



FRIENDS OF TIBETAN SETTLEMENTS IN INDIA

(“FOTSI”)

Annual Report and Newsletter for 2010-2011 Projects in Mundgod and Bylakuppe Settlements



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Financial Report for 2010 (ref. IRS Filing, Doty, Lyle & Jones, LLC)

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

Income

Donations	\$43,022
Interest Income, Bank Incentive	\$ 69
Total Income	\$43,091

Expenses

Program service (see details below)	\$51,882
Program service expenses (India travel, mail to India, supplies)	\$ 2,398
Fundraising (newsletter, software, mail, copies, photos, supplies)	\$ 603
Administrative (IRS reports, State Registration, supplies)	\$ 747
Total Expenses	\$55,630

Our Program Services in 2010 = \$51,882

Education \$16,819

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

Health/Hygiene/Emergency Aid \$ 9,018

Representative's Emergency Fund, Hospitals, Monks' and Nuns' Med. Funds, medical aid to laypeople by monks' and nuns' projects, direct aid, animal rabies shots, etc.

Sponsorships/Self-Sufficiency/GroupSupport \$26,045

45 sponsorships through Rep. Office, 20 nuns, 40 monks, nuns' new shelter, child rescued by monks, plus short term group or individual aid

Our "Program service expenses" include India travel (most donated by FOTSI President) \$1970, our registered mail to India, \$341, check cost \$24, and supplies \$63. At the end of 2010 we carried forward \$37,267. Much of this was used and allocated during our early 2011 India trip. Including early work as CFT/TSI and now as FOTSI, our program service has exceeded **\$550,189**. As usual, **no salaries have been paid to anyone in FOTSI. We deeply thank all donors who have donated for FOTSI's operating expenses! Donations to FOTSI were down 30% from 2009 to 2010, 2011.** We are hoping for a better 2012. **We do know that health and education needs in the USA are a big concern for many of us, and so doubly appreciate all of you who remember those in Tibet and many still suffering in camps in India!**

November, 2011

Friends of Tibetan Settlements in India,

“Thank You!” from the hundreds of Tibetans you have helped! In 2010-11 we sponsored 105 laypeople, monks, and nuns, and aided many students, teachers, and others. We helped with medical treatment, scholarships, and shelter. In 2010 we put **\$51,882 into our relief programs in India**, spent \$2398 on India program expenses (travel, registered mail), and used \$1,350 for fundraising and administrative needs (state registration, IRS reports, newsletter, etc.). Given the employment and health problems plus bad economy facing donors again this year, the Tibetans were most grateful to be remembered. **With your help, we can continue our mission to aid Tibetan refugees in camps in India.** In this letter I’ll describe important issues for Tibet and Tibetans. Later there are glimpses into hardworking lives in exile and the plight of children who’ve given up hope of education in Tibet.



FOTSI continues to play a special role in India’s Mundgod Tibetan Settlement, established in the early 1960’s. The head of this camp, Palden Dhondup, again complimented FOTSI on its unique and cost effective work for the poorest exiled Tibetans. We can do a lot, since FOTSI and many Tibetans work on projects for no pay, and many things are cheaper there than here. Because we can monitor our work, and don’t have the problems of warlords, terrorists, or huge natural disasters that aid groups in other places face, our small efforts can have **long-lasting, positive results**. FOTSI remains one of the few sources of college scholarships at this settlement of almost 18,000 people.



Protests and Death Near Kirti Monastery

With great sadness we report that 11 self-immolations have occurred in Tibet since March 16, 2011. Two were nuns and nine were monks; many of the monks were from Kirti Monastery. Of these, 5 are known to have died. The others



Protest in Tibet

are badly burned. Although HH the Dalai Lama pleads with his people not to do such things, these are **acts of desperation of a people who see no hope for freedom**, who are **suffering from the current political crackdown in Tibet**, and want to give their lives for the sake of Tibet’s people, culture, and religion. The Nov. 14, 2011 issue of **Time Magazine**, had an article about the immolations and the increasingly tense situation. At **YouTube.com**, type, “Protest at Kirti”, “Chinese Police Beat Two Tibetans”, and other keywords. See also the International Campaign for Tibet website, **www.savetibet.org**, and its magazine, “Tibet Press Watch”.



Tibetans in India Protest

Tibetans in Nepal and India have been holding vigils to call attention to the situation. Many Tibetans and political scientists are noting that the current Beijing Government leaders are more repressive than ever.



The don’t want a “Tibetan Spring”, or a Uighur spring, any others either.

When in India early in 2011, I had a wonderful chance to meet the **Dalai Lama** at the Jangchub Choeling Nunnery, where he **thanked** me, as a representative of **FOTSI for all of our joint work**, especially that for the nunnery, whose improved facilities we were all celebrating (see pg. 6). He was there to greet the citizens of Mundgod, to hear the monks and nuns debate, dedicate a new building at Rato Monastery, and give some teachings. In July, in Washington D.C., he gave the Kalachakra



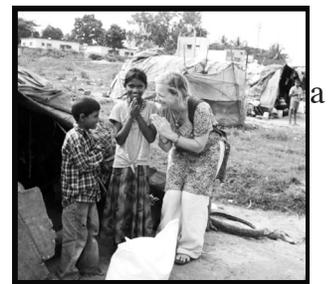
Dalai Lama, Obama, July 2011

teaching, dedicated to world peace, and then **met with President Obama**. The Huff Post reported that the Dalai Lama said, “Firstly we developed a very close sort of feeling for each other.” He said Obama expressed his concern over basic human values, such as human rights and religious freedoms. “So naturally he shows genuine concern about suffering in Tibet and other places.” Hours before the Dalai Lama’s

arrival, the Chinese Foreign Ministry urged the White House to cancel the visit.

The Dalai Lama announced this year that his official role in the Tibetan exile administration was ending. Most Tibetans were very much against this, but it is part of the Dalai Lama’s long-stated wish to have Tibetans democratically run all their secular affairs, while he will remain as the leader of their Tibetan Buddhist faith. As a result, the hesitant Tibetans modified their charter. Now their political leader is newly elected **Prime Minister (Kalon Tripa), Lobsang Sangay**, 43, who wrote his doctoral dissertation at Harvard Law School on establishing a democratic government in exile. But we were very worried to hear that all the ballots submitted in Nepal by Tibetans voting for the new Prime Minister were seized and trashed by the Nepalese police (instigated by guess-who). Now there is a distressing report on dangers for Tibetan refugees transiting Nepal and for its refugee community. See www.savetibet.org/documents/reports/refugee-report-dangerous-crossing-2011.

While I was in India I met Leann Halsey (MSW), who has started a non-profit called, “**Pennies for Partnerships**”. Her group buys rice at Fair Trade price from poor Tibetan organic farmers and distributes it to Indian families in communities who work to recycle plastic. These Indians are some of the poorest in India and often resort to begging to meet their basic needs. To date, 5.3 tons of rice has reached approximately 1170 people. This project helps the environment, Tibetan farmers, and poor Indian families! See indiasocialwork.wordpress.com for more.



Leann Distributing Rice

At the request of professor Andrea Williams, I gave a talk to a **class for seniors at Colorado State University**. The class was “Travelers (INST 492) and was studying global migration issues. We had a good discussion about Tibetans, India, and the students’ projects and travel experiences.

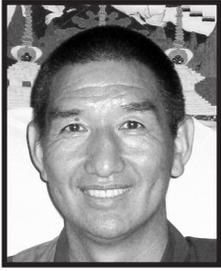


Chela at CSU

Unfortunately, due to some awkward health problems like those I had in 2005-7, **I will not be able to travel to India in 2012**. However, **our work and projects will continue in full force**, and I hope to be able to go to the Tibetan Settlement in Mundgod in 2013. In the meantime, treat yourselves well, and celebrate all the help that you’ve given needy Tibetans.

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

Tibetans Who Make FOTSI's Programs Work -- 2011



Samten Gyatso



Lobsang Sangyas

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 2010-11 are shown and described here.



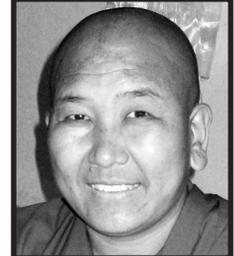
Palden Dhondup

Geshe Samten Gyatso - senior administrator at the Drepung Gomang Monastery; big help to FOTSI and Tibetans

Geshe Lobsang Sangyas - runs one of our monks' health projects; coordinates activities when Chela visits; and takes care of her; he does major work at Gomang too

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

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



Tenzin Norzom



Dr. Kyizom

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

Geshe Nawang Tsondu - translator, keeps me in touch all year

Geshe Sonam Dawa - Gomang accountant; co-founder of TVA

Sonam Palmo - Head nurse at DTR Hospital; advice invaluable
(photos of people listed below are on bottom row)

Migmar Tsering - Secretary Gomang; works expertly and kindly with FOTSI and all donors (shown below with his son)

Tenzin Yangker & Nyima Lhamo - great accountant and social worker at ORM; expert, kind advice and translation

Gungru Khangtsen Health Workers - Lobsang & Ngawang C.

