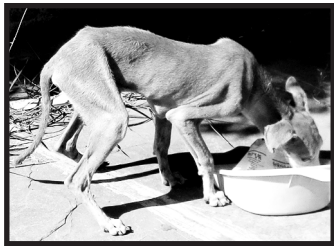
Ladakh and Zanskar. Tenzin Khendak has finished his 4th year of the special higher Geshe studies and has two more to go. He always looks after all the younger kids who remind him of himself when he arrived in 1989 at age eight.

# Compassionate Aid -- Monks (and animals!) (cont.)

## Ven. Tenzin Khendak & Chela -- a story and a bit about animal aid

Continuing our story about **Tenzin Khendak**, we had learned that he came from a poor Tibetan family in Ladakh, part of Jammu-Kashmir, India. In 1989 he said his favorite school subject was English, his hobby was gardening, and that his goal was “to become a Geshe.” It looks like he is well on his way! Not only does Tenzin look after and stand with all the younger kids in his living group, **he is also especially kind to animals.** So, when I found a puppy locked up in an out-of-the-way place, making desperate yowls and looking hungry, I called Tenzin and asked him to meet me at the dog’s location and bring food.

Tenzin came and we had quite an adventure, at first trying to get the puppy together with a mother dog who turned out not to be its mother. We freed the dog and fed him along with the mother dog and her actual pup. At the same time, we discovered another dog in even worse shape, very skinny and skittish, with a red protection cord tied around its neck, obviously when the dog was smaller, but now the cord was cutting into its throat. Although Tenzin got more food for this dog, it was very frightened and I couldn’t get near the animal with the scissors I had from a nearby monk’s home. There were young Indian students visiting the Buddhist temple nearby, and I went

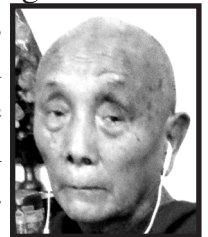


*Boys holding the string that we cut off the dog*



*Classmates celebrating our helping the dog*

over and explained to their English-speaking teacher what we were trying to do, as I thought we must be looking crazy, running around with food and huge scissors, chasing the frightened dog. I saw some of the little Indian boys trying to surround the dog, which was getting even more skittish. I was afraid one of them would get bitten. Just as I was asking the teacher to call off the boys, there was a shout, and I saw two boys had caught the dog, so I zipped over and cut the cord, and Tenzin gave the dog more food. The wild dogs in the settlement, like those in many poor areas, suffer with rabies and other diseases, and forage and fight for food. They can pose a problem for themselves and humans.



In the past we helped TVA (Tibetan Volunteers for Animals) that hired veterinarians and got volunteer help to spay, vaccinate against rabies, and treat dogs and cats. This group is not in Mundgod now. However, monks like Tenzin and Geshe Tsewang Norbu do help homeless animals. We have funds that were headed to TVA. I will investigate to see if one of the monks who helps animals can make good use of this. Some aid has already been



*Geshe Thubten Tashi, dog being fed, and little boy all helped by Geshe Tsewang Norbu*

**Indian beggars, kids, animals, and, most especially, the elderly sponsored monk Geshe Thubten Tashi.**

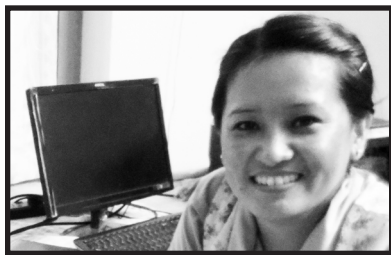
# Compassionate Aid -- Special situations, infrastructure

Generally we support groups of laypeople, monks, and nuns through institutions such as the Office of the Representative in Mundgod, the Tibetan Children’s Education and Welfare Fund of the Tibetan Government-in-Exile, the Tibetan Children’s Village Schools, and Tibetan monasteries and nunneries in India. We have done that and continue to do so, as we describe below, by satisfying critical group needs with **computers, generators, food, water tanks, toilets, washrooms, and lighting**, as well as individual needs for a healthy life and education. But sometimes I come across immediate needs or unusual individual situations that are hard to ignore, and for which our level of help can make a difference. At some of these fortuitous times, funds from FOTSI donors or in untapped sources have simply manifested as direct gifts of cash to the needy persons; at other times donors have given aid to be used for emergencies I may discover when in India.

For example, we helped a woman in Mundgod’s Camp #1 whose son had been critically injured when he was hit by a truck, and whose home had been robbed when she went to stay with him at the hospital. Also, we worked with a FOTSI donor to directly provide a printer for the Camp #3 DTR Hospital. In 2015, we gave direct aid to a family in Camp #8 who had been struggling to feed their children. The Office of the Representative aided them, and we also helped through a monk who discovered their plight and will be checking on the family. Later we helped a needy 80-year-old woman pay for surgery after a hip joint fracture. That was done with funds a FOTSI donor had sent to a Tibetan doctor for his own needs, but which, in the end, he didn’t use and asked to donate.



