



FRIENDS OF TIBETAN SETTLEMENTS IN INDIA

(“FOTSI”)

Annual Report and Newsletter for 2013-2014 Projects in Mundgod and Bylakuppe Settlements



Board of Directors

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

Volunteer Staff

Michelle Harris
Many Tibetans

Newsletter

Chela Kunasz
Ken Bernstein
Paul Kunasz



Good Health



Infrastructure



Valued Aid



Education



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

Financial Report for 2013 (ref. IRS Filing, Anton, Collins, Mitchell LLP)

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

Income

Donations	\$60,664
Interest/Investment Income	+ \$ 42
Total Income	\$60,706

Expenses

Program service (see details below)	\$57,473
Program service expenses (India travel, mail/wire fees, supplies)	\$ 327
Fundraising (newsletter, software, mail, copies, photos, supplies)	\$ 287
Administrative (IRS reports, State Registration, supplies)	\$ 864
Total Expenses	\$58,951

Education \$20,890

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

Health/Hygiene/Emergency Aid \$10,593

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 to combat rising TB from low nutrition

Sponsorships/GroupSupport \$25,990

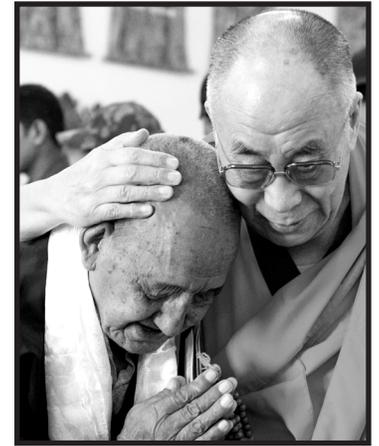
38 sponsorships through Rep. Office, 15 nuns, 31 monks + 3 aided, building aid for nuns, aid for boy and other laypeople helped by the monks, short term group or individual aid; these funds are used in great measure for health needs and education.

Our "Program service expenses" include India travel costs paid in 2013 for Chela's late 2012 India trip (\$122), registered and regular mail to India (\$190), bank/wire fees (\$2), and copies (\$13). At the end of 2013 we carried forward \$50,695. As of Nov. 4, 2014, our net carry forward is \$39,076. We hope to collect more donations before year end. Including early work as CFT/TSI, and now as FOTSI, our program service has exceeded **\$701,811**. As usual, **no salaries have been paid to anyone in FOTSI. We warmly thank all who donated for FOTSI's operating expenses! We understand health and education needs in the USA continue to be a big concern for many, and so thank all of you who remember those in Tibet and struggling in camps in India.. from our "heartbone" as the Tibetans would say!**

November, 2014

Dear Friends of Tibetan Settlements in India,

We work in resettlement areas (“camps”) created in India to receive Tibetan escapees from Tibet with nowhere else to go. These areas were begun in the 1960’s. Now there are 38 such camps in India, with at least 150,000 residents. We have specialized in the populous southern camps, especially the Mundgod Tibetan Settlement. We began support in the 1980’s as individuals, continued as part of Colorado Friends of Tibet, and, since 2001, work as an independent non-profit, tax-exempt charity.



HH Dalai Lama & Blind Pema

Although our work and financial aid chiefly support basic survival, education, and health for residents of Tibetan camps in India, we also try to help when someone’s future depends on moral support



Dickyi Chodon

and advice as well as financial aid. We’ve continued to receive many letters like the one from our social worker, Dickyi Chodon, in the Office of the Representative in the Mundgod Settlement, saying, **“Thank you very much for your constant kind support, and our community people will always remember your kindness”**.

In 2013-14 we sponsored 84 individuals --laypeople, monks, and nuns -- and aided over 20 additional students, teachers, and others. We helped with medical and dental treatment, scholarships, school fees, and special projects. In 2013 we put **\$57,473 into our relief programs in India**, spent \$327 on India program expenses (travel bill from 2012, **mail/wire fees**, supplies for work in India), and used \$1,151 for fundraising and administrative needs (state registration, IRS reports, newsletter, supplies). The Tibetans we aid were again most grateful to be remembered, given problems facing our donors due to their own personal health, education, and other needs. **Together, we persevere and stay inspired by our mission to aid Tibetan refugees.**

In 2014 we were deeply saddened to hear of so much havoc wreaked in our world by man, microbes and nature. We were also increasingly frustrated at how much we were **unable to learn about Tibet unless we made a concerted effort to seek the facts. The closure of Tibet to all but Beijing-selected reporters continues to hide what is happening there. Nonetheless, Tibetans and risk-taking others are getting news out.** News can be found from reliable Internet sources as well as from “Tibetan Bulletin”, “Tibet Press Watch”, and communications from Tibetan friends in India. Communicating with friends inside Tibet is dangerous for them. **Here I’ll share a little of what I’ve learned to explain why FOTSI continues to feel strongly about aiding Tibetans.**

In 2006 China completed the Lhasa-Golmud rail line, which crossed 340 miles of permafrost, reached an altitude of 16,400 feet and cost \$4 billion. This line now allows China to **harvest maximum resources from Tibet** and continues to support the presence and increase of **more than a million Chinese immigrants**, who have been encouraged to intermarry with Tibetans as a solution for Tibetan discontent at losing their country. Now **this rail line will be extended** to connect Lhasa and Shigatse. It will allow easier access for tourist groups but will also make resource-rich areas more accessible to China’s hungry industries. Major environmental damage in Tibet, already hard hit by climate change, and more loss in Tibet for Tibetans will result. See the Internet for more on rail or climate.



Chinese state-run media has sought to portray Tibet as idyllic and Tibetans as tranquil and grateful. To aid this narrative, Chinese authorities severely restrict foreigners’ access to Tibetan areas. Foreign travelers are usually forbidden access to the Tibetan Autonomous Region in the spring, when the “sensitive anniversaries” occur. One such is March 10, the Tibetans’ National Day commemorating the Dalai Lama’s escape into exile after the People’s Liberation Army attack on the Potala Palace in Lhasa. Chinese tourists are not restricted. Their postings on Weibo social media document that reality in Tibet diverges from the official story. These tourists express confusion and at times fear over checkpoints and ID checks in Tibet. They find cell phone and internet service are turned off in Tibetan areas, revealing government efforts to block Tibetans’ communication.



Risky Education Tibetan Protest

Such checkpoints and restrictions are minor issues compared with other oppression Tibetans experience. Restrictions have been greatly tightened since the unrest in Tibet in 2008. Many Tibetans can’t attend school due to corruption by Chinese officials, policies requiring unattainable funds, or the lack of local schools. Teaching in Tibetan is being systematically cut. Recently hundreds of Tibetans braved beatings and arrest to protest low rates of compensation for confiscated land compared with those offered Chinese landowners. Over the years more than one million Tibetan nomads have been resettled in “socialist villages” and the grasslands which used to be theirs closed for “development” and “nature reserves”.



Tibetans Protest in Nepal

Heavy pressure has been put on many countries to bend to China’s will concerning Tibet. Under that pressure **Nepal is now partnering with China** in denying Tibetans basic rights, having signed “security” agreements. Now Tibetans in Nepal



Tibetan Nomad

face intimidating numbers of armed police, excessive force in Tibetan communities, plus torture and ill-treatment when detained, often for “preventive” reasons.



Tibetans’ Protest in Toronto

Tibet’s borders have been sealed so tightly that only about 200 Tibetan refugees made it out of Tibet to Nepal in 2013. Many Tibetan refugees have been turned over to Beijing. There is a current policy of denial of documents to Tibetan refugees, denial of property rights, education options, and work opportunities. This is an enormous change from policies in place before 2008. **The problems in Nepal have resulted in funds for food for Tibetan children in India being diverted to Nepal. FOTSI is trying to help the shortfall in**

India. See page 13. Other countries and locales have also been pressured, so that in the effort to win relationships with Western businessmen, pressure is put on newspapers and local governments to suppress protests everywhere from Toronto, Canada, to Corvallis, Oregon. (see our previous newsletters and www.phayul.com).