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

Tamdin - Head of the Home for the Elderly (photo with article)

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

Lobsang Tsono, TCV Upper Dharamsala; (no photo)

Lobsang Monlam - Tibetan Volunteers for Animals (no photo)



Nawang Tsondu



Sonam Dawa



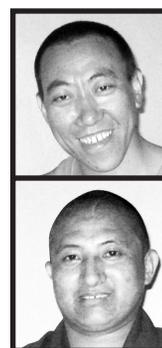
Sonam Palmo



Migmar Tsering & Son



Tenzin Yangker & Nyima Lhamo at ORM



GK Health Workers



Kunga Nyima at Work

Shelter & Sponsorships

Celebration of Nuns' New Buildings -- His Holiness the Dalai Lama Visits Mundgod with Praise for Everyone Who Helps

After giving teachings in various places in India, especially Sarnath, **HH the Dalai Lama** went to the Mundgod Tibetan Settlement to be with his Tibetan people, inaugurate Rato Monastery, listen to



debating by monks and nuns, and celebrate the new buildings at the Jangchub Choeling Nunnery. Everywhere he went, including a visit to the Home for the Elderly, he spoke with Tibetans about their situation. On February 3, 2011, (Feb. 4 in the US) at the **Jangchub Choeling Nunnery**, he spoke about the history of nuns in Tibet, about their Buddhist studies, and the upgrading of their status as nuns, scholars, and teachers. In his talk with the nuns, he was, as usual, extremely supportive of women in general. He was very happy to see that the nuns at Jangchub Choeling finally have decent living quarters, good

food and potable water. He has always helped the nuns but he doesn't have the resources to provide everything needed by all Tibetans. So, during his visit to the nunnery, he joyously celebrated the nuns' hard work and the financial help of those who have helped the nuns so much.

These benefactors included a generous German man, "Mr. Paul" and his group, a Taiwanese Buddhist nun and her group, and FOTSI, which I (Chela) was fortunate enough to represent. To celebrate all this help, HH the Dalai Lama was most warm to us all. **To specially thank FOTSI, he warmly and firmly grasped my shoulders, and with happy words, expressed his joy both about all women who help, and for all the**



Tenzin Norzom



Dalai Lama Thanks FOTSI & Chela

FOTSI donors who have helped Tibetans and especially those who have helped the nuns with their new buildings and health. He was funny, too, and made me laugh. As I had not known that all this would happen, I was in a state of "bliss, shock, and awe" at the time, while conscious that **I was a representative for all of you FOTSI donors.** Fortunately, someone snapped some photos and emailed them to me. I was proud of nun **Tenzin Norzom**, who manages our donations to the nunnery, is sponsored by FOTSI, and was one of few nuns selected to chosen to debate Buddhist philosophy before the Dalai Lama.

The event at the Nunnery was lengthy and dramatic, including spirited bagpipe music by the Tibetan Marching Band (the Tibetans got into bagpipes after the English invaded Tibet in 1904, later left, and had a lot of interaction with Tibet thereafter). You can see videos of the band and the Dalai Lama's arrival at Jangchub Choeling on the internet at www.youtube.com/watch?v=waDydTazpJA or by searching for "Dalai Lama arriving at nunnery in Mundgod-YouTube".



Tibetan Bagpipe Marching Band

Shelter & Sponsorships -- Nuns' New Buildings (cont'd)



Old, Bad Nun's Room

In spite of the major improvements made recently, nuns at Jangchub Choeling still have to work hard to pay off remaining loans, and to simply support themselves while they study and fulfill their new and old traditional roles in Tibetan society.

There are about 250 nuns in their nunnery. The newly added building has 54 rooms

and accommodates 108 nuns. There are also good new toilets, basins, and showers in the building. Taiwanese friends helped

the nuns build a new kitchen. I know we have been writing about this new housing for several newsletters, but it has really been a big effort by many to create this good new shelter, and we wish to thank all involved again. The nuns still must pay off loans and maintain all the buildings.



Bright, New Shelter for 108 Nuns

For the new shelter we sent the nuns over \$4,000 in 2010 and 2011. We have participated in this project as best we could, although most of FOTSI's funds have been sent for sponsorships and medical care (see our "Health" section). The nuns send a big "Thank you" to all and have sent many individual thank-you notes. Many women have been at this nunnery a long time; others have more recently escaped truly life-threatening situations in Tibet. They are all thrilled with the upgrade to their facilities. The nuns work hard to raise funds by running a small permanent restaurant and shop plus open street-side enterprises

when the Dalai Lama visits. They make handicrafts, such as bracelets and zipper pulls. FOTSI sponsored 20 nuns in 2010-2011, sending \$3,302 to them and \$371 to other nuns in 2010, and \$2,310 to them in 2011. Below are photos of *some* of our sponsored nuns.

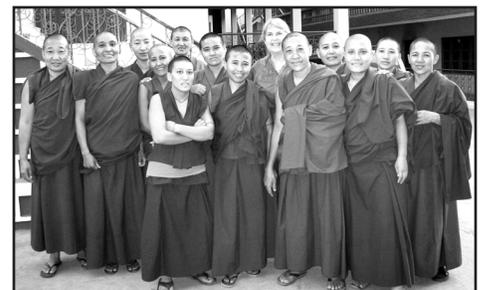


Early Days-Young Nuns, Girls from Tibet



Tenzin at Street Shop

We support Sonam Tsekyi and Tenzin Dolkar with patched together one-time funds, and we'd love to find sponsors for them. New nun sponsorships are \$100 per year. Please help if you can!



Nuns saying "Thank You"



Sonam Tsekyi



Tenzin Dolkar



Tenzin Namdol



Lobsang Choeden2



Ngawang Jampa



Dolma Choetso



Kalsang Choeden

Shelter & Sponsorships

Mundgod Office, Representative of HH the Dalai Lama



Some of our Sponsees & Relatives with Chela in 2011

In 2010-11 we sponsored **45 people** -- 19 young persons, 20 elders, and 6 middle-aged -- through the Representative's Office. Of our young people, 11 are girls. In 2010 we sent **\$17,350** for all programs through this Office, of which **\$7,118** was explicitly for our sponsored Tibetans and their families. In 2011 we sent **\$17,148**, including **\$7,378** for our sponsored people. Scholarships are counted separately (see pgs 23-26); sponsees also benefit from our Emergency Fund (pg 16). Minimum sponsorship is \$120 per year.

Chela met most FOTSI sponsees in India in February, 2011. She often visited the **Home for the Elderly**, where five of our elders live, including **Kunsang Wangmo** and **Tsokyi**. Sponsorship at this Home provides food, medicine, activities, and care, as well as shelter. Kunsang Wangmo's sponsor sent her a Green Tara (Savior) poster of a painting she had done, and all of the elders at the Home enjoyed it tremendously. Now framed, it decorates Kunsang's room, which is open to visitors.

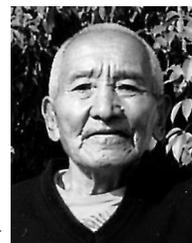


Tsokyi



Kunsang W., Tara, & Relative

This year, two of our sponsored elders died - **Lhawang Namgyal**, of old age, and **Tsering Lhamo**, due to complications of diabetes. We are inquiring as to whether Lhawang's wife, Lhakpa, needs a sponsor or other aid at this point. Lhawang had not been living in the Home for the Elderly, but Tsering Lhamo, due



Lhawang Namgyal



T. Lhamo Years Ago & Recently



T. Dorjee



Tsamchoe

to her very poor health was there. We helped her get shelter there a few years ago. When she passed away, we shifted her sponsorship to her sister, Tsamchoe. **Tsamchoe** is an amazing, peaceful woman who has been caring for Tsering Lhamo's son, Tsering Dorje, who has **serious mental illness** and many resultant problems. Mental illness is so hard to deal with in refugee areas. Tsamchoe gives essential medicine to Tsering. This is crucial because he, when untreated, can become threatening and a danger to the whole settlement. In 2010, Tsamchoe's own son, Tsering Dhondup, who had been so helpful to her, suddenly became crippled, and was diagnosed with a neurological problem, so, this hard-working, kind woman has had to care for both him and Tsering Dorje to date. Tsamchoe's Canadian sponsors ran into their own difficulties and illnesses and were unable to send sponsorship funds. So, FOTSI's general donors have been covering the shortfall. With these funds and our Emergency Fund, we have managed to continue helping Tsamchoe. Tsamchoe's son may recover eventually, but could have several recurrences of his problems before they are behind him. The Office has informed us that T. Dorjee has not been a problem for the community recently.