Tenzin from Camp #8



Accountant Seethar Migyur with one of the heavily used computers

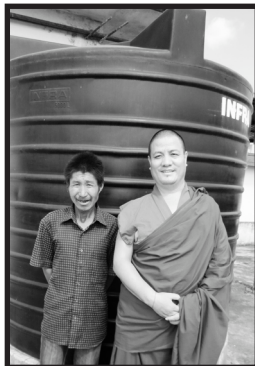
As mentioned above, we have purchased computers and printers for use by our nun administrator, by the Tibetan Women’s Association, the Drepung Gomang School, and most recently, four computers for the Office of the Representative in Mundgod and one for the Legislative Assembly of Mundgod. We bought a generator for Camp #6’s water pump in 2008, and in 2014 helped buy a new generator for Drepung Gomang School. In 2012 we helped Chepa Khangtsen monks purchase a new water tank to replace an old cement one that was destroying their building.



Kunga Nyima checks the School generator



Tsamchoe’s toilet & washroom



Chepa Khangtsen’s water tank has saved the day!



Monks at Chepa Khantsen saying “Thank you!” 2015

In 2013 we replaced Tsamchoe’s horrible latrine, which overflowed each monsoon, with a good toilet/washroom and water supply. In 2015, I checked on our funded improvements and found all are continuing to work well.

## Compassionate Aid -- Toilets/Washrooms, School Desks

As we wrote in our previous newsletter, the **Drepung Gomang School** badly needs to replace hopeless toilets and washroom facilities. Since this school serves both the monastic and lay community, as well as Indian and other visitors, its facilities are used by hundreds of people. The school staff had written, "The lack of sanitary toilets could lead to several diseases and parasitic worms where the children are at high risk. It isn't hygienic for the students and the environment."



*Hospital Toilets Old/New; a 2005 FOTSI Project*

We have tried to help and have **sent the school \$5,090 for this project**. The good news is that the school has acquired funds in addition to ours and feels the need is so urgent that they have taken out a loan to begin major construction soon.

I really did not understand the problems with their sanitary facilities until I went there in 2015. The problem is that the original construction had almost all the water pipes embedded in concrete, and those corroded and failed, and then the entire water supply for the toilets and washrooms was lost. So photos don't really show the problem! They won't make the same mistake again!



*Dead toilet at School*

This is a huge and vital project. We want to help with their loan and hope you will help. The project will be completed in 2016.

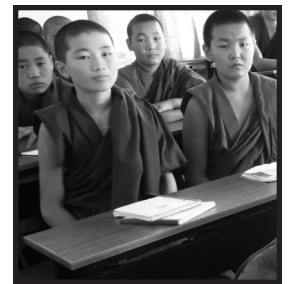
As I mentioned in my letter (pgs. 3-5), I was struck by the increasing number



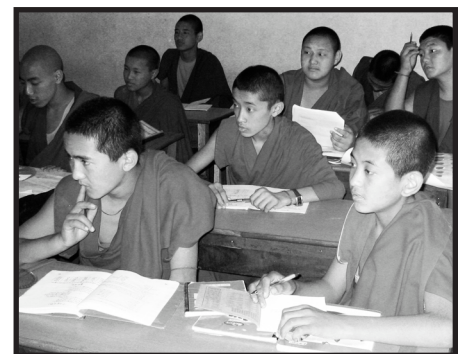
*Desks & Tables Arriving at DG School*

of people, especially among the monks and nuns, from other areas than Tibet. Two causes drive this: the influx from Tibet has been blocked by China to a trickle, and the settlement has become a kind of hub for Tibetan Buddhist culture, much like the Tibetan city of Lhasa a hundred years ago. From 1000 to 1900 C.E. this culture had spread to northern India, Bhutan, Nepal, Sikkim, China, and Mongolia. Now, as there are many stresses in these areas, people are

coming to India, and in particular, to places like the the Mundgod settlement, to recover their ancient culture before it is lost forever.



So, the Drepung Gomang School in Mundgod suddenly learned the Indian government had given permission to **83 Mongolians** (speaking only Mongolian) to study there! There was a last minute scramble to come up with **desks and tables for all these new students**, and FOTSI was asked to help. We provided \$710 for this purpose from donors who want to support the school, and when I was there, I visited the classes using those very desks. This timely gift to the school and to those struggling students was truly appreciated.



*Mongolians at New Desks at DG School*

## *Compassionate Aid -- School Hostel Food Supplementation*



*Lhakpa Choden*

I was very happy to visit the Central School for Tibetans (CST) and its hostel at the end of 2015, and to meet **Principal and Rector, Lhakpa Choden**. I learned a lot, and I enjoyed spending time with enthusiastic students and teachers. I noticed how well the students know Hindi and was pleased that their Tibetan is also good, with English not bad either. The students seemed more Indian than they had in the past, which is only natural, but I was surprised to see how much had changed after only three years. The students' adaptability is sad if one regrets the loss of "Tibetanness," but helpful to the students who will need jobs at Indian companies.