Tenzin Delek Rinpoche

One of the saddest things for Tibetans is the arrest and persecution of heroic and revered Tibetan leaders in Tibet. Among these are **Khenpo Kartse**, **Tenzin Delek Rinpoche**, and the originally chosen **young Panchen Lama**, **Gedhun Choekyi Nyima**, who was seized by the Beijing Government and has not been seen for years. **Khenpo Kartse**, a highly educated and respected abbot of a Tibetan monastery, is known for his environmental activism, disaster relief work, and **commitment to the preservation of the Tibetan language**. He was arrested in December, 2013,



Khenpo Khartse

and will be in prison for at least two and a half years, accused of harboring a fugitive monk and involvement in a bombing incident. Even Khenpo Kartse's Chinese lawyer says that this charge is "not compatible with reality". The Khenpo is now very ill and is not getting proper medical treatment. He could well die in prison. **Tenzin Delek Rinpoche** is widely known for working to develop social, medical, educational, and religious institutions for Tibetan nomads in eastern Tibet, as an advocate for environmental conservation in the face of indiscriminate logging and mining projects, and as a mediator between Tibetans and Chinese. He was arrested in 2002 and convicted in an unfair trial that United Nations human rights experts have protested as seriously flawed. He is now serving a life sentence and has been mistreated in detention. He was the teacher of one of the monks FOTSI has known and sponsored for a long time. See Wikipedia and many sites on the Internet for more information and ways to protest and try to help these brave leaders.

The 2014 report of the United States Commission on International Religious Freedom said that, for Tibetan Buddhists in Tibet, **conditions are worse now than at any time in the past decade**, accusing the Chinese government in Beijing of severe violation of religious freedom.

In response to all of the oppression and atrocities Tibetans have endured, 10 more **Tibetans have set themselves on fire, or "self-immolated" since our last year's newsletter, bringing the total to 133 to date**. More than 108 of these people have died. Now that the Beijing government is accusing family members of murdering someone in their family who self-immolated or bringing other criminal charges as both a cover up and punishment, they have found a way to make self-immolation not a "gesture that hurts no one but the protester" and numbers have dropped. This is wonderful news, but it also is felt to be the final deprivation of any way to issue a scream for help that the world might hear.



Lhamo Tashi

His Holiness the Dalai Lama has always pleaded with Tibetans not to self-immolate, although he does say he hears their desperation. Yet, these tragic cries continue. **Lhamo Tashi**, a 22-year old student, set himself on fire in September, 2014, dying in front of the police department of Kanlho Prefecture as a protest against Chinese rule. The International Campaign for Tibet has issued a report entitled, "**Storm in the Grasslands: Self-Immolations**



in Tibet and Chinese Policy", downloadable from www.savetibet.org .

Tibetans in India try to help their countrymen in Tibet by publicizing the situation at programs they present in India, and by aiding relatives and friends in Tibet when possible. Some have returned to Tibet to help. **Tibetans in India have their own problems, which is why we help them as exiles. Health issues such as antibiotic resistant TB (a big problem), skin diseases, hepatitis, and even leprosy threaten. Adequate schools are not available in all the Tibetan resettlement areas.** There is a fear of extremist groups and terrorist attacks in India.

This year we bought 4 computers and a backup battery for the social work hub in Mundgod, the Office of the Representative, and a computer for the Mundgod Tibetan Legislative Assembly. We helped buy a generator for the Dre-Gomang School, which serves the Drepung Gomang Monastery and, especially in the summer, the entire Tibetan community. Power issues are still a problem in Mundgod, in spite of improvements. We have begun participating in a project to help the Drepung Gomang School replace and repair toilet and washroom facilities. These infrastructure projects are described on pgs. 12-13. We continued to help in many other ways, including individual sponsorships, building a bathroom/washroom with water tank for a special situation, and funding supplemental food for students (see “Valued Aid”, pgs 13-16), scholarships and school aid (see “Education”, pgs 17-22), and aid for health needs (see “Good Health”, pgs 9-11).



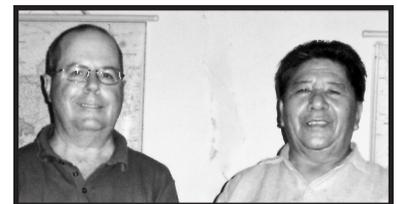
Social Worker Dickyi Chodon & New Computer Bought by FOTSI



Rice from Tibetans

We are happy that **Leann Halsey of Pennies for Partnerships** continues to buy organic rice from Tibetan farmers in Mundgod and give this to poor Indian cleanup workers. Now she has also received approval from the Mundgod Tibetan Legislative Assembly to provide 15 new “green hoop houses” for growing organic vegetables after a successful pilot project. We offered to send funds for the project through our organization while “Pennies” was changing their channel for tax-deductible donations, but a more convenient plan arose, and the project went forward that way. See indiasocialwork.com.

Due to my husband’s serious illness I have been unable to travel to India since December, 2012, and have no current plans to do so in 2014. However, our work continues to flourish due to our Tibetan partners in Mundgod (see pg. 8) and FOTSI donors who have travelled there. **Donor Greg Hunt** helped by contacting and getting reports and photos from Mundgod’s Office of the Representative, the Jangchub Choeling Nunnery, and monks at the Drepung Gomang Monastery. See his report on **page 23.**



Greg Hunt Meeting Representative Phuntsok Tsering for FOTSI

Sandra Esner, a donor to FOTSI who also runs her own charity for Tibetans and has done incalculable good, has travelled and will travel to Mundgod and has **helped in many ways.** In fact, eight of our donors have visited the Mundgod Tibetan Settlement over the years! All said they have treasured their time there.



Sandra Esner in Mundgod with Friends



Telo Rinpoche, a Kalmykian Buddhist religious leader and former monk of the Drepung Gomang Monastery in Mundgod, has lived and still spends crucial time at the monastery in Mundgod, aiding many. Due to his work with Mongolians, especially those in the Russian Republic of Kalmykia, and other Russian Buddhists, the Tibetan website www.phayul.com reported that “The spiritual head of Kalmyk Republic, Telo Rinpoche, has been appointed as the new Honorary Representative of His Hoiness the Dalai Lama at the Tibet Culture and Information Centre (Office of Tibet) in Moscow, Russia.” As Telo Rinpoche also has a home in Erie, CO, I periodically meet with him in Boulder. He has always been especially helpful to me and has benefitted our FOTSI work in many ways.



Telo Rinpoche

Thus, with all the support described above, and with our FOTSI Board’s help and that of each and every donor, we can continue to help the Tibetans in Mundgod. In 2013 we did all of the work described in this newsletter with help from 75 donors! Our contributors are very special; they come from 21 different states of America plus the District of Columbia and Switzerland!

We were happy to get two **discounted copies of Microsoft Office** for our work through a group that serves non-profits. You can check them out at www.techsoup.com. They were able to give us a discount due to **Microsoft’s donation of “Office for Mac” to them** . We also benefitted from **Charles Schwab, Inc.** which generally was able to give us **free wire service to India again this year**. We had donors from both **UBS Financial Services** and **R.W. Baird & Co.**. **UBS Financial Services gave us a matching donation at our donor’s request. Please note that some companies, such as UBS, have matching donation options even for charities that work overseas like FOTSI. If this could apply to you, please look into this and feel free to contact us.**

Most FOTSI donors don’t have a lot of money or stock. A few may have **some highly appreciated stock that could be donated to FOTSI**, giving the donor the full amount to deduct as a charitable contribution, and **avoiding paying capital gains tax** on it. There is also a possibility that those who have traditional IRAs and have reached the age of 70 1/2 could move funds from an **IRA to FOTSI as part of their required minimum distribution (RMD) and not have to pay taxes on it this year, but Congress has yet to decide on this for 2014. It was possible in 2013.**

We wish to thank long-time FOTSI business donor, Elizabeth Cohill of Lily Farm Fresh Skin Care (lilyfarmfreshskincare.com), who creates great beauty aids from plant oils and essences from environmentally sensitive farms providing income to threatened peoples and ecologies. **Jennifer Fox (www.boulderintegrativemassage.com)** has helped FOTSI for years in a number of creative ways.

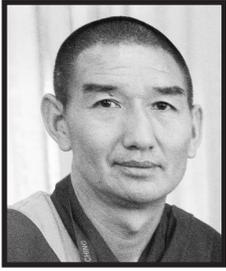
Quoting a typical letter to FOTSI’s donors, “I will never forget your kindness to me and to others” . Be filled with gladness!

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

Chela Kunasz

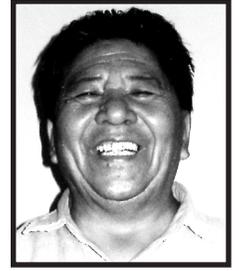


True Partners - People at the Heart of FOTSI's Work



Geshe Samten Gyatso

Without the wise advice and hard work of **many** Tibetans our projects would never arise and flourish the way they do. Those most essential in 2013-14 are shown and described here.