Shelter & Sponsorships -- Office of Rep (cont'd)

Helping Tsamchoe is an example of one of our best uses of funds. Let us know if you or a friend wishes to sponsor Tsamchoe. You would be helping the entire Mundgod Tibetan Settlement.

Tsering Dhondup, 74, is also a resident of the Home for the Elderly (“OPH”), and has found good shelter there after leaving Tibet. He has failing eyesight and a deformed arm/wrist due to a bad accident, but gets along well and is always cheerful when I meet him. His sponsors, not young and with recent financial challenges, **can’t continue his sponsorship. Please consider sponsoring him or sending some one-time funds to help us keep him at the OPH.**



Tsering Dhondup

Tenzin Dadon’s father died in late July, 2011. **We have sponsored Tenzin since she was very young.** Her sponsor, **Greg Hunt**, as we’ve written in previous newsletters, has travelled with me and on his own to Mundgod to visit Tenzin Dadon and her family and others at the Tibetan settlement. Tenzin’s father had had tuberculosis and diabetes. Greg helped Tenzin and her family a lot. This extended family had only her father as an earning member. But the household included two elderly grandparents over 80, Tenzin’s mother and 4 school-age children, 3 children of Tenzin’s late aunt, and a mentally retarded cousin! In past years Tenzin’s father took out loans for planting and irrigation (well over \$6000, or “3 lakhs”). He worked hard to pay this back, and whittled it down by half. In August FOTSI used some of its emergency funds and released 21,000 Indian Rs (about \$440), in addition to sending Greg’s help. Together we haven’t yet resolved this large problem, but we’re keeping the it at bay for now. Greg will go to Mundgod as soon as he can get the required Protected Area Permit.



Tenzin Dadon+Sister Feb, 2011

We have also aided **sponsoree, Goki**, and his family, who’ve been beset with antibiotic-resistant TB and saddled with loans from a daughter’s sweater selling effort. Some progress on the loans has been made. See more about this family on pg. 16.

On happier notes, our young sponsorees, **Tenzin Tseyang** and **Tenzin Palbar** are doing well. **Tsering Choephel**, whose home we helped repair a



Karma Sonam, Indian Army Soldier

few years ago, is fine and the

house is in great shape. **Lobsang Dolma**, a widow with several children, is struggling, but hanging in. We sponsor one daughter at TCV and helped another with local study-hostel fees. **Our previously sponsored Karma Sonam**, is grown up and in the Indian army, working hard to protect borders.



Lobsang Dolma & Daughter



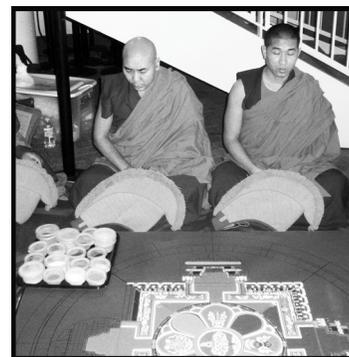
T. Tseyang & T. Palbar



Tsering C.

Shelter & Sponsorships -- Monks & Boy

As we wrote in the 2009-2010 newsletter, when the first Tibetan monks arrived in Mundgod in the sixties, their lives were a true struggle for survival. They had little time for their former philosophical studies, arts, chanting & prayers, or their roles as counselors. They worked in parched or monsoon soaked fields trying to grow corn and were beset by cobras, and, sometimes, marauding elephants. They were hungry all the time; there was no medical aid. They lived in tents and were shocked by the heat. Their numbers were decimated by TB and other diseases. Fortunately, now they can fulfill their traditional roles **and** work at supporting themselves and their Tibetan community. They manage to produce much of what they need, but sponsorship has helped many **regain health** after escaping Tibet and helps those **still struggling** in their resource-poor refugee setting. They participate in "Monks' Tours" to the USA, Europe, Russia, and other areas. These tours raise consciousness about the plight of the Tibetan people as well as contribute to fund-raisers for needs in the areas they visit. They share their peaceful outlook, and raise funds for their own food and medicine. See www.gomang.org.



Gomang Monastery Tour-2011
Sponsored T. Tsering at Right

In the past we helped monks build some of the first **shower facilities** in Lama Camp #2. Earlier, they often had only one set of clothing and minimal bathing facilities. So lice and scabies were a big problem, and the showers helped. We continued to build **more washing and toilet facilities** and things improved. We helped monks who had just escaped from Tibet with bedding, clothing, and furniture. Lately we've been raising funds to help Chepa Khangtsen repair a **huge leaking water tank on their roof** that may weaken and crash down into their building. It is not yet



repaired; we've given \$1045, but about \$1400 more is needed. In 2010 and 2011 together, we gave Dati Khangtsen monks \$425. They have problems crowding, utilities and sewage backing during the monsoon.



Chepa Monks Thanks for Help

In 2011 an Irish group led by Ven. Panchen Oetrul Rinpoche visited Gomang Monastery. They have provided funds to enlarge Gungru Khangtsen's living quarters. These monks are in the midst of construction now, having been stalled by heavy monsoon rains. Rinpoche and his students returned to Ireland, taking **Geshe Tsultrim Gyaltzen, a former sponsoree**, with them to help Dharma Center. This group has done work for the Mongolian people, similar to what FOTSI does. Occasionally, I helped translate for them. For more, see www.jampaling.org.



Gungru Monks Working

In 2010 FOTSI sent \$7373 for our 45 sponsored monks and \$463 for medical and other aid for rescued lay boy, **Kalsang Gyatso** (see next page). In 2011 we sent \$7,796 to help sponsored monks, \$1,045 for the Chepa monks' future tank repair, and \$265 for **Kalsang Gyatso**.



Chela & Geshe Tsultrim

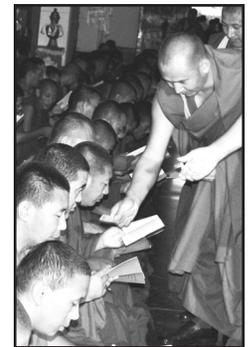
Shelter & Sponsorships -- Monks...

Monks comprise more than half the population of the Mundgod Settlement, because two of the largest Tibetan monasteries in exile are located there. Monks and nuns have a harder time under the oppressive Chinese rule, and often feel more pressure to leave Tibet. Most of FOTSI's sponsored monks are at **Drepung Gomang Monastery**, but some are at Drepung Loseling, Gaden Shartse and Tholing monasteries in Mundgod. The sponsorship money is used for medicine, books, food and basic survival needs. FOTSI aid sent to a monk often helps "roommates" and lay relatives. For example, **Tenpa Tsering** (in "Tour" photo, pg. 10) helps his two 90ish grandparents, and **Lobsang Dorjee** helps his grandmother.

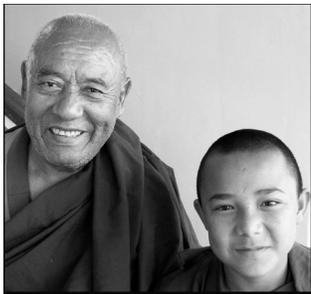


*Lobsang Dorje 2011, and 1995
Lobsang Helps Grandma Now*

When monks at monastic universities like Drepung Gomang graduate with a "Geshe" degree (Doctor of Buddhist Philosophy), they need to raise as much money as they can for their graduation ceremony, the "Geshe Tongo". This can be difficult, but the funds are used to give food and money to all the monks in a monastery. This is the time-honored way Tibetans supported unsponsored monks, even in Tibet. Anyone who wants to help many monks at once is encouraged to donate to FOTSI for the next one of these in which we are involved. Most recently, sponsored monk, now **Geshe, Ngawang Rabjam** had his Geshe Tongo. His sponsor, many Tibetans, and another FOTSI donor donated to this interesting ceremony benefitting thousands.



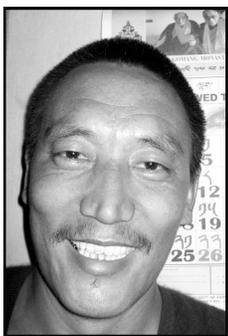
*Ngawang Rabjam
Distributing Money*



Abbot Lobsang & Nyima

We sponsor **Nyima** at **Tholing Monastery**, which performs ceremonies for the community, including funerals. It is famous for holding the "Nangding", special sacred treasures with associated ancient legends of Tibet. People even leave Tibet to see these in the Tholing Monastery in Camp #5. The abbot, Geshe Lobsang Monlam, has had recent surgeries, but has almost single handedly improved the monastery structure with funds from the Dalai Lama and others. We helped by making a CD to document the improvements. See

the internet for **Tholing's history**.