Our work to provide **supplementary food** for students began in 2010. We received a plea from **Kelsang Dawa**, then Rector of the hostel at the Central School for Tibetans (CST) in Mundgod. That hostel now houses about 161 students from Tibetan settlements where there is NO high school or an insufficient one. He explained that the food budget had stayed flat at \$10/student/mo. over the previous four years while food costs had risen fourfold. He



*Some of 161 students eating at the CST Hostel*

said students were hungry, and this was affecting their studies, health, and the number of TB cases. So, we stood up for them and began to help. Because of big problems in Nepal, much money for food and other needs has been diverted there. Currently, the good news is that the food supplied and aided by our donations is helping, and TB incidence is down to only one TB patient among boarders at the school this year. **In 2014 and 2015 we sent \$2400/year for this food.** Our funds helped students get extra milk with supplemental Horlicks vitamins on a regular basis. We received a letter that said in addition that "we provided meat dishes, curds (yogurt), special vegetable curries, and fruit twice a week from the Supplementation Diet Fund." We received good information from Lhakpa Choden, and thank you letters full of gratitude. One student wrote,

"Here we are all fit and healthy with your help. I think we are lucky enough to get a nutritious and delicious food in hostel. Because before I came here I heard from some other hostel students that hostel food will make you remember your home food as they are not getting healthy food. But after coming here I got to see that we are having good and healthy food and then I found that we are getting help from some organization. I am very much grateful to the FOTSI organization who provide financial support in improving the quality of our food. I know that from the fee which we have contributed, we will not get a food which we are having now under your help... **I know that thank you is not sufficient as per your work. I can't express my gratefulness...**"



*CST Hostel Girl*

## *Compassionate Aid -- Future Projects*

In addition to helping finish and pay for the washrooms/toilets at the Drepung Gomang School, we hope to help with new Office of the Representative, Mundgod (ORM) building in some small but meaningful way. The staff now has permission to try to get funding to build new quarters near their old office. For years, the ORM building has been certified unstable and dangerous (little rebar and lots of cracks and movement in the walls), and there has been a great wish for a new structure. As FOTSI is a small non-profit, we have not offered to be a big-time donor for this project, but we have offered to help in smaller ways if they can get their major funding, so stay tuned.

# Real Health -- Office of the Representative of HH the Dalai Lama, Mundgod, Emergency Fund & Other Direct Aid

In 2014 through 2016 we have sponsored elderly people and/or patients and caregivers in many ways. **In 2014 we sent \$2,651 to our Emergency Fund and \$150 to the Home for the Elderly (OPH).** In 2015 I visited **Kunsang**, not very well herself, who cares for two grandchildren and her husband Sonam, who has heart trouble and nausea and may die soon. Kunsang mistakenly thought I had died and



believed her family could no longer get help from our Emergency Fund. Fortunately, those are recent mistakes, and she is clear now and will get help. She cried when she saw me, not, apparently, that she was frightened at seeing a ghost, but, she said, because she was so happy to see me and know I had not died! Next year I'll write about our FOTSI Board's plans in case of my death or disability.

*Kunsang, 2015, and husband Sonam sleeping*

We helped **Phurbu**, now 92 and blind. The daughter who had cared for him fell and broke her arm badly, requiring surgery and a long recovery. Our Emergency Fund helped her and got care for Phurbu when family members were working. When I walked to within 30 feet of Phurbu in Camp #7, he heard my voice, and not able to see me, cried out, "Ama Chela!" This impressed me, after my not visiting him for three years, and him being 92 and sightless. I had a great visit with him, and he had me go over how to say his sponsors' names so he could say proper prayers for them.



*Phurbu*



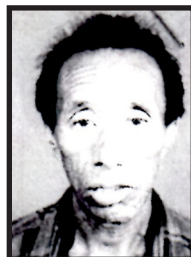
*Tsultrim & P. Sangmo*

I visited **Tsultrim Sangmo and daughter, Phuntsok Sangmo**, who has cared for her for years, especially after Tsultrim began having strokes. Phuntsok Sangmo is not married and has devoted her life to caring for her mother. She is most grateful for all the help from her mother's sponsor, which has made her life bearable. We urged her to use our Emergency Fund to get help repairing their roof, which she used to do herself. There are now serious gaps in the roof tiles where rain pours in during the monsoon. I felt especially touched by all the patients and caregivers as I was in that situation myself for some time.



*Leaky Roof Over Beds*

We also helped **Goki's family**, who have suffered so long with TB and antibiotic resistant TB. In other families we are trying to help **Tashi Lhamo's sister** who will soon have



*Goki in 2000*



*Goki in 2015*



*Goki's Son*

a kidney transplant, and **Tenzin Lhakey's sister** who has antibiotic resistant TB so bad no Indian drug can treat it. See pgs. 20-21 for more about these women. **Tsamchoe's nephew, Tsering Dorjee**, who was mentally ill and aided by FOTSI, died in 2015.