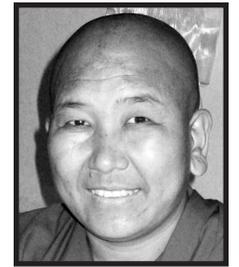


Rep. Phuntsok Tsering



Geshe Lobsang Ngawang

Geshe Samten Gyatso - senior administrator at the Drepung Gomang Monastery; big help to FOTSI and everyone
Phuntsok Tsering -Representative of HH the Dalai Lama in Mundgod, top official; heads Office of Rep (ORM);
Geshe Lobsang Ngawang - runs one of our monks' health projects; coordinates aid to many monks
Tenzin Norzom - Tibetan nun who facilitates FOTSI's aid to nuns and some lay people in Mundgod



Ven. Tenzin Norzom



Migmar Tsering

Migmar Tsering - Secretary of Drepung Gomang Monastery; works expertly, tirelessly, and kindly with all
Kunga Nyima - Secretary, Dre-Gomang Buddhist Cultural Assn.(DGBCA); helps Chela a lot in India & all year



Kunga Nyima



Kelsang Dawa

Kelsang Dawa - Rector of Central School for Tibetans to 10/14
Arunima Mazumdar - Principal of Central School for Tibetans Mundgod; will help plan, implement food aid to students
Dr. Kyizom - doctor at Tibetan Medical Clinic; helps in many ways; advisor to FOTSI



Arunima Mazumdar



Dr. Kyizom

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



Tamdin Dolma

IMPORTANT COLLEAGUES ALONG THE BOTTOM ROW

Geshe Thubten Dhondup & Ven. Lobsang Tashi - Gungru Khangtsen Health and Emergency Fund workers

Office of the Representative, Mundgod, staff:

Tenzin Chokden, Secretary, big help to FOTSI projects
Phuntsok Tsering, Rep. mentioned above, **Tenzin Yanker** accountant for years to mid-2014, **Dickyi Chodon**, our FOTSI social worker (very important), cashier **Tsewang Dolker**, and **Choney Dolma**, temporary accountant
Lhawang C. Simki - TCV School, Bylakuppe; (no photo)



Geshe T. Dhondup, L. Tashi -- Rep. Office T. Chokden, P. Tsering, T. Yangker, Dickyi Choden, T. Dolker, C. Dolma



Good Health

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



Kunsang 2013

In 2013 and afterwards, FOTSI continued to help **Dhondup Lhamo**, at her home in Village #1 in the Tibetan settlement near Mundgod, India, as her broken hip healed. She is now 85 years old and still manages to live on her own and be a light for her community. **Our Emergency Fund helps needy people like Dhondup Lhamo get medical help.**



Dhondup Lhamo



A happier time with Chela

We aided **Kunsang**, who has diabetes and high blood pressure, and **Kelsang Dorjee's mother**. We sponsor **Kelsang**, who has had his own health problems, but has also greatly helped his mother and grandparents.



Kelsang Dorjee

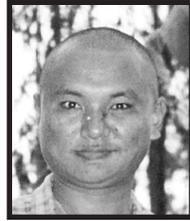
FOTSI provided medical aid through the 2013-2014 for **Tsamchoe**, her son **Tsering Dhondup**, and nephew **Tsering Dorjee**. We provided emergency help to **Topgyal**, a kind and cheerful mute man who can hear.



Tsamchoe



Tsering Dhondup



Tsering Dorjee



Topgyal (with Chela) in 2008,



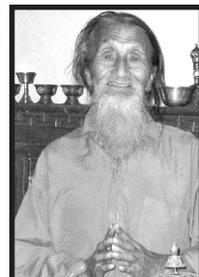
and in 2013



Tenzin Lhamo in 2012 & 2013

We continued to help **Tenzin Lhamo**, who had a huge fight with antibiotic resistant TB, but is now well. Her appearance has changed as she lost weight and regained her original complexion after finishing her strong TB medicine. We aided **Lobsang Palden**, who lives alone, and **Phurbu**, who lives with his extended family. As he struggled, we helped **Tsering Choephel** from Camp #4, who died since our last newsletter.

We were happy that **Ngodup Dolma**, **Sonam Tenzin's mother**, a woman who struggles with depression, got our help. **In 2013 we sent \$2,688 to our Emergency Fund, and so far in 2014 we've sent \$2,651**. We directly aided a family with funds used for medical care and an unlivable housing situation. They had served the community well for years in spite of much difficulty.



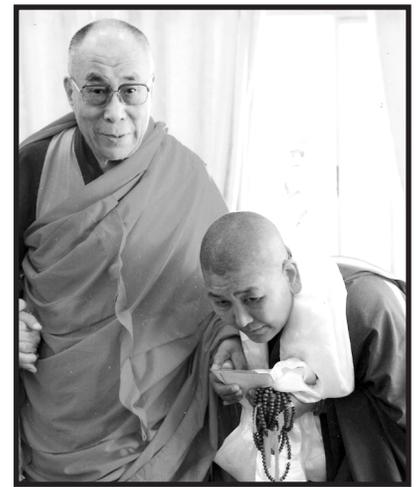
Lobsang Palden, Phurbu, and Tsering Choephel



Chela & Ngodup Dolma

Good Health: Jangchub Choeling Nunnery

In 2013 we sent the nuns \$3,660 for their medical/dental needs and \$200 for their medical aid to the lay community. In 2014 to date we have sent \$3,810 to this fund and \$200 for their aid to the needy. We sent some of 2013's funds at the end of that year, but that did not reach the bank there until the beginning of 2014, so our estimate for 2013 at that time was high and that amount is included in funds sent in 2014. As usual our funds were used for surgeries, as well as dentistry, eye glasses, and a number of diseases, some on-going, such as heart issues and hepatitis, and others the flus, colds, cuts, etc., that we all suffer from. The funds are also used for lab tests and scans at medical centers and hospitals when necessary.



HH the Dalai Lama & Tenzin Norzom

This year our faithful nun administrator, **Ven. Ani Tenzin Norzom**, has been overloaded. She has been studying for and taking her "Geshema" exams for the new "female Geshe degree", helping an ill and aging mother, and dealing with the death of her sister. **Greg Hunt** met with her in May of 2014 and saw she was very busy at the nunnery, but hadn't had time to send us all her usual detailed reports. She always keeps all the medical receipts, and she always puts a significant portion of our donated funds to a nunnery-wide Medical Fund. However, **the nuns say that the part she dispenses separately as a kind of insurance is extremely appreciated. It has covered shortfalls and limitations in the general nunnery health fund, and helps with smaller expenses all the nuns have. So, the nuns have urged me to keep on sending funds to the FOTSI Nuns' Medical Fund through Ven. Tenzin Norzom.** Having heard about our FOTSI fund, a friend in Ireland raised funds on her own and sent that directly to the nunnery for health needs, for which the Nunnery sent FOTSI a thank you email.

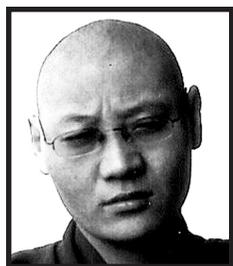


Greg Hunt (FOTSI newsletter in front)
Meeting with Tenzin Norzom

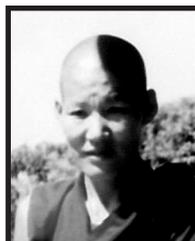
Below are photos showing how we've helped recently and in the past:



Surgery



Eye Troubles



Dental Needs



Fibroid Tumors



Broken Leg



Thyroid Surgery



Medical Tests



Knee Surgery



Kidneys



Medical Tests

Good Health: Tibetan Monks

The oppression of Tibetans in their homeland remains a pressing sadness for most of them. We know that our efforts in refugee areas are only indirectly addressing this. Yet, if we can keep Tibetans and their unique heritage alive, there is always hope, and there are rewards for the rest of us, who benefit from the treasures to be found in 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 wish to do something positive to stop *them suffering more*. Thus, **FOTSI donates money to the Gungru Khangtsen Health Fund and a General Health Fund for Monks. In 2013, we sent a total of \$3,345 to these two groups, and in 2014 to date we have sent \$2,960.**



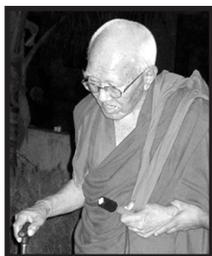
*Ven. Tsewang Norbu
Post Foot Surgery*

The end of 2012 and the beginning of 2013 were disastrous times for the health of a number of the monks we aid. We ended up paying a large part of the fees for a much needed major heart surgery and follow-up for **Geshe Ngawang Tsondu**, about which we wrote in our last newsletter. We also aided **Ven. Tsewang Norbu**, who had been an amazing help to everyone, including visitors from Tibet, Indian beggars, the animals of Mundgod, and many local people. We paid a significant part of the surgery to re-connect the nerves in his injured foot after a boulder fell on it when he was working outside. We also aided other monks, such as **Ven. Palden Gonpo**, who suffered from sores and other serious effects of a very bad case of diabetes. The



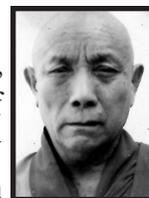
*Geshe Ngawang
Tsondu Surgery*

the Gungru Khangtsen monks kindly sent us letters and photos from 30 monks who had been helped the previous year by our health fund for them (see last year's newsletter for all the photos!).