Jampa Choeden

Our sponsored monk, **Jampa Choeden**, is pursuing the Lharampa Geshe degree while also caring for young **Kalsang Gyatso**, who begged to be rescued from a kind of slavery. Later, Kalsang was injured, and Jampa saved his life. FOTSI provided funds for Kalsang's medical treatment, food, and clothing. Now, Kalsang is repaying Jampa, his sponsor, and other FOTSI donors by being **first in his class, and an outstanding athlete as well**. When he enters 9th grade, he'll move to a youth hostel



*Kalsang Gyatso with
Awards*

in Mundgod and attend the Central Tibetan High School. We're proud of how well he has done, having had to learn a lot on his own. We're proud of Jampa too, who has his own health problems, but carries on to such good effect.

Shelter & Sponsorships -- Monks cont'd

Karma Tsultrim, at Gaden Shartse Monastery in Lama Camp #1, arrived in Mundgod in the late 1990's. We met him in 1999, when he was 15, and found a wonderful surgeon who eventually did 6 surgeries on him. The surgeries replaced his eye, gored by a yak in Tibet, with a glass eye, and repaired internal and external damage to his head and face. Karma has done very well in his monk's life, thrust upon him when he escaped to India to get medical help. The only one who was willing to take him in was a monk at Gaden Shartse. Anyway, he knows a lot about suffering and compassion, and it turns out he is an excellent monk. In 2010-2011 he was best in his class and **was chosen to debate Buddhist Middle Way philosophy in front of the Dalai Lama**. His FOTSI sponsor is proud of his courage and his success at his Buddhist studies. Sometimes he helps with FOTSI projects.



Karma Practices to Debate before Dalai Lama

We still need sponsors for a number of monks whose sponsors have become ill or otherwise unable to continue sponsorship. Among those needing sponsorship are:



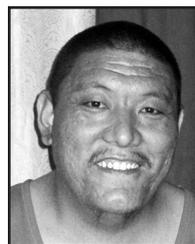
Tenpa Thinley



Tenpa Tsering #2



Lobsang Dhondup G



Lobsang Ngawang #2



Lobsang Samphel

Health --Aid at the DTR Hospital

One of our donors again asked FOTSI to use part of her donation for the DTR Hospital, the oldest in Mundgod. For years FOTSI has helped DTR remodel, put in good toilets, remove monsoonal damage and fungi, buy equipment, and discourage cobras. This year we wanted to help the neediest patients, Tibetan and Indian. The DTR nurses promised to guide the funds well. The DTR staff helps everyone in the local area. Nurse Sonam Palmo is shown holding a pack of medications that Irish visitors had given Chela for the hospital. Photos below include our sponsored Dhondup Tsering waiting for medicine at the pharmacy. Chela personally benefits from the advice and medicine obtained at DTR. Please note: we need to find a new sponsor for D. Tsering!



Tenzin Palmo Accepts Gift of Medicines from Irish visitors



DTR Pharmacist



DTR Pharmacy Sign



Nun T. Sonam at DTR



Patient, T. Dhondup



DTR Staff Member

Health

Medical Needs at Jangchub Choeling Nunnery

Many nuns suffer incarceration, beatings, and other problems in Tibet. There they are often afraid to go to Chinese Government hospitals. Years ago Chela had to ask staff from the Doeguling Tibetan Resettlement Hospital in Mundgod, across the road from the nunnery, to go over for a cheerful visit to do eye-checks and to meet the nuns.

The staff were mostly Tibetans, and the nuns made friends with them and began freely going to that hospital. The bitter taste from years of fear was no more. Now FOTSI's major effort for the Tibetan nuns is funding medicine and medical/dental treatment. Other groups also help, but the aid is not very flexible, doesn't include dentistry, and isn't enough to provide all that the nuns need.



Lobsang Dolma Hand Surgery



T. Lhatso & Medicine

In 2010 we sent the nuns \$12,348; \$4,700 was for nuns' medical/dental needs, \$100 was for their community medical aid. In 2011 we sent them \$6,915; \$3,305 was for the nuns' medical fund, \$200 was special medical aid to one nun, and \$200 was for the nuns' community aid. Some nuns were aided by funds we sent the Kharyak Charitable Society, which Mr. Tenpa TK's wife ran in 2011. See pg. 19 for how part of the community aid went to **Dolma Sangmo.**



Thubten Lhatso Thanks Her Sponsor, FOTSI, and Chela



N. Tsomo

Our funds were used for major surgeries and treatments related to heart disease, gynecological problems, broken bones (ribs, foot, hand), Hepatitis B, serious sinus problems, gall stones, knee problems, ulcer and digestive problems (mostly due to bad food and water in nuns' past), back problems, kidney and eye problems. We also covered bills for dentistry, glasses, headaches, X-rays, and ear, nose and throat problems. **The most dramatic story about nuns' health is Tenzin Sonam's narrow escape from death, by a concussion after a fall next to a 6-foot drop to train tracks on which there was a moving train (see pg. 19).**

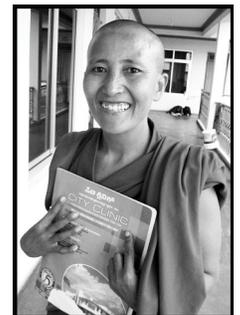


G. Choedron #2



N. Choedon

Lobsang Dolma Jupa, had successful hand surgery. **Thubten Lhatso**, 78, co-founder of Jangchub Choeling, suffered from heart, knee, hypertension, and digestive problems. **Gyaltsen Choedon #2**, had knee surgery, **Kalsang Dolma**, has Hepatitis B, and **Namgyal Lhamo**, had heart surgery. **Narnag Tsomo**, **Ngawang Choedon**, and **Ngawang Penkyi** had other surgeries. **Lobsang Choedon #1** injured her finger. **Dolma Yangzom** had a lipoma excised. **Many more were helped. All are deeply grateful!**



Kalsang Dolma



N. Penki



Lobsang Choedon



Namgyal Lhamo

Health --Tibetan Volunteers for Animals

The Tibetan Volunteers for Animals (TVA) has done a lot for animals in the Tibetan Refugee Settlement Areas in India. They vaccinate dogs and cats against rabies and scabies, and they run “ABC” (Animal Birth Control) projects as well. This is necessary because dogs and cats can be abandoned and dumped into the camps, or stray into them. These animals multiply, often suffer, have terrible fights over garbage, get bad diseases and spread them, causing danger to themselves, other animals, and humans. Rabies used to be a big concern in the settlements. Chela remembers being chased once by a wild dog that tore her skirt badly, but, fortunately, not her. She even got rabies prevention shots the first few times she went to Mundgod. TVA also advocates vegetarianism, for the sake of the animals *and* also the people. Even if one is not swayed by concern for the animals, it is much more dangerous to eat meat in rural areas of India, where stunning heat is common and refrigeration is flaky, due to frequent power shut-offs and outages.



Sera Project, from TVA Website

TVA did great work in 2008 in Mundgod, when 2300 animals were vaccinated for rabies. That year FOTSI donated to the group. Also, one of our donors is a major contributor to TVA’s projects on her own. In 2011, TVA did a 14-day pilot project at Sera Monastery in the Bylakuppe Settlement. This was a joint project with Australia’s “Vets Beyond Borders”, Brigitte Bardot Foundation (France), and Sermey Social Service. See “TVA Organized Its First Animal Birth Control Program” on the website, bottom of page 15.



Geshe Sonam Dawa

For many TVA’s programs, they multiply their small people-power by getting Tibetan school children (on holidays) to help them, as well as local Tibetans, and they have received aid from Indian veterinarians and the groups mentioned above. FOTSI again donated to TVA in 2011 in a small way (best we could) and encouraged **active member Rinchen Lhaze and a Board Member of TVA, co-founder Geshe Sonam Dawa of Drepung**



Rinchen Lhaze

Gomang Monastery, to do another program in Mundgod. A huge ABC program was done in Mundgod in August, 2011, as well as rabies vaccinations and treatment for an injured animal they discovered. TVA members, such as Rinchen Lhaze, often use their own money and time to treat animals for skin or other diseases, when they can.

The Mundgod TVA program began August 9 by sterilizing 75 stray dogs over the first two days. Tibetans are careful about preserving life, so they didn’t treat pregnant females except for rabies shots. They were working with 2 vets and 9 helpers from Bangalore. They were gentle with all the animals. They thought Mundgod’s whole program (ABC and rabies) might cost \$10,000! The program plan was made by a Mundgod committee and TVA President and founder Lobsang Monlam. The hope was to get 1/3 of the funds from donations by the local people (Mundgod total population is about 17,500).