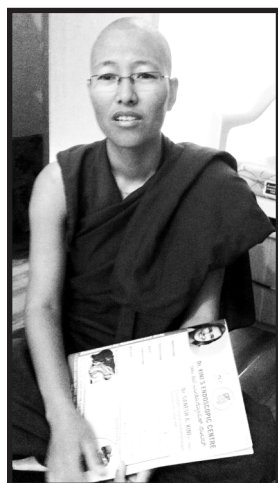


*T. Dorjee*



# *Real Health -- Jangchub Choeling Nunnery*

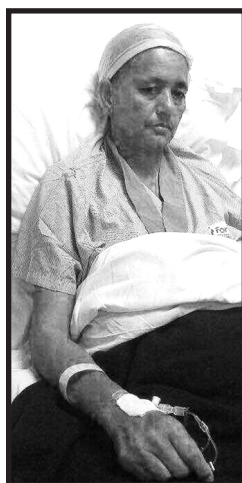
In 2014 we sent the nuns \$1,840 for their medical/dental needs and \$100 for their medical aid to the lay community. As we explained on pg. 9 of this newsletter, all of our nuns' aid reported as "in 2014 to date" in last year's newsletter, was less than we wrote because of unexpected issues we encountered after we thought our contribution had happened. Fortunately we lost no money and sent the funds intended for the second half of 2014 in 2015, along with the full normal 2015 donation. As in the past, our donations were used for surgeries, as well as dentistry, eye glasses, and a number of diseases, including heart issues and hepatitis B. The funds are also used for lab tests and scans at medical centers and hospitals. These days, some of our medical funds go to the General Nuns' Medical Fund run by the nunnery and also supported by others, and some of our funds are separately dispensed and managed by **Ven. Tenzin Norzom**, who makes sure that needs, such as dentistry, scans and certain tests, not otherwise covered, are met. Large medical charges, e.g., for life-threatening situations, can be augmented with our aid. The photos below are new and include some we aided in 2014 and some later. Many others were helped as well.



*Ven. Lobsang Choedon  
Bawa - Endoscopy,  
Digestive System  
Serious Problems*



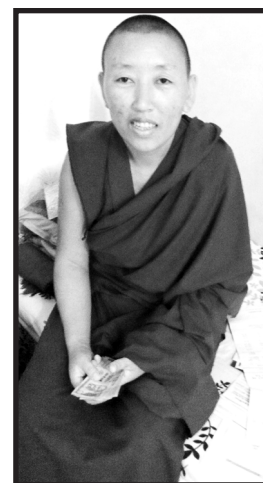
*Ven. Tsering Dolma  
Broken Arm*



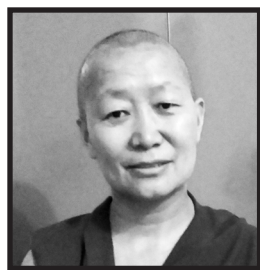
*Ven. Tsering Choedon  
Longtime Hepatitis  
Illness, Followed by  
Liver Cancer- age 46  
Passed Away 2015*



*Ven. Palden Sangmo  
Badly Sprained  
Ankle*



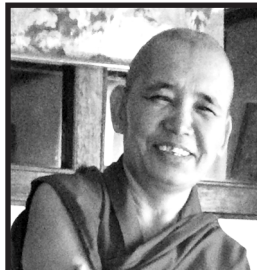
*Ven. Lobsang Chonzom  
Hepatitis B  
Serious Case*



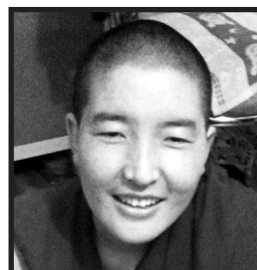
*Ven. Namgyal Lhamo  
Medicine Post  
Heart Surgery*



*Ven. Lobsang Choedon  
Kidney, UTI, Back Pain*



*Ven. Tsering  
Hepatitis B  
(Works Hard as  
Administrator)*



*Ven. Tashi Dolma  
Surgery for Hole in  
Inner Ear*



*Boy Helped by Nuns'  
Community Service  
FOTSI Medical Fund  
Serious TB, died in 2015*

# Real Health -- Monks

The oppression of Tibetans in Tibet, difficulties in Putin-controlled Russian Mongolia, and poverty in northern Himalayan areas affected by closed and arbitrarily changed borders pose enormous challenges and engender hopelessness. We know our efforts in Tibetan resettlement areas only indirectly address these huge issues. Yet, if we can keep people who are from areas that were part of a great Tibetan-Mongolian-Himalayan culture alive and coping with change, but not losing what is meaningful, there is hope. And, there are rewards for the rest of us, who benefit from the treasures of their culture. Tibetan monks, as well as nuns, have borne the brunt of the Beijing Government's oppression in the "Land of Snows," and we are trying to stand with them and stop *more suffering*. Thus, **FOTSI donates money to the Gungru Khangtsen Health Fund and a General Health Fund for Monks. In 2014 we sent a total of \$2,960 to these two groups.**



*Geshe Tsewang Kalsang, Chela, & Caregiver*

When in India in 2015, I met monks, **Geshe Tsewang Kalsang of Ngari Khangtsen, and Ven. Samten Norbu of Dati Khangtsen**, Drepung Gomang Monastery, whom our health funds are helping. Geshe Tsewang Kalsang, 42, has a cancer at first misdiagnosed as pancreatic cancer, but since found to be a gastrointestinal stromal tumor, usually treated with chemotherapy. This may have spread to a small lesion in the tip of his liver. Geshe Tsewang has been following an innovative, helpful plan of alternating the chemo drugs with milder Tibetan medicine. The good news is that when the chemo was causing too much harm to Geshe Tsewang's blood cells and he switched to Tibetan medicine, the tumor and lesion continued to shrink for a while, allowing his system to recover. After resuming chemo to further shrink the cancer, he'll have it surgically removed. The chemo drugs are expensive. We, along with his monastery and others, are helping with this cost. I am not sure of Geshe Kalsang's prognosis, but felt I was useful to his kind, multilingual caregiver monk student as someone to talk with at length. I am familiar with the blood tests and other diagnostics common for cancer patients, as my husband had had many similar tests while he was on chemo. It felt good to find a use for my knowledge.