*Gen Rinchen
Palden*

Fortunately, the disabled list was shorter in 2014. Yet, our funds were still needed by many monks; most of the money we sent in 2014 has been used. The elderly monks, **Gen Rinchen Palden**, 94, and **Geshe Thubten Tashi**, 88, needed medications. **Ven. Palden Gonpo** was in the hospital for 6 months with diabetes and high blood pressure and still needs to take medicine and rest in his room. **Little Yonten Tenzin**, 10, fell and got hurt, as boys do, but is recovering.



*Geshe Thupten
Tashi*



Palden Gonpo



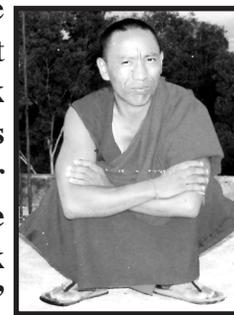
Yonten Tenzin

Vens. Jigme Dorje, Ngawang Dhamchoe, and Tenpa Tsering #2 are being treated for hepatitis. **Ven. Lobsang Tashi**, one of the directors of the **Gungru Khangtsen Health Fund**, suffered from TB in 2014 and is taking medication. **Ven. Sonam Phuntsok** (see photo pg. 23) has had TB three times but is now free of it. The monks, like others, get ulcers and other diseases because of the poor water quality in the



Jigme Dorje Ngawang Dhamchoe Tenpa Tsering#2

Settlement. The letter the monks sent to FOTSI recently says, **"Thank you very much for your generous supports throughout the years. Your every contribution makes a huge helpful to all the monks who falls sick or need an emergency surgery..."**



Lobsang Tashi

Infrastructure -- Computers and a Generator

Continuing FOTSI's tradition of helping Tibetans in the Mundgod (Doeguling) Settlement obtain computers for social service, we have completed our project to aid both the Office of the Representative in Mundgod and the Tibetan Legislative Assembly by *buying computing equipment*. The project evolved as we pursued a plan with the Tibetans, and finally, **in 2014 we were the sole purchasers of 4 computers for the Office of the Representative, 1 computer for the Legislative Assembly, and a large backup battery for the Office of the Representative.**



T. Chokden Office Secretary



Tsewang Dolkar, Cashier

When we began the project at the urgent request of the Representative of HH the Dalai Lama, all the staff at the Office were experiencing multiple computer crashes per day due to the age and fragility of their equipment. As power is so unstable in Mundgod, the general practice is to charge up computers whenever power is on, especially at night, and then run the equipment using batteries. They had some that were still working, so we only had to buy one of those. The computer crashing was due, not to power outages or fluctuations, but rather, to the marginal functionality of the old equipment. **This problem then slowed down everything the entire staff was trying to accomplish, and hence was critically important.** The computers were purchased with our funds in 2014 and all the staff using them has been extremely grateful. It allows them all to be much more efficient and provide more



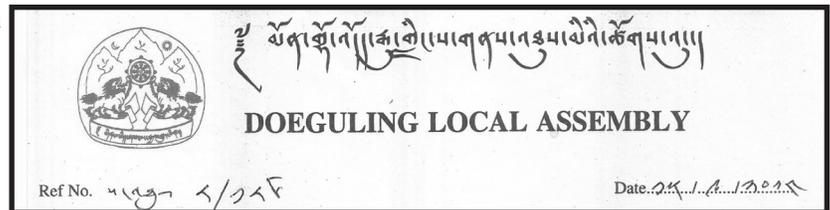
Computer at Legislative Assembly

assistance. **In total in 2013-14 we sent \$2,650.** We received a nice thank you letter and computer specs from the Legislative Assembly, and the Office sent a letter, photos, and a receipt for their equipment. Our social worker, Dickyi Chodon, is shown on page 6 at her new computer.



Choney Dolma, temp Accountant

we sent \$2,650. We received a nice thank you letter and computer specs from the Legislative Assembly, and the Office sent a letter, photos, and a receipt for their equipment. Our social worker, Dickyi Chodon, is shown on page 6 at her new computer.



We received an email from the Drepung Gomang School (see pg. 22) **reporting that their 15-year old generator, which provides light at the school for nightly classes when the electricity is out**



(common), had been dead for two months, as they scrambled to see if it could be fixed, and if not, what a new one would cost. Kunga Nyima from the School wrote that “Mundgod is kind of a remote place where power cutting is very common, specially during the monsoon season so that without a generator it’s very difficult to attend night classes.” Later, **we sent \$1500** for this project, which put their total amount raised over the \$4200 mark they needed. They sent us the response, “Thank you (FOTSI), once again from my bottom of heart. Greeting from all the students, teachers and our association.” We understand that this generator is performing well. **THANKS TO ALL DONORS!**

Infrastructure -- Toilets and Washrooms

Our next project to help the *DG School* and the larger community it serves *is to raise funds to help repair and replace their hopeless old toilets and washroom facilities.* As this school serves both the monastic and lay community, as well as Indian and other visitors, it



Hospital Toilets: Old, New Indian/Western Toilets

is used by hundreds of people. We are urging as much maintenance as possible upon completion of these improvements. The letter we received reported that the facilities are “in very poor sanitary conditions; the toilets were blocked, broken and filthy;

it is overcrowded and unable to cope with the numbers of students needing to use them. 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...” *So far, we have sent the school \$3,340 for this urgent need.* They need more funds due to the size of this project. *We hope some of you will help this good cause.* At left are before and after photos of toilet facilities at the local hospital we helped in 2005.



Slimy Washarea, Looks Similar to Urinal Area - DG School

Valued Aid -- Tibetan School Hostel Food Aid

Our work to provide **supplementary food** for students began in 2010. We received a plea from Kelsang Dawa, then Rector of the Central School for Tibetans (CST)



Kelsang Dawa



in Mundgod and head of the School Hostel that houses about 150 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 over the previous 4 years while food costs had risen fourfold. *He said students were hungry, and this was affecting their studies, general health, and the number of TB cases.* So, we began to help. In 2013 we found sending funds via the **Tibetan Children's Education and Welfare Fund (TCEWF)** of the Tibetan Government in Exile's Dept. of Education worked well. Recently we learned that, due to big problems in Nepal, much money for food and other needs has been diverted there. Kalsang Dawa was most concerned about the **weakest students.** Our funds helped these students get extra eggs and milk with supplemental Horlicks enrichment on a regular basis. *This made a difference! We received “thank-yous” from these students, saying they would always be grateful, they had more energy and strength, and hoped our help would continue.* We also helped with some extra food for hostel students in general.



Arunima Mazumdar

Kalsang Dawa was transferred to Darjeeling, but *the Principal of the CST, Arunima Mazumdar,* is now helping us to facilitate the best possible use of our funds. In 2013 we sent TCEWF \$700 for this project, and in 2014 we sent **\$2,400. PLEASE HELP!**



Grateful Students



Valued Aid -- Completion of Water/Washroom for Tsamchoe

In 2013 we sent funds to rebuild the outdoor wash room and separate latrine that was serving Tsamchoe in Camp #4, as she cared for her unwell son and a nephew who has mental health problems that can affect many others if he does not receive on-going care. This project was slowed by the monsoon and personnel changes at the ORM, so we



Smiling Tsamchoe Oversees Work on Washroom/Latrine with Rep. Phuntsok Tsering & Tenin Chokden

didn't receive photos of the finished work until 2014, but we now happily share these and our continued thanks to the donors who helped! We had to use ORM approved, but "unofficial", ways of funding the project in order to speed it up, but it all worked, as we found ways to send (\$1000) to Tsamchoe quickly and directly through the Dre-Gomang Monastery, which helps us with lay



Tsamchoe's Washroom/Latrine with Cistern Water Supply.. and no more sewage floods!

aid to the community. We also used some old funds on hand from long before ORM's current accounting system. All the funds were used well. The *many* photos and receipts we got were much appreciated.