Mundgod Cat - Post-op

Health -- TVA cont'd

Chela got **day-by-day reports on the project...**

"...well, today is the 4th day of the birth control programme and just today we operated on 54 dogs and total till now has reached 204. Now we are almost finished in Drepung, camp 6, and camp 8 and today we start in camp 7. Then camp 3, Gaden Monastery, and other areas. Along with the operation we also gave vaccinations for anti rabies and scabies too. Tomorrow is off because of Sunday. Things are moving so good here and we are happy too because the situation of the dogs is getting better. After the birth control programme we are planning to give anti rabies vaccinations to dogs in the whole settlement We have not yet given the anti rabies and scabies shots. Now it is clear that the dog population is more than we counted, and the budget has crossed past our estimate...."



Sera Project, from TVA Website



Mundgod Dogs, Awaiting Surgery

Later, we got more updates...

(August 16) Well, today the operations reached 320... Tomorrow we will still catch dogs in camp 3,4,5 to make sure there won't be any left. Then we will do it in Gaden Monastery and other places. If possible we may operate on dogs in the Indian villages close to the monastery and



Poor Dog Treated for Bad Scabies, etc.

camp, because if they have many stray dogs then they are also going over to the monastery... (Sept. 1)..” Now the number of dogs operated on reached almost 800. Still we will continue operations until Sept. 3rd. Then I really hope it will be totally over. We went to the camps and monasteries already two times and still we will go to the entire place one more time, because we miss catching some. Now it is not easy to catch them because all the dogs know about us, and when we reach them they run really so fast. Anyway the programme went so well and thank you so much for your compassionate support...

(Sept. 5)” Now we have concluded the birth control programme and tomorrow we will give the anti rabies and ivermectin vaccination to all the dogs who didn't get it before. The dogs we operated on already got those injections, but some other dogs that were spayed in the past might need the injection. Then it will be totally over. Till now we operated on 875 dogs and around 15 cats. We had one problem. A puppy we operated on was totally paralyzed later when a motor bike went over it in camp 3. Its back was totally ripped open and the situation was so difficult. We have kept it for three days. The day after tomorrow the doctors will take the puppy with them....



Sera Project, from TVA Website

In the end, **almost 900 were spayed, and many others were given rabies vaccinations, treated for skin diseases, and helped.** Other Mundgod animals seem okay. Birds and domestic animals, like cows and water buffalo look good. Indian sheep and goats passing through seem fine. You can donate to TVA through FOTSI or www.semchen.org. **THANKS for HELPING the ANIMALS!**

Health -- Emergency Aid for Lay People in Mundgod



Chela with Tenzin Lhamo, DTR

When Chela reached the Mundgod Tibetan settlement in the last week of January, 2011, she was shocked to learn that FOTSI's sponsored second year nursing student, Tenzin Lhamo, had contracted tuberculosis from another nursing student roommate in the K.L.E nursing school hostel in Belgaum. There were 3 roommates, and the other student also got TB. Unfortunately, Tenzin's TB morphed into the antibiotic resistant type, which requires expensive medicine and is much harder to cure. Tenzin

followed all the doctors' orders, but simply could not get well. By the time Chela visited Tenzin, she was feeling better than at first, but was still positive for the TB bacillus. She was hopeful of perhaps returning to school to finish her second year at the nursing college as scheduled. However, this was not to be. In May, 2011, we received this:

"Regarding Tenzin Lhamo: Its regretful to inform you that there is no sign of positive recovery regarding her illness. she has gone to Mysore for re-checkup and doctor has recommended her new medicine, which she has to take for 2 years. Regarding her college, she had already paid her examination fees and she can sit for her exam on August 2011 if only she recover from her illness, which seems remote." **Then, on August 21st, she herself wrote** to me, *"Here I am fine and don't worry about me... yes, I dropped 2nd year and I will be joining on November, but still I did not recover from TB. In April of 2011 I sent sputum for culture and it was received on starting of July, and it was negative, and then I packed my luggage and went home after that. Again I sent sputum for culture on July 8 at Mumbai, but it was positive, and now I am staying at home these days. Yes, I have changed my medicine. I got your (FOTSI) money at the end of July and am very grateful to you (all). Yeh, I went to mysore for check up, but its improving a lot, and I reaching 58 kg weight now.. before it was 44kg. Ok, take care and be happy. With love, your daughter Tenzin Lhamo."*

But her hopes were dashed, and as of this November she still can't resume her studies. We have sent her about \$500 extra through our **Emergency Fund** to help fight the TB.



Goki

DTR Nurse **Sonam Palmo** requested we make sure FOTSI emergency funds could be used to help **Goki's** son. He had been having a very bad time with 3rd line (very antibiotic resistant) TB, and the family would not be able to bear the cost of the needed medicine.

Sonam was worried that if the family could not afford the medicine, the boy would not take it. It would then be likely that many others in the settlement would get

the disease from him. As asked, FOTSI used our **Emergency Fund** for this. The same fund also helped Kunsang buy medicine for her high blood pressure, and arthritis. At right, is our sponsored grandpa, Phurbu. His granddaughter recently had an ear surgery. Our Emergency Fund and sponsorships have helped elder Tenzin Lhakey and others not shown here pay for medicines and treatment.



Goki and part of Extended Family



Kunsang



Phurbu & Granddaughter

Health -- Medical Aid for Monks

The Chinese Government in Beijing is harder on Tibetan monks and nuns than Tibetans in general, and it also controls and sometimes harrasses Tibetan monasteries and nunneries. If a monk or nun talks back to a policeman or soldier, it is likely the person will soon be arrested. Yet Beijing has increasingly hardened its borders, and few have been able to leave since 2005. Monks or nuns who wish to return to Tibet to care for ill or aging parents must get permits to return to Tibet from India. In the last two years, I have not met any monks or nuns who have received these. If someone enters Tibet without a permit, especially a monk or nun, he/she will certainly be arrested. In the past some could get away with coming and going surreptitiously, but it is much harder now. Since about a dozen monks and nuns have recently set themselves on fire to protest their lack of freedoms and the treatment of Tibetans (see pg. 3), the situation is very tense. Most monks mentioned below are currently at the Drepung Gomang Monastery in Mundgod. When that's not the case, we'll mention it.



L. Dhondup & C. Gyatso

Lobsang Dhondup and brother, **Choedup Gyatso** (Hamdong Khangtsen) benefitted from our general monks' emergency fund administered by **Geshe Lobsang Sangyas**. This year Lobsang Dhondup could have died from thrombocytopenia. He was ill with fever and chills, nausea, and vomiting for 4 days in late 2010. His platelet count was dangerously low. After some days in the hospital he recovered. FOTSI sent \$440 to pay his medical bill. Choedrup Gyatso had successful surgery in 2009 for gallstones and was also helped by FOTSI.



Lobsang Sangyas



Tsering

Our general fund gave **Tsoknyi Norsang**, 40, from Lumbum Khangtsen, about \$250 to pay for his hospitalization for bad TB. He had been in the hospital with particularly bad tuberculosis. **Karma Tsultrim**, of Gaden Shartse Monastery in Lama Camp #1, Mundgod, was given funds to pay for his sixth eye-repair surgery. See pg. 12 for more on Karma. Through FOTSI's **special help to the monks of Dati Khangtsen**, monk **Tsering** was helped with his medical



Tsoknyi Norsang

bills. We were sent his medical test reports and bills, but found the medical jargon unfathomable. Fortunately, the doctors healed him well. The Tibetans also have a lot of trouble with technical English medi-speak.

Chela was able to provide a little TLC and help to Ngari Khangtsen's **Tenzin Jorden**, age 12, when she was in India. We helped **Shungpa Khangtsen's Geshe Tashi** with almost \$300 in aid for his extremely high blood pressure and its consequences, but, sadly it was too late and he died.



Tenzin Jorden, L. Sangyas, Ngari Monks

Health -- Medical Aid for Monks (cont'd)

Each monastery has a number of different “khangtsens”, which are like dormitories, or living groups. The groups are determined by demographic area in Tibet or other regions, such as Mongolia or the Himalayan regions, where monks traditionally originated. Many khangtsens in monasteries try to have their own separate “health” or “building” funds to support themselves. Some khangtsens get so big, they are subdivided into “mitsens”. On page 10 we write a little about our help to Dati Khangtsen and Chepa Khangtsen of Dre-Gomang.