**Ven. Samten Norbu**, 20, is having more epileptic seizures. He is so poor, he hesitated to go back to his doctor for another MRI and/or a change in medication. The brain scan done three years ago indicated something that the doctors did not understand. The medicine that had worked earlier is not protecting him adequately anymore. His mentor, **Geshe Lobsang Soepa**, is also on medication for epilepsy (that IS working). We decided it was more than time for another scan and consultation. So, FOTSI will help with that cost. We hope the doctors will help him avoid any more unexpected falls in dangerous places. Our sponsored Dati Khangtsen monk, **Ven. Lobsang Khechok**, from the "kingdom of Mon," once part of Tibet but long a part of Arunachal Pradesh, north India, was a great translator in discussions with this patient and others in 2015.



*Ven. Samten Norbu and Ven. L. Khechok*



*Dati Monks Thank FOTSI, Chela & Geshe L. Soepa in front*

## *Real Health -- Monks (cont.)*

Recently we have found fewer cases of TB among the monks, but more incidence of serious hepatitis B virus infection. Our Gungru Khangtsen Health Fund helped four monks with that illness: **Vens. Lobsang Tashi Chungna, Jigme Dorjee, Ngawang Dhamchoe, and Tenpa Tsering Chungna.** Happily, the first two were better when I visited, but Tenpa Tsering's illness was worsening. It is very important to get hepatitis under some control because long-term attack on the liver from this can end up in liver cancer. **Nun Tsering Choedon**, 46, died in 2015 from such a cancer (see pg. 17). **Lobsang Tashi Chungna** also translated well during health interviews with the Gungru monks.



*L Tashi Chungna, Jigme Dorjee*



*Ngawang Dhamchoe, Tenpa Tsering & Yonten Tenzin*

Little **Yonten Tenzin's** broken arm needed two surgeries to get him repaired, but when I saw him, he was doing very well. This used over **\$300 of FOTSI aid**, but was well worth the result. **Ven.**



*N. Oesing and Palden Gonpo*

**Palden Gonpo** has continued to struggle with terrible diabetes and sores, but is finally doing better. We are helping many others, including **Ngawang Oesing**, who also has diabetes.

## *Education*

### *Students at Tibetan Children's Village Schools*

The **Tibetan Children's Village (TCV)** is a great educational community for destitute Tibetan children in exile as well as children who have escaped from Tibet. Its branches, from Ladakh in the north to Bylakuppe in the south, serve about 17,000 students. Our sponsored **Karma Tashi**, 17, is now attending the new Suja TCV School in north India and is in Class 12. Recently he has been studying geography, economics, history, political science, English, and Tibetan, and he wrote a good thank you letter. We also sponsor **Kalsang Gyatso** in Class 10 at the Bylakuppe TCV School. We help him through the monk who helped him escape a kind of slavery during which time he was never allowed to go to school. In the fall of 2016, Kalsang will also switch to a school in north India. The fees for that will be about \$45/month. We will help with that and some of his other needs, as he is effectively orphaned and without any documents. He wrote a lovely letter to FOTSI, filled with gratitude, saying, "you constantly help me in every field of my difficulties...I would never forget your kindness."



*Karma Tashi*

We sent TCV **\$415 in 2014** and sent the monk caring for **Kalsang \$905** for school fees and other needed support. We have continued similar support in 2015 and also sent **an extra \$300 in 2016** for needy, ill, or unsponsored children at the school from one of our donors. All aid to TCV changes lives and is greatly appreciated!



*Kalsang Gyatso*

# *Education -- Post-High School Scholarships*

## **FOTSI College and Nursing School Scholars 2014-2015**

<b>Name</b>	<b>Major</b>	<b>College</b>
Mr. Sonam Dorjee	B.S. Physics	Madras Christian College, Chennai
Ms. Tenzin Norzin	Nursing, post-basic, and Internship	K.L.E.S. Hospital, Belgaum
Mr. Tenzin Phuntsok	Master's Degree, Economics	St. Philomenas College, Mysore
Ms. Pema Lhamo	Doctor of Physiotherapy	Amar Jyoti Institute of Physiotherapy, Delhi
Ven. L. Norbu Samphel	B.A. Buddhism, Languages	Central Univ. of Tibetan Studies, Delhi
Ms. Tenzin Khando	Bachelor of Commerce, 3rd year	Teresian College, Mysore University
Ms. Tenzin Lhamo	Diploma Hotel Management (recently completed; working now)	Intl. Acad. Managmt. & Design, Bangalore
Ms. Tenzin Dolma	MCA Comp. Sci. (slowed by illness)	University of Madras, Chennai
Ms. Tenzin Lhakey	Nursing, internship; will return for more nursing training	St. John's Nursing School, Bangalore
Ms. Tashi Lhamo	Completed B. Business Mgmt. (worked at Target call center; returning for master's degree)	Baldwin Women's College, Bangalore

Family deaths and illnesses can complicate life for any student, but especially for poor, refugee students such as Tenzin Lhamo, Tenzin Dolma, Tenzin Lhakey, and Sonam Dorjee. All have struggled in various ways recently. We also share news about upcoming scholarships on later pages.