Valued Aid -- Sponsorships: Office of the Representative of HH the Dalai Lama in Mundgod (ORM)

Our sponsorships help with aid and resources for many laypeople, monks, and nuns. Through the ORM in 2013-14 we sponsored 39 people -- 14 young, 17 elder, and 6 middle-aged laypeople and 2 elderly monks. Of our young people, 9 are girls. In 2013 we sent \$20,673 for all programs through this Office, of which \$6,575 was explicitly for our sponsored Tibetans and their families. In addition, we sent \$2,688 that was used for Emergency needs by our sponsored people. Minimum sponsorship is \$120 per year. In addition to the 4 sponsorships we had at the Home for the Elderly and Infirm, we sent another \$225 there in 2013. We aided other laypeople through ORM, the Drepung Gomang Buddhist Cultural Association, including Kalsang Gyatso (pg. 22), the Jangchub Choeling Nunnery (pg. 10). In 2014 so far, we've sent \$20,117 for all ORM uses, with \$6,611 for sponsorees, \$2,651 for emergencies, and \$150 extra to the Home for the Elderly. Some other aid was given directly to people we had already helped through the institutions listed above. The rest was for scholarships (see pg. 17) and computers (pg. 12).

Among the 14 young people we sponsor is Tenzin Tseyang, now in 10th grade (typo last year!). She does well, as does Tenzin Palbar, 15, also in 10th grade. See details about young Tenzin Nyima and Tenzin Sonam on



Tenzin Palbar & Tenzin Tseyang

pages 21 and 22. We may sponsor Tenzin Kunsel, in 5th grade, if there is someone who wants to commit to sponsor a child-- let us know if this is you.



Tenzin Tseyang & her Family, 2008

Valued Aid --Sponsorships, Young and Old: (ORM) (cont.)

We sponsored **Tenzin Yougyal** through high school. He graduated and has joined the Indian Army, and after some training may be another Tibetan guarding India's northern borders with China and Pakistan, like Karma Sonam, once a sponsored child. We've helped many young sponsorees through college or nursing school. Among these now are **Lobsang Choedon, Tenzin Norzin, Tenzin**



Tibetan Guarding Border Tenzin Yougyal

Lhakey, Tenzin Phuntsok, Tenzin Khando, Tenzin Lhamo, and Tashi Lhamo. **Tenzin Dadon** is sponsored and is in physiotherapy college with a scholarship from another source. We've aided **Penpa Dolma** and helped while she was in nursing school. See pgs.17-21. Among adults in mid-years, we've sponsored **Lobsang Dolma**, who



Goki

is trying hard to help her children get an education, and **Gen Tashi**, who teaches English at DG School and gives extra help in the camps. **Goki's** family, who've had so much antibiotic resistant TB, are doing better, thanks to the longtime help from their FOTSI sponsor.



Lobsang Dolma

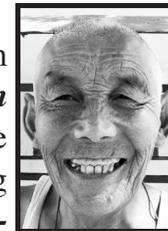


Gen Tashi



Yeshi Ngodup

Among the elderly, *we sponsored both "Tseka", Tsering Dhondup*, who was at the Home for the Elderly and Infirm (OPH), and **Tsering Choephel #2**, who lived at home. *Both of them died within the last year.* One older monk we aid through the ORM, **Ven. Yeshi Ngodup**, lives at Drepung Loseling Monastery, Gya Khangtsen. Another, **Ven. Lobsang Palden**, lives in a small



Tseka



Dawa Bhuti



Tsokyi

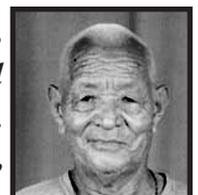


Kunsang Wangmo



T. Choephel#1

room in Camp #3. Many sponsored elders live at home, including **Dawa Bhuti, 77, and Migyur, 84, who has an inoperable hernia.** On page 9 are photos of elders **Kunsang, Dhondup Lhamo, Phurbu, Ven. Lobsang Palden, and Tsering Choephel#2**, as well



Migyur

sponsorees **Tsamchoe and Kelsang Dorjee.** We continue to sponsor **Tsokyi, Kunsang Wangmo, and Tsering Choephel#1** at the Old People's Home (OPH). **We love general donations for the OPH!**

Valued Aid--Sponsorship/Help: Jangchub Choeling Nuns

Many Tibetan nuns suffer incarceration, beatings, and other problems in Tibet. Because they don't live with families, they can protest with less danger to others. We sponsored **16 nuns of Jangchub Choeling Nunnery (JCN) in 2013**, sending them \$3,020. **In 2014 there were 15 sponsored nuns and we've sent \$2465 to date in 2014.** We also sent funds for medical/dental aid (pg. 9), administered by nun Tenzin Norzom and used by any of the 250 JCN nuns. Other funds were sent for building repair and educational supplies. In total, **we sent the nuns \$7,980 in 2013, and \$6,830 to date in 2014.** Nuns use sponsorship funds for medicine, clothing, toiletries, books, and sometimes food. They are enthusiastic about their studies. Some have completed the equivalent of the monk's Geshe degree will soon be recognized as "Geshemas". The nuns are popular in the community, where their prayers and ceremonies are well attended. They work



Valued Aid -- Sponsorship/Help: Jangchub Choeling Nuns...



Kelsang
Choedon



Tenzin
Namdol



Lobsang
Choeden 1

hard in their shop and small restaurant and at other jobs. Young, often orphaned, nuns attend local schools. Girls can opt out of the nuns' life later if they choose. All our sponsored nuns send their

deepest gratitude! Please keep up your support.



Trinley
Tsomo



Tenzin
Deetaen



Tenzin
Dolkar



Sonam
Choezom



Dolma
Choetso



Sonam
Tsekyi



Ngawang
Jampa



Lobsang
Dolma Gapa



Lobsang
Dolma Jupa



Gyaltzen
Choedron



Lobsang
Choeden 2



Tenzin
Norzom

Valued Aid -- Sponsoring Monks

Monks and nuns have a harder time under the oppressive Chinese rule, and feel more pressure to leave Tibet. In 2013-14, most FOTSI sponsored monks were at **Drepung Gomang Monastery**, but some were from **Drepung Loseling**, **Gaden Shartse**, and **Thoeling Monasteries** in Mundgod. **In 2013 FOTSI sent \$9,650 for our 31 sponsored monks, \$290 for children aided by the monks, and \$3,345 for medical aid (pgs. 10-11).** We also sent **\$1,215 to Drepung Gomang Monastery**, and **\$120 to Thoeling Monastery.** **In 2014 to date we've sent \$7,243 for our sponsored monks, \$905 for the boy, Kalsang Gyatso, who is aided by the monks, \$2,960 for medical aid, \$1,000 to Drepung Gomang Monastery itself, and \$120 to Thoeling.**

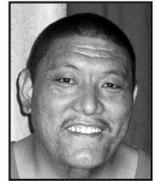
We need sponsors for a few monks whose sponsors were unable to continue. We keep their sponsorships going with one-time donations. **Among those needing sponsorship are 1) Tenpa Tsering #2, who is recovering from hepatitis and a good student, 2) Tenpa Thinley, a selfless monk who once had**



T. Tsering #2



T. Thinley



L. Ngawang 2

malnutrition-induced eye disease, but has recovered and become a good student, 3) Lobsang Ngawang #2, an expert chant leader who has had health problems, and 4) Lobsang (Norbu) Samphel (pg.21). If you or a friend are interested in sponsoring a monk or contributing to a **graduation ceremony** (a "**Geshe Tongo**", which supports all the monks), please let us know. We've written much in past newsletters about monks, so please see those on our website(cited on pg. 1), and enjoy the story below.

True Story of Tsen Kin Quin, a Tibetan Monk (cont. on pgs. 24-25)

(Below is a translation by Chela and friends, of Tsen Kin's story as told to Chela in Tibetan.)