In addition to funding our general monks’ emergency health fund, we also support the **Gungru**



L. Ngawang #2

Khangtsen Health and Emergency Fund. This Fund aids a specific group of about 100 monks in Dre-Gomang Monastery who are usually from the Kham region of Tibet. Among the Gungru Khangtsen monks aided this year are **Lobsang Ngawang #2**. When Chela was in India this year, Lobsang visited her and showed her the scans of his kidney stones. He took medicine through March, 2011, and needed more check-ups to complete his



Dorje Topgyay



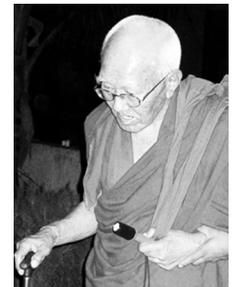
Jigme Dorje

treatment. We helped **Dorje Topgyay**, a tuberculosis patient, pay his bills at the DTR Hospital. We helped **Jigme Dorje** get treatment for a long duration ulcer, which he probably got from bad water in Tibet. We advised him to pursue further testing and treatment.

FOTSI helped Ngawang Dhamchoe pay for an appendectomy in 2010. He is now in treatment for a bad case of Hepatitis B. In these cases the Tibetan herbal treatment is inadequate. But western medicine for Hepatitis B is expensive and hard for Tibetans to afford. Ngawang seems to have benefitted from this treatment that was about \$30 per month. We’ve helped some Gungru monks for some time; these include elderly **Rinchen Palden**, who has high blood pressure, **Jampa Choeden**, who has a hernia (for more on Jampa, see pg. 11), and **Geshe Jampa Choedrup**, who struggles with increasing deafness. The Gungru Khangtsen monks who helped with their health fund and assisted many patients were **Lobsang Ngodup and Geshe Ngawang Choephel for 2010-2011.**



Ngawang Dhamchoe



Rinchen Palden



Nyima Norbu in 2011 & 2006

We are most happy to see monks who had serious and long lasting problems but have recovered with our help and that from Indian and Tibetan medical staff.

One is **Nyima Norbu**, who

had allergies, neurological issues, and digestive problems. He is now healthy, doing yoga, and studying hard for the Lharampa Geshe degree at Drepung Gomang Monastic University.



L. Ngodup Helps J. Choedrup



N. Choephel

Action & Resources -- Help for Dolma Sangmo

The day I had my wonderful meeting with HH the Dalai Lama at the Jangchub Choeling Nunnery, many Tibetans from all nine Mundgod villages came to greet His Holiness when he arrived to speak to the nuns and watch their debates. Everything that happened inside the nunnery's prayer hall - the talk, the debates, the thank-yous to those who helped the nuns -- were filmed and broadcast outside the nunnery for all to see. One of the women, **Dolma Sangmo** from Camp #1, saw the Dalai Lama thanking me and clapping his hands on my shoulders. After the events were over, she spoke to some of the nuns and begged them to introduce me to her because she had huge problems for which she needed help. The nuns tried to dissuade her, saying that generally, I (FOTSI) had raised funds from donors for specific people and projects, and there often wasn't much that wasn't already allocated. They warned her that FOTSI was a small group, that I did most of the work by myself, and was not young or rich, and so it was unlikely I could suddenly solve her problems. The nuns were trying to keep me from being swarmed by everyone with an unmet need, but finally they asked me to see her, and Dolma told me her story.

Dolma Sangmo's son, who had been supporting his mother, grandmother and sister by selling his traditional Tibetan thangka paintings, was hit by a big truck in Bangalore while there to buy canvas and paints. He ended up with a paralyzed right painting arm and roughly a \$4500.00 bill from an Indian Government Hospital. He had incurred many injuries besides his injured arm -- other broken bones, lost teeth, and lots of cuts and bruises. He was in the hospital for 2 months, and his relatives had to go to Bangalore to care for him. In India families are generally expected to provide food for patients in hospitals. While Sangmo's family were out of their house in Camp #1, at the edge of the Mundgod Settlement, an Indian gang stole everything, with not even mattresses left. The Representative was not able to do much for them, but he wrote a letter corroborating the facts.



Dolma Sangmo Getting Rupees from FOTSI thru T. Norzom

After hearing Dolma's story, the nuns and I gave all the FOTSI community aid funds they had to Dolma. I was afraid this money, only about \$100, would be all we had for her. Then I remembered there might still be FOTSI funds for poor patients in the hands of the wife of Tenpa TK, who died last year and who had run the Kharyak Charitable Society (KCS). So Dolma Sangmo, nun **Tenzin Norzom**, and I went to see **Tenzin Kyizom**, and we got more than 17,000 Rs for Dolma, **making her total about 22,000 Rupees (over \$450)**. She was very happy. Unfortunately, this was about 1/10 of what was needed, but it was at least

enough to buy mattresses and medicine, and feed the family. I gave her the name of a good hospital in Bangalore where I know the social worker so that she could perhaps get nearly free treatment there for her son. Dolma earns a little by working in a small shop in the Tibetan settlement. How her huge medical bill can ever be paid is unclear. I've seen other cases like this which are sometimes dropped in India if the hospital gets something. **Thanks to all who donated to the nuns "Community Aid" and to KCS's patient aid through FOTSI.**



Dolma Sangmo Gets Rupees from Dr. Kyizom of KCS



Dolma Sangmo

Action & Resources -- Aid for CST Youth Hostel



Kelsang Dawa

Before I left for India in January, 2011, I received a letter with a plea for help from **Mr. Kelsang Dawa**, the Rector of the Youth Hostel run by the Central School for Tibetans (CST) in Mundgod. He sent me a proposal for funds the **hostel needed to be able to offer their residents adequate food!** They

had been hit by a huge rise in food prices that has also affected everyone we help. Food prices had gone up more than 30% in one year. I was already attuned to that reality, having heard about the effects of this on poor communities and refugees across India and Asia as a whole. The Rector wrote that they were seeking about 250,000 Rupees (more than \$5,000) to supplement the diets of the 149 children at the hostel (76 girls, 73 boys). I replied that we didn't have a lot of discretionary funds to use for projects other than those we are currently funding. But I made a plan to visit the school, and the rector sent me an interesting letter about hostels in Mundgod and the CST hostel in particular. **We eventually gave them \$300.00, which was about 13,500 Rupees. We hope to send more in 2012.**



CST Hostel Girls



Crowded Boys' Hostel Sleeping Space

Mr. K. Dawa wrote they became most concerned when they saw that the rate of hostel students contracting TB was increasing markedly. They thought this might be due to the **decreased nutrition** they were able to afford at the hostel, so they were seeking extra funds for food for the students. This hit home, because we had learnt that our nursing student, Tenzin Lhamo, had contracted TB in her student nursing hostel (see pg. 16). The rector wrote that there are 3 hostels for school children in Mundgod. Pema Tsal is a private hostel for 60 children



Hostel Girls in Cafeteria Room

managed by a senior monk and funded by NGO's in foreign countries. Our sponsored boy, Kelsang Gyatso (see pg. 11) will be living in that hostel in a few years. Another hostel for 70 students is run by TCV (the Tibetan Children's Village of Dharamsala). Children there have to pay more than double the fee collected by the CST Youth Hostel, which is run by the Central Tibetan Schools Administration in New Delhi. Students are admitted through application to the Tibetan Government in Exile's Dept. of Education. Boarders in this hostel are from many of the Tibetan settlements across India. The hostel gives refugee Tibetans all over India access to the Mundgod settlement's good high school with



Young Tibetan & Indian Girls at Central School

science stream courses that make a big difference for students interested in medicine and science. The girls' rooms are much nicer and more spacious than those for the boys. Our sponsored nursing student, **Tenzin Tseten**, from the Bylakuppe settlement, had stayed at this hostel. The rector gave me a tour of the Central School for Tibetans and the associated hostel. The CST has both Indian and Tibetan teachers. Children of the Indian teachers can attend the Tibetan School. **Our aid and sponsorship help families go to this school, pay for uniforms and books.**

Action and Resources--Tenzin Sonam

Tenzin Sonam, 52, had a bad accident at the same time I was arriving in India in 2011. Tenzin had gone to north India on a cheap train to attend talks by the Dalai Lama and had enjoyed those very much. On her way back to the Mundgod Settlement, she was waiting in Mumbai (formerly Bombay) for a train to which to transfer to get home. She was walking along the edge of the cement next to the tracks (up about 5 feet from them), and she was clearing her throat and looking down into the track area. Just then, a train she wasn't expecting suddenly went by right next to her. When she looked up into the train's windows flying by, she got dizzy and lost her balance. Fortunately she didn't fall into the train or onto the tracks, but she did fall on the cement, and she cracked her skull. She lay there in a daze next to the train track drop off, and people ran to help her. Fortunately, these included monks from Mundgod's Drepung Gomang Monastery, and they helped her, as did the local police, who got her into an ambulance and to a government hospital. There the doctors did a scan and saw the crack in her skull.