*Sonam Dorjee*



*Tenzin Norzin*



*Tenzin Phuntsok*



*Pema Lhamo*



*L. Norbu Samphel*



*Tenzin Khando*



*Tenzin Lhamo*



*Tenzin Dolma*



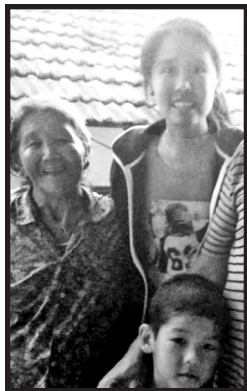
*Tenzin Lhakey*



*Tashi Lhamo*

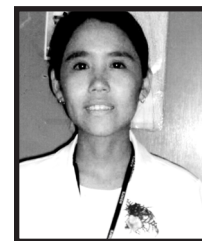
# Education -- Scholarships (cont.)

In 2014 we sent \$17,975 to our sponsored students. Of this, \$10,055 went through the Office of the Representative, Mundgod (ORM) and \$845 went through the Drepung Gomang Buddhist Cultural Association (DGBCA). Another \$7,075 went directly to students we know who are connected with the ORM or the DGBCA. We continued our aid in 2015 and 2016.



*Tenzin Lhakey, with Mom and Chemi Sangmo's son*

Many of our students have had a particularly difficult time in the last 18 months. **Tenzin Lhakey** is alternating on-the-job nursing training with studies for a two-year post-basic nursing degree at St. John's Hospital in Bangalore. In 2013, her older sister, **Chemi Sangmo**, was diagnosed with antibiotic resistant TB and had to go to Delek Hospital in Dharamsala for treatment. Tenzin and her parents were very worried about Chemi and sometimes Tenzin had to help her parents, who were caring for her sister's young son. Chemi's treatment, even with a 50% discount, was very expensive. She seemed to recover after treatment, but she recently had a sputum test in Bombay and was horrified to find out she now has XDR (extensively drug resistant) TB. This means that none of the drugs in India normally used to treat TB are effective on the bacteria she has.



*Tenzin Lhakey*

Chemi was told that an American nurse was coming to the Delek Hospital at the end of 2015 with the third of three experimental drugs from the USA, the other two of which had arrived earlier with a doctor. These Americans were hoping to try these three drugs on Chemi Sangmo, wishing to help her and learn what drugs will and won't work when the XDR TB bacteria is diagnosed in America. Tenzin Lhakey will continue her studies, but is taking time off to help her sister in this crisis situation. Tenzin met me in Bangalore and explained this recent news in person. I also met her parents in Mundgod. We are working on the best way to help.



*T. Lhamo 2002*

Our sponsored student **Tashi Lhamo** finished her bachelor's degree in business management at Baldwin's Women's College. She spent 2015 working at a Target call center in Bangalore. That was not easy, especially in December, because Target closed its stores in Canada and a storm delayed delivery of Christmas presents. Tashi was made a manager and trainer, but, after this job experience, she wants to return to college for a master's degree emphasizing human resources. She has had health problems, including an irritated gall bladder that caused a fever and trouble with food.



*Tashi Lhamo & Chela, 2015*



*Tashi & Sister T. Yangzom*

But the frightening thing is that her sister and former roommate in Bangalore, **Tashi Yangzom**, has been diagnosed with kidney disease of such severity that she is now preparing for a kidney transplant. This is a dangerous and costly operation. Tashi and her family are helping her sister prepare. Tashi has just quit her job to help, and hopes all will go well for her sister. She is looking forward to further studies. Our Emergency Fund will try to help her family. Tashi came to see me in my hotel in Bangalore on December 17. I had also visited her family and Tenzin Yangzom in Mundgod. They are all grateful for FOTSI's help.

## Education -- Scholarships (cont.)

Another struggling Tibetan student is **Sonam Dorjee**, who is pursuing a degree in physics at Madras Christian College. Unfortunately, his father died and he had to return to Mundgod to help his mother. As a result, he got two incompletes and thus lost the scholarship funds he was getting from the Tibetan Government-in-Exile. He has now managed to finish most



*Sonam Dorjee & His Mom*



*Sonam*

of the work for his degree, but must still finish a project he didn't complete, amidst the turmoil of his father's death, and take some exams. A July 9, 2015 email gives the flavor of his life. He wrote, "I finished my exams...reached my home at 19th of June, and when I reached there I met my mom and went to shop for some clothes for her...just to have some happy time together. Then my sister told me to come to her place (Hunsur Tibetan Sett.) for help and she kept reminding me while I was writing exams. She had been married around 3 years ago and this year April she had a baby son, and for the first month she had lots of trouble like the milk was not coming and etc., so 23rd of June I went there...and I stayed around 10 days helping her with the baby and cooking food and helping her husband in fields with crops. Then on 3rd of July I came back here at Mundgod and took my paper and documents needed for my failed exams registration in college and went to Chennai on 5th July, but as I reached there at college they told me to come back on 14th..." He has also written of his sorrow at people who take advantage of and bully his uneducated, innocent mother. He earned some money for



*Sonam, top right,  
physics class*

his studies by helping other relatives sell sweaters. He hopes to get his degree as soon as possible, and then a bachelor of education and certificate to teach science. He wrote of good Tamil friends at college. He struggles. He wrote to FOTSI donors, "I really am very grateful for help and compassion that you have granted me in most needed time of my life and I will be forever grateful for this kind thing you've done for me."