Tsen Kin Quin was born to a nomad family November 10, 1967 in Kyam Ri village in eastern Tibet (Amdo). Names there have this more Chinese style. Tsen Kin said they had 300 to 400 sheep, 50 horses, 20 to 30 yaks and dzo (including female animals), and goats. He added, "We never knew exactly, because there was a limitation on how many we could own before the Chinese would take them away."

Education -- Post High School Scholarships

FOTSI Nursing and College Scholars 2013-2014

Name	Major	College
Ms. Tenzin Lhakey	Nursing, post BSc Nursing	St. John's Nursing School, Bangalore
Mr. Sonam Dorjee	B.S. Physics	Madras Christian College, Chennai
Ms. Tenzin Norzin	Nursing, post BSC 1 yr GNM Internship, then	K.L.E.S. Hospital, Belgaum
Ms. Pema Lhamo	Doctor of Physiotherapy	Amar Jyoti Institute of Physiotherapy, Delhi
Ms. Tashi Lhamo	B. Business Mgmt.	Baldwin Women's College, Bangalore
Ms. Lobsang Choedon	B. Business Mgmt.	Baldwin Women's College, Bangalore
Ven. Lobsang (Norbu) Samphel	B.A. Buddhism, Languages	Central Univ. of Tibetan Studies, Delhi
Ms. Tenzin Khando	B. Com., 2nd year	Teresian College, Mysore University
Ms. Tenzin Lhamo	Diploma Hotel Management	Intl. Acad. of Managmt & Design, Bangalore
Mr. Tenzin Phuntsok	Masters Degree, Economis	St. Philomenas College, Mysore
Ms. Penpa Dolma	Nursing	SDM Institute of Nursing Sciences, Dharwad
Ms. Tenzin Lhadon	B.Sc. MysoreU, B.Ed TTC teach. training	Dharamsala, CERT, New Delhi
Ms. Tenzin Dolma	MCA Computer Sci.	University of Madras, Chennai

(some students have graduated or ceased their studies in 2014; see details on next pages)



Tenzin Lhakey



Sonam Dorjee



Tenzin Norzin



Pema Lhamo



Tashi Lhamo



Lobsang Choedon



Lobsang Samphel



Tenzin Khando



Tenzin Lhamo



Tenzin Phuntsok



Penpa Dolma & Patient



Tenzin Lhadon



Tenzin Dolma

Education -- Scholarships (cont.)

In 2013 we provided \$14,395 to Tibetan students for college or nursing school costs. Of that, \$9,185 went through the Office of the Representative Mundgod (ORM) and \$800 went through the Drepung Gomang Buddhist Cultural Association (DGBCA). Another \$4,410 went directly to students we know. To date in 2014, we have sent \$17,125 for scholarships, with \$10,055 going through the ORM, \$845 going through DGBCA, and \$6,225 directly to 4 students we know.



Tenzin Lhadon

One of our happiest success stories is about a young woman, **Tenzin Lhadon**, from a poor family in the Mundgod Settlement who was considered the best science/math student when she graduated from high school. However, her hard-working and inspiring mother died about that time and there was no money for college. We had no more funds for college scholarships, being already stretched in that area. The Office of the Representative staff pleaded with Chela on her behalf, and fortunately we found some donors who took an interest in helping her. **She finished a standard 3-year B.Sc in Computer Science in Mysore.** Because of those donors, we were even able to offer her some help to continue her education. However, further study in computer science in India is expensive. As her family still had no spare funds, and she had discovered a great interest in teaching, she found an opportunity for a **scholarship to get a B.Ed. degree and a certificate to qualify to teach at one of the schools run by the Tibetan Government in Exile in India.** She completed a TTC teacher training program in Bhumtar, Dharamsala, and a CERT certification in New Delhi. We helped her with extra needs since her school fees were covered. **She graduated with good grades and got her certificate.**

Due to her hard work, great exam results and interviews, **she got a job teaching science and math at the Tibetan School in Chauntra**, in north India. As one of her benefactors had been a struggling teacher herself, she asked if perhaps Tenzin Lhadon might need help getting started in a new place with a new job.

Tenzin had not asked us for anything. But when I inquired about her situation at our donor's request, she admitted she really could use some help. It was a project to find out how to send her money, as we usually send international wires, and



Tenzin Lhadon's C.E.R.T. B.Ed. Class Group in New Delhi



Tenzin Lhadon Practice Teaching

the bank in Chauntra had not heard of "Swift Codes", without which our usual fund transfers wouldn't work. I worried that Western Union would charge too high a fee, but learned that in this case the fee wasn't high, and we just recently sent some "start-up" funds to her from her FOTSI teacher friend. She has been living in a small shared space until now and was very grateful for the help. I thank our donor, who reminded me that often the hardest time is finding and getting started in a new job.



Tenzin Lhadon's Tibetan Chauntra School

Education -- Scholarships (cont.)



Tenzin Lhadon & Students at Chauntra School

Just as Tenzin Lhadon has found that teaching is a job she loves, one of our other college students, **Tenzin Phuntsok**, is hoping to teach economics or other business classes, and wishes to pursue a B.Ed. upon finishing his Master's degree in Economics at St. Philomena's College in Mysore. Some subjects he has studied include entrepreneurship and advanced



Tenzin Phuntsok as he Visited Chela, in Mundgod, 12/2012

microeconomics. **His mother has health problems, and he would like to be able support her.** As this family is poor, the help he gets from us is essential. He wrote a good letter to FOTSI and his sponsors. In it he said, "I am very thankful for everything you provide for me with your love and care. I pray you have a very long life and for your family."



Tenzin Lhaakey 2013

Tenzin Lhaakey, whom a FOTSI donor has sponsored since Tenzin was very young, is now **doing a 2 year "post-basic" nursing course, after a 3 and a half year course** in general nursing and midwifery. For her last year in the basic course, her classes were "basic biochemistry, biophysics, microbiology, psychology, pediatrics, obstetrics and gynecology, a medical and surgical course, foundations of nursing, and nutrition"! The post-basic course is expensive, but FOTSI is helping. Due to her concern about financial needs, she said she found it difficult to concentrate on her program, but after receiving our help she said she felt very happy and thankful to us for our support of her studies. She lives in the student hostel at her school, St. John's College of Nursing.



Tenzin Lhaakey circa 2002



Tenzin Norzin

Tenzin Norzin, whom we have also sponsored for a long time, received her diploma in general nursing and midwifery in September, 2013. **She is now completing an internship before she starts her "post-basic" nursing course,** on the same path as Tenzin Lhaakey. This is a requirement of her K.L.E.S. Nursing Institute. She also wrote of her deep thanks. She mentioned that her mother was unwell, as she has been for a long time, and how important our financial help is for her and her family.

Our **doctor of physiotherapy** student, **Pema Lhamo**, is continuing to study at the Amar Jyoti Physiotherapy Institute in New Delhi, where she has another year and a half to go. She is also pursuing a B.A. in English in an honors class on weekends. She again wrote to us about how much she and her family appreciate our FOTSI donors' support. The students are restricted from taking pictures during work periods and classes, so Pema sent us an informal photo of herself and some classmates.



Pema Lhamo



Pema Lhamo, front row, right, & Physiotherapy Classmates

Education -- Scholarships (cont.)

Penpa Dolma sent us a nice letter and a photo of herself working in the hospital associated with her SDM Institute Nursing School, and she seemed pleased with her studies and interactions with patients. She was delighted with her psychology courses and thanked us for our financial help for her studies. So, I was distressed when I heard from a Tibetan whom I trust and who had connections with many Tibetan students that the SDM Institute had a bad reputation for being unfair to Tibetan students. I have no way of truly knowing if that is often true or not. I hoped Penpa was treated well. Perhaps she was. However, I have since been informed that Penpa Dolma has left her nursing college and is not studying now. I am trying to learn if this is because she had a problem at the school, or if she had other reasons for leaving. In India, it is not easy to transfer to another institution, and it can take time. Penpa has always been a very bright, hard-working and talented person, so I hope she will find a good path. We wish her well.