Tenzin Sonam After Accident in Train Station

In her medical report I saw that, although there was much bleeding from her injury, most of it was between her skull and her scalp and only a little in her brain. The Mumbai hospital kept her there 4 days for observation, and then allowed her to go on to Mundgod aided by the monks who had stayed to help her. Tenzin reached Mundgod without incident and was checked into the DTR Hospital in Camp #3. Unfortunately, she fell down again at the DTR. She was rushed to a clinic in Hubli (about 1 1/2 hours away), where another scan was done to make sure the break in her skull had not separated and there was no increase in the blood in her brain. No one found any reason why she fell down twice, but it could just have been confusion by the train in the first instance, and not feeling well in the second. While she was at the DTR Hospital, I reached Mundgod and heard about her. At the hospital I was able to **talk with her and give her extra money**, and was happy to see the nurses taking good care of her and monks and nuns visiting her. She seemed to be recovering and was quite coherent.

When HH the Dalai Lama visited the nunnery some days later, Tenzin was allowed to leave for a few hours with a hospital worker so she could see him. I saw her and introduced her to some western visitors who later gave me Rupees for her. When I went back to visit her again, I encountered her in a jeep on the road and gave her the money. She was being driven to Gaden Shartse Hospital where she would be able to stay during her convalescence. The Gaden Shartse monks accompanying her promised to take her food and look after her. I heard she reached there safely. She was lucky she had worked for "the Drepung Latchi" that deals with issues concerning both of the colleges of Drepung



Chela Visits Sonam Tenzin

Monastery (Gomang and Loseling) and with other monasteries, such as Gaden Shartse. Thus, unlike many nuns, she knew a lot of monks. I have since heard she recovered well. **She was also given funds from FOTSI's nuns' Medical Fund.** Nurse Sonam Palmo asked us to help Tenzin. I told her we had been sponsoring her for years and were doing everything we could to help. Sonam Palmo said, "You always know who needs help!" In past newsletters we have told of Tenzin's two imprisonments in Tibet.

Action & Resources -- Nuns, Elderly, & a Student Snafu



A FOTSI donor again gave money for **modest one-time aid to 9 nuns selected by their peers**. It was also decided to give head nun Ani Jangchup Palmo a gift because she is having difficulties and to thank her for her work for all the nuns. The nuns chosen for the 500 Rupee New Year gifts were, left to right:

Tenzin Choetso (39, sister of a poor monk we tried to save from brain TB a few years ago), **Karma Dolma** (27, arrived from Tibet in 2005), **Lobsang Dolkar** (13, an orphan, in 7th grade at the Central School for Tibetans), **Chime Lhadron** (18, aided by FOTSI's nuns' medical funds when she broke her ankle and a vertebra in her lower back picking coconuts), **Tashi Yangzom** (31), **Tenzin Dadzin** (23), **Dolma Tsering** (34, has Hepatitis B), **Jampa Choedon** (22, has had TB twice and must watch her health), **Gunka Tsomo** (17, arrived from Tibet in November, 2010; having walked all the way from Shar Kumbo with her father; and only at night for 15 days), and **Jangchup Palmo**.

Home for the Elderly, Mundgod

We also received funds to give every resident and lower level staff member at the Home some New Year spending money. We were aided by **Tamdin**, head of this Home, knowledgeable senior staff, and volunteers. As we gave out the funds, we spent time with those who enjoyed visiting. The **photos were taken** that day, mostly by **Sonam Dorjee**, son of Tsering Youdon who works at the Home. Sonam was home from high school (Upper Dharamsala TCV), where FOTSI sponsors him. Sonam **helped**



Chela Gives a Donor's Gift

translate when the elderly Tibetans failed to fathom Chela's USA-accented and often flawed Tibetan. Back in Boulder in October, being a bit confused about when Sonam would need college tuition, I emailed TCV. It turned out we weren't the only ones who were confused. The Office of the Representative had kept all of Sonam's TCV tuition safely but had spaced out sending it in, and the TCV Office had not noticed his fees were unpaid! Fortunately, everything was straightened out, and Sonam's TCV tuition is paid up until he graduates in April. **He will need help with his college tuition in 2012**. Please help us keep up the **action with your resources!** Many thanks!



Tamdin

Ak Pema Thanks Sonam

Education -- Post High School Scholarships

FOTSI Nursing and College Scholarships 2010-2011

Name	Major	College
Ms. Passang Dolkar	Nursing	Apollo Hospital, Hyderabad
Ms. Tenzin Lhakdon	Nursing	K.L.E.S. Hospital, Belgaum
Ms. Samten Dolma	BA English/Teaching	St. Joseph's College, Bangalore
Mr. Karma T. Dhondup	B.Commerce	AA Arts,Sci.Commerce,Bangalore
Ms. Tenzin Dolma	BS, MCA Computer Sci.	Women's Christian College, Chennai
Ms. Tenzin Tseten	Nursing	St. Martha's Hospital, Bangalore
Ms. Tenzin Lhakey	Nursing	St. Joseph's Hospital, Bangalore
Ms. Tenzin Lhamo	Nursing (temp. on leave)	K.L.E.S. Hospital, Belgaum
Mr. Kunga Dechen	BCT&CA,B. Hotel Mgmt	Hotel Management, Hyderabad
Mr. Tenzin Phuntsok	B.A.	St. Philomenas College,Mysore
Ms. Tenzin Norzin	Nursing	K.L.E.S. Hospital, Belgaum
Ms. Tenzin Lhadon	BS Computer Sci. (Dental career)	Teresian College, Mysore (Now in High School; saving for study)
Ms. Pema Lhamo	B. Business Mgmt.	Baldwin Women's College, Bangalore
Ms. Tashi Lhamo	B. Business Mgmt.	Baldwin Women's College, Bangalore
Ms. Lobsang Choedon	B. Business Mgmt.	Baldwin Women's College, Bangalore



Passang Dolkar



Tenzin Lhakdon



Samten Dolma



Karma T. Dhondup



Tenzin Dolma



Tenzin Tseten



Tenzin Lhakey



Tenzin Lhamo



Kunga Dechen



Tenzin Phuntsok



Tenzin Norzin



Tenzin Lhadon

In 2010 and 2011, Passang Dolkar, Samten Dolma and Karma Dhondup all graduated! See more photos and details our scholarship students on Pgs 24-26

Education -- Scholarships (cont'd)

In 2010 we provided \$8,864 for Tibetan students attending colleges and nursing schools. In addition, another \$300 went to a girl still in high school who is saving for dental school, and \$300 went to a student for beautician's training. Of the \$8864, \$7,647 went through the Office of the Representative in Mundgod (ORM) and \$1,217 went through the Kharyak Charitable Society. In 2011, we sent \$8,040 for college/nursing scholarships, with \$6,940 going through the Office of the Representative, and \$1,100 through KCS. We continued to help the aspiring dentist (\$350), and another future beautician (\$300). All our funds go to the Central Tibetan Relief Committee in Dharamsala, and from there to Mundgod.



Tashi Lhamo

In the fall of 2011, we funded two new college scholarships. One went to **Tashi Lhamo**, our long-time sponsoree, who is now studying for a Bachelor of Business Management degree (BBM) at Baldwin Women's College in Bangalore, India. Tashi's father, Lobsang Tashi, died in January, 2008. Tashi has a brother and two sisters. The family is entirely supported by her mother's work selling sweaters on city streets in India. Tashi's mother, Dolma Tsomo,

has done this hard and sometimes unrewarding work since she was 16. Tashi's parents escaped from Tibet 50 years ago and have lived in Mundgod practically since its creation as a refugee camp. Tashi wrote that she has been studying hard in her high school's commerce program to pursue her dream of having a good enough career to be able to support her mother and make her proud.

The other scholarship went to **Lobsang Choedon**, whom we have also sponsored for years. We had originally sponsored her sister, but sadly, her sister fell out of an upper story window in a city where her parents were selling sweaters. After that, FOTSI began sponsoring Lobsang, who has done well in studies and sports. She had wanted to study nursing, but had health problems this year and is well aware of the hazards nursing students encounter. And she found she enjoys accounting and business. She wrote a lovely thank-you letter to FOTSI for her sponsor and scholarship donors. She wrote that her grandparents fled to exile in India in 1959 as the Chinese army invaded Tibet. Her parents are literate, but beyond that, have not had much education. Her grandparents worked on the roads in north India after they escaped Tibet. She wrote, "Their earnings were so meager that it pushed our parents to drop their studies." After the road building, her parents and grandparents farmed, did various work to survive, and now sell sweaters. Lobsang has also begun her business management course at Baldwin Women's College in Bangalore.

Phurbu Dolma, former polio patient and long-time FOTSI sponsoree, has finished her Masters in Commerce degree, has applied for a scholarship to study for a year at London Metropolitan University, and is now awaiting a reply. She helped Chela a lot, taking photos, translating and giving good advice to students during Chela's meeting with our sponsored laypeople in Mundgod.