*Sonam & Little Nephew*

We sponsored **Tenzin Lhadon** for bachelor degrees in computer science and education, and have previously shared photos of her at the Tibetan school where she teaches science and math. We helped her in 2014 with \$400 for needs when starting her new job. We also sponsor her sister, **Tenzin Khando**, who is in her third year of pursuing a Bachelor of Commerce degree at Teresian College in Mysore.



*Tenzin Khando*

**Ven. Lobsang (Norbu) Samphel**, a young monk, is in his third year at the Central University for Tibetan Studies (CUTS) in Delhi. His goal is to be a translator from Tibetan to English, especially for Buddhist monks and teachers. He is studying Sanskrit, English, Tibetan Buddhist philosophy,



*Translators' Workshop*

computer use, and various modern topics. He plans to complete an Acharya degree and return to the Dre-Gomang Monastery for a Geshe degree. At CUTS he has participated in a "Translation Workshop" and a Global Exchange Program with foreign students. He has FOTSI scholarship aid; **we still seek a sponsor for him.**



*L. Norbu Samphel*

# Education -- Scholarships (cont.)

**Tenzin Lhamo** has happily completed her one-year diploma course in hotel management and is working as a receptionist at the Adarsh Hamilton Hotel in Bangalore. She finds difficult visitors challenging, but says she enjoys learning how to handle them. She is



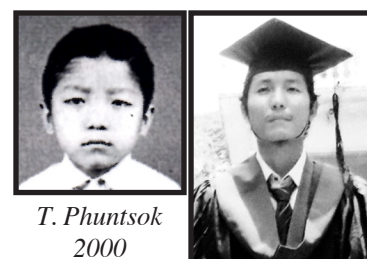
Tenzin Insel, Chela, T. Nyima's Father T. Lhamo 2011

SO happy to finally be recovered from her third-line antibiotic resistant (but not XDR, thank goodness) TB. Last year **Tenzin Nyima** graduated from high school, but family needs kept her home. She and sister, **Tenzin Insel**, are starting to feel that their home farming is not going to get them out of poverty. They are considering taking a one-year hotel management course as Tenzin Lhamo did to get a decent job in Bangalore. I met with them, their dad, and the ORM social worker, Dickyi Chodon, who will help them consider this option. FOTSI will help fund that study if all decide this will be good.



Tenzin Nyima

**Tenzin Phuntsok** wants to get a B.Ed after finishing his master's degree in economics at St. Philomena's College so he can teach commerce classes in a high school. **Tenzin Norzin** received her diploma in general nursing and midwifery in 2013. After completing an internship, she is now starting her post-basic nursing course, on the same path as Tenzin Lhakey. **Pema Lhamo** will complete her degree at the Amar Jyoti Physiotherapy



T. Phuntsok 2000

B.A. Degree

Institute in New Delhi this year. While she was still in high school she wrote to us after we offered a scholarship, "...there is a new hope for me and i feel as theres an angel beside me." **Tenzin Dolma** is still working on her master of computer applications course. She has struggled with health issues including hard-to-treat epilepsy. I spoke to her by phone when I was in India. She has not given up, and hopes to deal with her health issues and finish soon.



Tenzin Norzin

**Tenzin Tseten** is repeating 11th grade, contrary to our earlier report. Others in 11th grade now are **Tenzin Tseyang**, who wants to be a nurse, and **Tenzin Palbar**, who wants to be a Charter (high level) accountant. We offer scholarships to all our sponsorees, and to others. **Please help with our college scholarships... they are the future for many!**



T. Tseyang, 2002 & Now

## Drepung Gomang School (DGS)

This school teaches English, Tibetan, math, science, social studies, and Buddhist courses to young monks arriving from poor, ethnically Tibetan areas and the few who can still



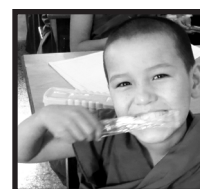
Chela & FOTSI-funded Desks

escape Tibet. It is also a summer school for all children of the Mundgod settlement who want to study Tibetan language/culture, so endangered



Our Toothbrush Handout at DGS

now. The school periodically creates science exhibitions to which local Tibetans and Indians are invited. See pg. 14 for details on our project to help repair/replace toilets and washing facilities used by hundreds of children, teachers, and visitors at the school. **We urgently seek help for this health need. We sent DGS \$8,415 in 2014 for a generator, toilets, teachers, supplies, and teacher salaries.**



Happy Smile!

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## *True Story of Thupten and Pema* (actual sponsored Tibetans, but fake names)

Thupten was born in a small village called Pongrong in central Tibet in 1951. This village is located east of Lhasa, if you go by horseback. His parents were farmers and nomads. They had 5 yaks and 3 “dri” (female yaks), 15 sheep, goats (between 10 and 25 animals), and 3 horses. They had big black tents that they called “ba.” They made their own dried cheese, known as “chura.” After they made the cheese, they always did a special blessing over it, requesting White Tara (Drolkar) to bless it. (Note from Chela: Drolkar is a female Buddha who is thought of as a saviouress, one who can liberate one from obscurations and afflictive emotions and bring not only ordinary benefits, but more importantly, enlightenment.) The milk for the cheese was from their dri and sheep. To herd animals, they used an “ur-rdo,” a type of cord or slingshot. They did not hurt the animals, but used small pebbles or stones and hit the rear ends of the animals to herd them. When Thupten was a boy, there was no opportunity for school as there was no school in his village; he just herded the animals.