Penpa Dolma with a Patient

Tenzin Lhamo was a FOTSI sponsored nursing student in her 2nd year when she contracted antibiotic resistant TB from another student in her school hostel. After at least a three-year ordeal, she has finally recovered, and last December, wrote that she could stop all medication and simply rest for a while. She lost the extra weight she had gained and also the darkened complexion from the special antibiotics she had to take. She really looked forward to returning to college, this time for a commercial course, as she had had enough of hospitals! She had managed, **with difficulty**, to get copies of her twelfth grade marks and other documents and was accepted to a one-year Diploma Hotel Management Program in Bangalore. At last, she began classes! **Unfortunately**, we have *just* learned that her father has been hospitalized in Hubli, near the Mundgod Settlement, but far from Bangalore, and she has had to help him there. Hospitals in India don't generally provide food and comforts, as families or friends are expected to do this. This was a disaster she didn't need! Hopefully her father will recover soon. She hopes to be able to quickly return to her new studies. She is a grateful, special girl who has tried hard; we hope she will get some breaks this time.



Tenzin Lhamo



Sonam Dorjee

Another struggling Tibetan student is **Sonam Dorjee**, who is pursuing a degree in physics at Madras Christian College. Unfortunately, he had to return to Mundgod to help his mother, and for special ceremonies all Tibetans do for their deceased parents (in this case, Sonam's father) after one year. He had trouble getting the rites arranged because the monks had gone from Mundgod to meet HH the Dalai Lama. He was



*S. Dorjee
2002*

desperate to get back to take his 9 finals -- in applied chemistry, applied chemistry lab, physics of appliances and devices, physics lab, public relations, personality development, wave physics and mathematical methods, German, and English! When he got back to college, one of his roommates got into a heated argument with their landlord, the three of them were thrown out, and they had to quickly find a new place and put down another one-month deposit. He managed to take 7 of his 9 finals, but because he got two incompletes, he lost the scholarship funds he was getting from the Tibetan Government in Exile. So, FOTSI stepped up its help during that hard time.

Education -- Scholarships (cont.)



Tashi Lhamo

Two students, Lobsang Choedon, and Tashi Lhamo, both of whom have longtime FOTSI sponsors, and also have received aid from our scholarship donors, wrote lovely thank-yous, for their sponsorship and the help for college fees. Both have just finished their



Lobsang Choedon Now, and in 2002

Business Management Degrees at Baldwin Women's College. The variety of courses in their programs is wide, including computer applications, business law, labor laws, entrepreneurial development, financial management, accounting, English, and even a study of the Indian Constitution. Tashi Lhamo wrote that she planned to work at internships for a year to gain experience and hoped to pursue an MBA after that. Lobsang Choedon earlier wrote of several tracks she might pursue. Tenzin Khando is now in her 2nd year of a Bachelor of Commerce, B. Com. program at Teresian College, Mysore. As mentioned previously, when I was in the Mundgod Settlement in Dec. 2012, she was a great help as a translator and assistant.



Tenzin Khando



Tashi Lhamo in the midst of her relatives



L. Norbu Samphel

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 on behalf of Buddhist monks and teachers. He is studying Sanskrit, English, Tibetan Buddhist philosophy, computer use, and political science, and will complete an Acharya degree and return to the Dre-Gomang Monastery for a Geshe degree. He was quite ill in April, 2014, with a fever of 104F, but has recovered and sent his gratitude for our financial aid, without which he could not pursue his studies. He has been translating articles and stories and writing English essays (one about technology, emphasizing the positive). **We still seek a sponsor for him.** We are proud that years ago, we worked with another Tibetan monk to help him become a translator. He later became a major translator for HH the Dalai Lama, for both philosophical talks and talks relating Buddhism to science. We had sent him a *Scientific American* editorial on quantum mechanics and other pieces he loved.



Tenzin Dolma

Tenzin Dolma has completed her MCA, Master of Computer Applications course and was looking for work, but was slowed down by her mother's serious illness. Her FOTSI sponsor provided a lot of help for her studies, which also helped with her own and her mother's medical needs. She wrote of the great weight her sponsor's help lifted from her mind when she didn't know how to help her mother. **Tenzin Dadon**, another long-time sponsoree, is pursuing a degree in physiotherapy in Mangalore for which she has



T. Dadon

received aid for school fees independently of FOTSI. Another sponsoree, **Tenzin Yougyal**, has graduated from high school and joined the Indian Army. Sponsored **Tenzin Nyima** also graduated from 12th grade, but family financial issues kept her home. She hopes for college, even nursing, if we can help a lot. **Tenzin Tseten** is currently in 12th grade. His parents served in the Indian army, but he may attend college. **Please help with our college scholarships... they are the future for many!**

Education -- Tibetan Children's Village, DG School & More



Karma Tashi

Pupils at Tibetan Children's Village Schools

The Tibetan Children's Village (TCV) is a thriving 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 nearly 17,000 students. Our **Karma Tashi, 16**, is fully sponsored at the **Bylakuppe TCV** and doing well in Class 11. We also sponsor another student at that school, **Kalsang Gyatso**, now in Class 9.



Kalsang Gyatso

We have written previously of how he had a very hard time after his mother died, was moved from family to family, and ended up working in a restaurant and not allowed to attend school. A monk we sponsor at the Drepung Gomang Monastery (Ven. Jampa Choeden) took him in to live in his quarters and got him into a school up to 8th grade. He was an excellent student. There were documentation difficulties getting him into the Mundgod Tibetan settlement high school. Finally Ven. Jampa got him into the Bylakuppe TCV School. We are sponsoring both Ven. Jampa and Kalsang and sending money to help Ven. Jampa pay Kalsang's school fees. Kalsang wrote us a great thank you letter saying how much he loves the school and how grateful he is. **Sonam Tenzin** is a FOTSI sponsoree whose family lives in the Mundgod Settlement. He is now in Class 9 in the **TCV School in Gopalpur**. His FOTSI sponsor has sent support for him for years, and through our Emergency Fund, FOTSI helped Tenzin Sonam's mother pay for medical treatment (see pg. 9).



Sonam Tenzin

We have thus helped peripherally, but are not his sponsor at Gopalpur.

Dre-Gomang School (DGS)

This school teaches English, math, social studies, Tibetan language, and Buddhist religious courses to young monks sent there from poor ethnically Tibetan areas and the few who can still make it out of Tibet. It also acts as a summer school for all the boys and girls of the Mundgod settlement who wish to attend classes in Tibetan language and culture. These programs help preserve the endangered Tibetan language and culture. (See pg. 5 about Kartse Rinpoche, a Tibetan lama now in prison in Tibet for his defense of Tibetan culture and the environment). The school periodically has Science Exhibitions created by the students and teachers, to which all local Tibetans and Indians are invited. Please see **pgs. 12-13**, for details on our **FOTSI project** that helped buy a **new generator** so the school can run at night when there is no electricity, and our **new project** to help **repair and replace the toilets and washing facilities used by hundreds of children, teachers, and visitors at the school. We are urgently requesting help for this unglamorous but urgent health need.**



Little Monks' Reading Class at DG School

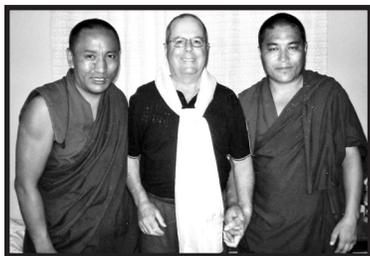


Drepung Gomang Summer School

Educational Aid to Tibetan Monks and Nuns

We sponsor a Tibetan monk who is benefitting from English and other studies at the Lha Institute in Dharamsala, monks who are studying for their Geshe Degrees (some in the extra six year program), and nuns pursuing similar degrees. See pgs. 15-16 for more on supporting monks and nuns.

FOTSI Donor Greg Hunt's Report on His Visit to Mundgod



*Gungru Health Committee Director
Lobsang Tashi, Greg Hunt, and
Former TB Patient Sonam Phunsok*

I traveled to India this year to visit my FOTSI sponsored family. I am happy to report they are doing well. Chela was unable to travel to Mundgod this year due to her husband Paul's health issues. She asked me to assist her with some pressing FOTSI details while in Mundgod and I readily agreed to do so. Chief among Chela's concerns was obtaining the latest financial reports for FOTSI and that became my main focus.

FOTSI works closely with the Tibetan Office in Camp 3, and I made an appointment to meet the new Representative, Mr. Phuntsok Tsering. Originally from Ladakh, he is relatively new to the position. Mr. Tsering is very personable and we had an enjoyable discussion. He asked me to thank Chela and FOTSI for all of the amazing work they do for the Tibetan community in Mundgod. I relayed Chela's request for the latest statements and he agreed to help. While at Camp 3, I was able to meet the new FOTSI Social Worker, Dickyi. This position had been vacant for a while and communication between Chela and the Tibetan Office had suffered as a result. Dickyi is very sweet, somewhat shy, but I was impressed with her professionalism and dedication. I think she will be an asset to the Office and will do a great job. I also had an opportunity to visit with Tenzin Yangker, the Office accountant. I have known her for several years and enjoyed seeing her again. She is a real expert on her community and a tireless worker. She was very busy but somehow found the time to prepare the report for FOTSI's Emergency Fund.