*Young Tashi Lhamo
After Breaking Arm*



Lobsang Choedon



*Lobsang Choedon
in 2004*



Phurbu Dolma

Education -- Scholars, Pema's Life, Tenzin, More



*Pema G. (right) & family
in 2005*

Pema Gyaltzen, whom we supported with a scholarship from 2005-2008, sent us a wonderful, sad, inspiring letter this year about what has happened with his life and what our assistance did for him. He wrote that,

In August 2008 I completed my computer course from VTC, the vocational training center located in Dehra Dun. Later I got a job in a small company in Dharamsala which provides a wireless internet access to the local residents. I was a technical assistant who solved the clients' problems regarding their internet connection. There my salary was Rs.5500 per month, and I worked there for 7 months only because there was a course offered by our Central Tibetan Administration CTA. i.e our Exile government. The course was for 1 year, and it was related to what I have learned in the last 2 years. I decided to join the course, and I applied for the hardware and networking course in Jetking Institute in Bangalore. I learned a lot of new things there, and I was really satisfied with the course provided by the Exile government for free.

When my course was almost finished, I faced the biggest problem in my life. I got a call from my father that he needed a very dangerous liver operation. The doctor referred us to Manipal Hospital 8 hours distant from our settlement. The operation there took 12 hours to complete. Just after the operation the doctor told me my father was fine, and lets watch over the next 24 hours. Then my father was shifted to the ICU. But, unfortunately, the next day my father's condition became critical. My cousin's sister and I donated blood at blood bank of the hospital. Later, more blood was needed and we searched for the donors everywhere and finally found some. My father was in the ICU for 18 days; finally, June 30th was the last day of my loving father. That was my biggest problem in my life which I have never faced before....

Regarding my work, I was actually offered a job in a company like IBM or Accenture as a desktop/network engineer, but I refused it because I have to look after my mom who is ill and alone at home since my younger brother joined the Indian Army. Finally i decided to open a computer service center at our own settlement and now i am running it, and side by side I am looking after my mom too. **Really I want to thank you for what you have done for Tibetan students, and I really appreciate it.** I want to apologize for not keeping in touch with you for a long time. Take care of your health. **With warm regards, Pema Gyaltzen**



Tenzin Lhakey

Tenzin Lhakey, in her 3rd year at St. Joseph's Hospital's Nursing College in Bangalore, sent us thanks for the help with her tuition and also for her long-time sponsoship. She wrote of her training in the psychiatry ward and that she liked helping mentally ill patients. She said she participated in a 1500m walking competition as well as singing at her school. She completed a government program for polio patients and



T. Lhakey's Guinea Pig Friends

a hands-on rural health education project. She sent us a photo of **guinea pigs** in a lab at their school that she had befriended and looked after. The **population at Mundgod is now close to 18,000**. The schools in the settlement serve over 2000 students, including hundreds from other settlments. We simply try to help the few needy and deserving students that we can. As we shared last year, the Representative, head of the Mundgod camp, wrote, "We all convey our heartiest gratitude to you, Ama Chela, and all donors of FOTSI, for your kind and generous help to our settlement's students, and **humbly request that you continue your help to our students. Your generosity has brightened lots of lives and our society at large.**"

Education -- Next Year, DG School, Tibetan Children's Village



Sonam Dorjee

Next year's college students include **Sonam Dorje** and **Penpa Dolma**. They are smart, industrious students who deserve a chance for a better future. Both have lived through things many of us would consider unbearable. In 2012 we'll have 11 continuing students, and at least 3 new students (including dentistry student Pema Lhamo). **We hope we can support these students. We've turned down many scholarship requests.**



Penpa Dolma



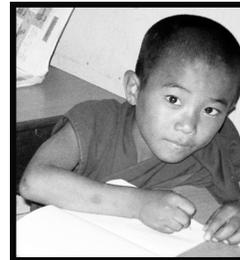
Pema Lhamo

Drepung Gomang School

Last year we described this school's Science Exhibition which echoed the strong wish of the Dalai Lama to modernize education in monastery schools, bringing it closer to that in the settlement's lay schools. In addition to science, the school offers English, math, social studies, Tibetan language, and Buddhist religious courses (to monks, and summer lay students who choose them).



Student



Student



Tashi Tsering

The summer courses help children keep their language and culture, and free up time for elders who care for them. This year, there is a **big emphasis on adding more English classes for older students**, many of



Summer Student



Students Get Toothbrushes

whom, escaping from Tibet as adults, have never had a chance to learn English. FOTSI eagerly supports this, because it helps the monasteries and settlement be more self-supporting. This year Chela weighed in strongly, with support from the Dalai Lama's views and many Tibetans, such as teacher Tashi Tsering, to oppose any reduction in science or math classes for grades 1-3. For 3 years we've carried **toothbrushes** to students from a dentist in Boulder, Colorado. The school has 185 students (not counting summer); **many are orphans or**

from very poor homes. The teachers watch the health of students, like the boy, above left, with a scalp infection. In 2010, we sent the school \$3,180; in 2011 we sent \$4,800. Please help in 2012.

Sponsorship at Tibetan Children's Village Schools

The Tibetan Children's Village (TCV) has become a thriving educational community for destitute Tibetan children in exile as well as thousands of children who have escaped from Tibet. It has branches extending from Ladakh in the north to Bylakuppe in the south, with over 16,700 students. Our **Sonam Dorjee** (top, left) is at **Upper Dharamsala's** highly rated TCV School will graduate in 2012. We sponsor **Tsering Choedron, Karma Tashi,** and **Tsering Sampdup** at the **Bylakuppe's** TCV school and send pocket money to Karma Tashi's sister, **Sonam Dolma**. These sponsorships make all the difference in the world to students. One FOTSI donor is a former TCV student who strongly agrees. Please see www.tcv.org.in for more information. **In 2010 we sent \$1,515 and in 2011, \$1,525** to support TCV students. Part of this was **general donations. Do consider this type of contribution as well as sponsorship.**



Karma Tashi



T. Choedron

Education --Problems in Tibet, Consequences for Children

The following story of children and their parents in Tibet has its core in the powerful desire of Tibetans for education. The official Chinese government policy looks very good, promising education for all. The problem is that the actual situation often does not follow this theoretical guideline. There are a number of cases in which there is a lot of corruption by local Chinese officials, and very likely, not much interest in stopping this by the Beijing government. I have heard a reliable report from someone I know well who witnessed Chinese officials in Tibet simply taking over a newly built school and turning it into a nice apartment building for themselves. A monk friend told me that there were children from his part of Tibet (Kham) who wanted to attend school in their local area. The school was not near their homes, but it was the closest one. When the parents tried to register their children at that school, they were told there would be a high fee. When they said that in spite of the difficulty, they would pay the fee, they were told there was no room for them. After making inquiries locally, they found that the only way their children could attend that school was by paying an enormous and increasing fee to the school principal. And for the number of children involved, it was impossible. In addition, the children might be dismissed at any time later, after the funds were paid.

Hearing this, the children's relatives sold a number of farm animals (vital to their lives) and planned to find a guide who could take the children out of Tibet to India so they could go to school. They sent the children off to Lhasa with one older relative to find a guide. When in Lhasa, after some days they had not been able to find any Tibetan who would guide the children over the mountains to India, they heard about another man, not a Tibetan, who had successfully led many people out of Tibet. They found this guide, and he said he could take the children out, but, as they already knew, it was getting very difficult to safely do this, and he would need a lot of money, half now and half after the journey succeeded. The clock was running, and the children were waiting in Lhasa. The man was given the "one-half" requested, but said he needed time to get everything ready and make contacts. The children waited. The guide disappeared for a while. Then he reappeared and told them that he would need the entire amount up front.

The families hesitated, but since the man's reputation was so good, they sold grain and more animals and gave the guide the funds. The guide said they'd leave in a few days and disappeared again. But then time passed, with no sign of the guide. The relative with the children searched and searched for the guide but could not find him or any news. After a long time, it seemed the guide had completely disappeared. Because so many Tibetans had known this guide for so long, they concluded that he must either have been robbed, and mugged, or that he had been arrested by the Chinese police. The relative did not have the courage to tell the children's families that all the money was lost and the children were still in Lhasa. He managed to contact monks I know in India, perhaps using a coded language, and let them know the story. He asked if they could get money to help support the children while they stayed in Lhasa and looked for another guide, or, finally went back to their village. Our monk's sponsor had sent funds with Chela for emergencies she might find during her visit to India, and she decided to give the monk those funds to help the stranded children. There are ways to get funds into Tibet. We trust our monk. We have no news of the children yet.... **All this for the chance to go to school.** Some details of these events are kept fuzzy to protect those involved...