Thupten had a brother, Tsering Dawa (Long-life Moon), who was five years older, and two sisters. Tsering Lhamo (Long-life Goddess) was three years older, and Norbu Dolma (Saviouress Jewel) was three years younger. When Thubten was eight, his parents sent him to take the yaks and dris to graze on that summer’s grass, while they lived in tents in the thin air above their village. At the end of summer, they all returned to the village where they worked the fields, harvesting the green grass there. They generally went with their animals from place to place, to wherever they could find grass.

Thupten was raised in the Karma Kagyu sect of Tibetan Buddhism, but he knew about two of the other sects—Sakya and Nyingma. Near his Tibetan home was a small temple, “Pema Choeding,” that they frequented. They also had a small “choekhang” (altar). He learned only the mantra “Om Mani Padme Hum” and the “Migtsema” (lineage) prayer at that time. They built fires inside their tent, cooked rice, and ate barley “tsampa” (stone ground barley) with buttered tea and a little dry cheese. There were two types of cheese—“bangruti” (soft inside), and “chura” (completely dried). They also ate “tulu” (radish), and “palzas” (assorted vegetables).

In 1961, both his parents died. His father was 59 and his mother was 72. The only thing he knew of as a possible danger was high blood pressure. His father died and then his mother died three months later. It was puzzling. Then his sister, Tsering Lhamo, took him with her to India, joining up with four other people. Previously his younger sister, Norbu Dolma, had shifted to live with another family about a day away. His brother had gone to India earlier.

During his escape to India, there were problems with the Chinese if you traveled during the daytime, so they traveled at night. They walked for one month. They crossed into Nepal at a special place, which we won’t name here. It was difficult to find any place to stay, and it was hard to get food. They had little food, and their clothes were not nearly warm enough. The lack of food was a huge problem through that month of travel. It was winter and freezing. Even after they crossed into Nepal the snow bothered them. Finally, when they reached Kathmandu in Nepal, people helped them. They stayed in Kathmandu for 15 days and then went to Dharamsala in India. From there they went to Kulu Manali where they found very hard work doing road construction.



## *True Story of Thupten and Pema (cont.)*

Before long, Thupten was able to attend school in India! He was sent to the Central School for Tibetans in Mussoorie, followed by school in Simla, and then Darjeeling. He was in school until 1968. His sister did road construction and quit to marry; he never saw or heard from her again.

He left school and went to Kalimpong. There he attended a vocational school called, “Clement,” where he learned to be a car driver. He stayed there for two years. In 1970 he came to Mundgod. In 1978 some mutual acquaintances arranged his marriage to Pema. He got a job for a year, doing hard labor at the Tibetan Cooperative Society Workshop. He wasn’t well at that time, so he requested a lighter job. Nothing was available, so he asked Gomang Monastery for a job teaching in their school. He has been teaching at the Drepung Gomang School ever since. All of his studying was between 1961 and 1968. He had primarily studied English and Tibetan. In Mussoorie the teachers at that time were American, Their names were Mr. Roy and Mr. Robert. He still remembers them. There was also another teacher, a lady from America, and a doctor, a lady named Miss Judy. He is forever grateful to them. These days he helps supervise and teach at a self-study site in Camp #6, and helps many write letters in English to sponsors. He has two sons now in the Indian Army, one working in the Tibetan Cooperative Society store, and another employed at a spa in Bangalore. They as well as his FOTSI sponsor have helped repair his home and buy heart medicine for beloved Pema.

Pema was born in Gyatse in Ü-Tsang, Tibet, in 1951. Her parents were drokpa (nomads) who took care of animals. The Chinese in her area in the 1950s were creating many problems. They were asking questions like “Who are your *great leaders*?” Then they would go after and catch anyone so named and had meetings about these people. (Note added by Chela: Such meetings were common; people had to denounce others with threat of punishment if they did not.) So, Pema’s family left for India. She was only six years old and doesn’t remember much. They walked, with some of their animals, day and night. They went through Ladakh. She remembers the last town at the border of Tibet and Ladakh. Luckily her family had no problem there. When they reached Ladakh, her parents stayed in the capital city of Leh, and she was sent to school in Dharamsala.

At first she was scared, being sent away alone. Later she made friends at the school and liked it. She studied English, Tibetan, science, Hindi, math, and social studies. Her teachers were Tibetan. Pema was 17 when she finished school there. She came to Mundgod in 1968. Her parents had come to Camp #3 at the Mundgod Settlement earlier. They were farmers and she worked along with them. They cut down the forest and made farmers’ fields. There were elephants in Hunsur and Kollegal (settlements about 200 miles to the south), but she doesn’t remember seeing any in Mundgod. At that time there were many snakes. Now there are not so many. During the monsoon season of 2003 she saw around three or four. As written above, Thupten had also arrived in Mundgod, and in 1978, acquaintances arranged their marriage. It has turned out well. You can see the love in their eyes.

**China has exerted such pressure on Nepal that all the refugee aid that had been provided by the Tibetan Government-in-Exile to the Nepalese government for support of Tibetan refugees is now disallowed, and Tibetans are shot or otherwise gravely harmed trying to cross the border. The stream of Tibetans escaping Tibet to India has been reduced to less than 100 in 2015, although no one knows the number for sure.**