A short distance from Camp 3 is the Jangchub Choeling Nunnery. FOTSI's liaison with the nuns is Ven. Tenzin Norzom, a dynamic and inspirational woman with a very strong but welcoming demeanor. She helps facilitate FOTSI's aid to the nuns and handles the nunnery's financial reports. Almost totally deaf, she is adept at reading lips and can communicate well in English. Tenzin Norzom is very busy with her work at the nunnery and she also is studying for her Geshe exam. But she told me she would send Chela the financial reports for the nunnery ASAP. We had lunch the next day and exchanged gifts; I look forward to seeing her the next time I visit Mundgod.

One last request was to meet with some of the monks who have been helped by FOTSI's Gungru Khangsten Monks' Health Fund. This fund helps monks with special health issues, such as TB, diabetes, ulcers, and hepatitis. Many of these conditions are caused in large part by unsafe drinking water and the very hot and humid climate of south India. I had a delightful conversation with two special monks, Lobsang Tashi and Sonam Phuntsok, in my room at the Guest House. Both have suffered from TB and are now doing much better. Several monks continue to battle recurring health problems but the money provided by this fund helps to offset the costs.

Each time I travel to Mundgod I am inspired by FOTSI's charitable and compassionate efforts for the local Tibetans. Chela and Paul and everyone associated with FOTSI deserve the highest praise. By providing financial aid, scholarships, and medical assistance, FOTSI plays an important role in the welfare of the Tibetan refugees in Mundgod. I am honored to play a small role in FOTSI's special legacy in Mundgod and extend my heartfelt thanks to all of the donors and volunteers who make FOTSI such a great success. ----- Greg Hunt

True Story of Tsen Kin Quin, a Tibetan Monk (cont. from pg. 16)

Tsen Kin Quin was the oldest child in his family and had 3 brothers and 6 sisters. He said, “one of my sisters was born as a boy, but, suddenly, after one month became a girl!” He said this was very strange, but was a known thing among Tibetans. His parents had been worried. We checked this with other Tibetans and were told that, due to the worry that a prospective monk up to age 25 could turn into a girl, Tibetan monks were not to take final vows until they were at least 25! Before Tsen Kin Quin’s father, Lu Gya, was married, he was in the Kyam Ri Monastery. His father had loved the monastery and had a wonderful teacher there. When the Chinese came into Amdo with force, they destroyed that monastery. At that time, the Chinese soldiers shot Lu Gya’s left leg near the knee, leaving an awful scar and crippling him. The soldiers took Lu Gya and his teacher to prison. Tsen Kin thinks the Dharma teacher was in jail for about 25 years. His father, being close to that teacher, was also in jail for some time. Finally, he got out of jail, could no longer be a monk, and married Dolma. Lu Gya and Dolma worked very hard as nomads and increased their numbers of animals over time. Tsen Kin Quin was their first child.

Up to age 11, Tsen Kin was a nomadic herding boy. He loved the animals, and even many years later, after he escaped to India, he remembered the animal sounds and how to use the herding cord/slingshot that all the boys had. He kept one of these cords when he later left Tibet, and it remained a prized possession that he showed Chela when he met her. The cord had a place to hold a stone for driving animals as well as long pieces which could make slapping, snapping sounds for herding animals.

The family ate tsampa and tea, and some meat, if they went to Silang (a Chinese town, he said, “not good”), or Kumbum (a Tibetan town, “wonderful”). They also ate bread. When they went afar as nomads, they carried small tents (for 2 or 3) on horses. He loved to ride the horses and was good at it. The monastery in Kyam Ri was somewhat rebuilt in 1978, and when Tsen Kin Quin was 11, he was sent there to replace his father. He lived there about 4 years. He excelled at Tibetan reading and writing and he memorized religious texts, but he also worked hard at ordinary chores. At first the monks lived in a tent at the monastery. Later they built hostels, but by that time he had left for Lhasa. His old teacher was still in jail, which was a sorrow to all in that part of Tibet, as he had been the cause of Buddhist philosophy flourishing there.

He began thinking about escaping from Tibet. In 1982, when he was 16, Tsen Kin Quin went to Lhasa with some other monks. They started from Kumbum and went by rail to Na GorMo and by truck to Lhasa. When the monks heard a vehicle coming, the elders hid the young monks because, under Chinese rule, one had to be at least 18 to be a monk. In the monasteries in Lhasa and in Amdo they had no pens but used other implements. He was good at studies and liked learning at the monastery, although he missed his nomadic life. In Lhasa, Tsen Kin lived in a lean-to above Drepung Monastery with two other people and got food from other monks’ Geshe Tongo celebrations (when a monk celebrates getting his Geshe degree) and during various festivals.

In 1986 he lived in a cave for 6 months and did 100,000 prostrations at Lhasa’s Jokhang Temple. He was thinking about going to India to get blessings from His Holiness the Dalai Lama. Eventually, he left Lhasa and went through the Toe Ngya Lam where Jetsun Milarepa had meditated for many years. Since the local people knew the Chinese were blocking the road and doing everything to stop Tibetans

True Story of Tsen Kin Quin, a Tibetan Monk (cont.)

from going into exile, Tsen Kin's group of 3 monks and 2 Khampa girls was very careful. They slept during the day and walked at night. They went through jungles and hills to avoid roads. At the Indian border (actually Sikkim) he was caught. Having no papers, he was arrested. At first they were locked in a dark basement prison; later they were sent to a prison in Gangtok for 6 months. This prison was not bad at all. It had two stories and a good view. He was asked a lot of questions but was not beaten. He was allowed to use the toilet and given rice and dal (lentils) to eat. When local ethnic Tibetans found out he was there, they visited him, and he did prayers for them. At this prison he was allowed to keep the food and other things they brought for him.

The Indian official in charge of that small prison in Gangtok said Tsen Kin would have to return to Tibet, but then he was transferred, and a Sikh replaced him. Tsen Kin Quin kept requesting permission to go to India. The Sikh was a good man and advised him to go to Kailas. So Tsen Kin was released to go back into Tibet towards Kailas. The Sikh helped him, gave him tsampa (ground barley), biscuits, and six policemen to protect him and the others to the border. So Tsen Kin returned to Tibet and proceeded to Shigatse, where he guided people from his area (Amdo) around Tashilunpo and Sakya. In Shigatse he met an older couple, a 70-year old man and his 50-ish wife. While they were circumambulating the temple at Tashilunpo, they said that they wanted to go to India. Right then they all decided to go together.

First, they went to the Sakya Monastery and Village, and then they headed for Nyalam Ri, a huge mountain. They traveled for 20 days in that direction. The older people had problems. They walked at night and avoided the Chinese, finally crossing the bridge into Nepal. There they saw two young guys, "Nepali guides", who stole money from them. After some time they reached Katmandu, where they found the Tibetan reception office. Tsen Kin Quin and one other young man went to Dharamsala. The two older people went to Bodhgaya. Based on where he was from in Tibet and his history, he was given some money and tickets to get to south India, to the Drepung Gomang Monastery. He still had his nomad's slingshot cord with him and carried it across the border into India in 1988.

At Drepung Gomang in south India he was monk arrival number xxx (we omit his actual number, to protect him and his family), a low number, since now the monastery has around 2000 monks. He worked and earned money for the monastery in several ways. He was especially talented as an artist, making ritual items, and painting both thangkas and furniture, having learned such arts from relatives and others when he was young. After he arrived at Dre-Gomang, he learned a lot more. He especially liked the traditional "appliqued" thangkas and made amazing pieces.

Several times Tsen Kin Quin was very ill. One serious illness was hydatid cysts of the liver, a disease nomads can get as children. This illness and others almost killed Tsen Kin. He always worked hard and survived many tough times. But whatever happened, he was kind, and, always, he **glowed**. Knowing him has been an unforgettable experience. Note that *some names of people and places have been changed to protect Tibetans*. Tsen Kin Quin himself helped me do this to be as close to authentic as possible without endangering anyone. ***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 to support of Tibetan refugees is now disallowed, and more Tibetans are shot trying to cross the border. The stream of Tibetans escaping Tibet to India was reduced to about 200 in 2013.***