



Arizona Friends of Tibet

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Volume 8 Issue 1
Spring 2012

AFoT Awards \$20,000 in Grants to Tibetan Children's Health and Education Groups

(See pages 2-3 for list of grant recipients and AFoT activities in the President's Corner)



Dr. Robert Thurman (above, center) headlined AFoT's Spring events with a presentation to a sold-out crowd in March.



Our Mission Statement

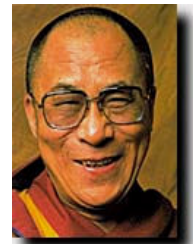
Arizona Friends of Tibet is a non-profit organization for people who believe Tibetans are entitled to the basic human rights outlined in the charter of the United Nations. We support the non-violent efforts of the Dalai Lama to regain dignity and religious freedom for the Tibetan people, and to preserve the unique and endangered culture of Tibet and its ancient Buddhist traditions.

It is the purpose of Arizona Friends of Tibet to educate as many people as possible about this unique culture and civilization. In order to do this, within Arizona we promote cultural and educational activities involving Tibet and its people.

In 1949, China invaded Tibet. With our funds, we support projects that will alleviate the suffering of Tibetans within their own country, which continues to be occupied by China. We also support projects within the Tibetan refugee communities in Asia.

We are visitors on this planet. We are here for ninety, a hundred years at the very most. During that period we must try to do something good, something useful with our lives. Try to be at peace with yourself and

help others share that peace. If you contribute to other



The Dalai Lama

people's happiness, you will find the true goal, the true meaning of life."

~ The Dalai Lama of Tibet



THE PRESIDENT'S CORNER

BY PEGGY HITCHCOCK

Dear Friends,

This was a very productive Spring for Arizona Friends of Tibet. Starting in March, Dr. Robert Thurman gave a teaching to a standing-room-only audience. We are hoping that Dr. Thurman will be back with us in March next year at a larger venue.

Arizona Friends of Tibet was represented at the annual Peace Fair and we had a presence at two wonderful movie events this spring at the Loft Theatre. The first was a benefit for One Global Village which helps Tibetans in the Amdo and Kham regions, and the second was a benefit for the Garchen Institute, the part-time residence of Garchen Rinpoche in Prescott, Arizona.

We also sponsored a talk by Robert Litman on the Buteyko Breathing system which was very well attended.

At the moment we do not have any definite dates for fall events. We are hoping to have a weekend of teachings with Ven. Losang Samten, and/or Ven. Lama Tenzin Dhonden, who is a Personal Peace Emissary to His Holiness the 14th Dalai Lama. We will keep you posted.

The main purpose of this newsletter is to share with you the various beneficiaries of our 2012 grant funding. This year we decided to focus the majority of our giving on Tibetan children's health and education mainly inside Tibet. We gave a total of \$20,000.00 to the following recipients.

1. CHUSHUL CHILDREN'S HOME \$1000

Grant to rewire electricity for 30 children living in a small orphanage new Lhasa.

<http://www.theoservice.org/node/275>

2. NYERONGSHA INSTITUTE, DR. DICKEY ORPHANAGE \$1000

Repeat Grant for two different orphanages sponsored by Dr. Dickey Nyerongsha, who is a Dr. of Tibetan Medicine.

<http://www.clavan.net/index/nyerongsha>

3. CHODRAK ORPHANAGE \$1000

This orphanage cares for 100 children at the Chodrak Monastery in the Kham area. It was founded by Khenpo Dam Chodawa Rinpoche, who is a senior teacher at Chodrak Monastery.

<http://www.baromkagyuu.org/pageBK4.html>

4. SENDRUK TAKSE SCHOOL \$1000

Since it's inception in 1999, Sengdruk Taktse School has been the home and learning center for over 300 Tibetan boys and girls. (Many are orphans and live at the school)

<http://jorufoundation.org/sengdruk-taktse-school>

5. GARGON SCHOOLS \$1000

Repeat Grant for two boarding schools for children, many are orphans, from a remote area.

6. KONCHOK FOUNDATION \$1000

Repeat Grant for SHEDRA BOARDING SCHOOL. This project continues to help school with supplies and building materials. This boarding school serves 300 children from nomadic parents many of whom are orphans in a remote areas devastated by earthquake.

ginnylipson@gmail.com

7. THAGTONG THANKA CENTER \$1000

Also known as the Thagtong Monastic Orphanage.

This is a home and study center for 48 orphans and disadvantaged children from the Tagong area of Kham. Besides regular classes, the children learn thanka painting as a vocational program.

<http://www.tibetanvillageproject.org>

8. SURMANG FOUNDATION \$1000

Repeat Grant. This foundation has provided free high quality medical and mid-wife services to over 150,000,00 patients in the remote Surmang region of Qinghai, China. Through the auspices of this foundation the infant and maternal mortality rates have gone from very high numbers to zero.

Surmang Foundation c/o Juliet Carpenter, Executive VP (888)-439-9991 (ext. 101)

9. JHAMTSE GATSAL CHILDREN'S COMMUNITY \$1000

Jhamtse Gatsal which is Tibetan for "Garden of Love and Compassion", is a children's community located in the Indian foothills of the Himalayas. Opened in 2006, it is currently the home and school for 75 children from disadvantaged families in the nearby villages.

<http://www.jhamtseinternational.org/index.php>

10. GEBCHAK GONPA ORPHANAGE SCHOOL \$1000

Run at the Gebchak nunnery by Gebchak Wandrak Rinpoche for orphans including those children who lost their parents in the Yushu earthquake.

<http://gebchakgonpa.org/newsblog>

11. KYERE MONASTERY SCHOOL FOR CHILDREN \$1000

Over 160 children are enrolled in this school run by Karma Senge Rinpoche. The senior nuns at Wehchen Gampa are teaching the students to read and write Tibetan. Right now only 80 students can be accommodated in the shrine room. Most students live at Wenchen Gampa, 20 of them are living at nearby Kyere Monastery. This is a remote area where there was previously no ac-



cess to schooling. <http://weychinggompa.org/project.asp>

12. SHREE MANGAL DVIP BOARDING SCHOOL \$1000

Repeat Grant. This is a boarding school for 150 children, some of them orphans, under the direction of Thrangu Rinpoche. He offers education, housing, medical, and dental care to hundreds of children in Nepal. Himalayan-children.org

13. TERMA FOUNDATION \$1000

Repeat Grant. Nancy Harris is a physician who has had a clinic in Lhasa for many years. She works particularly with issues of malnutrition among the Tibetan children's population.

14. YUSHU EARTHQUAKE ORPHANS PROJECT \$1000

This project cares for orphan victims of the great earthquake. It is under the direction of Gebchak Gonpa.

15. PADMAKARA TRANSLATION COMMITTEE \$1000

This does not impact children specifically but it employs many local Tibetan people living in Nepal to input and correct Tibetan Buddhist texts. They give everything they translate away with the exception of two very restricted collections. They also give away FREE special Tibetan software, which allows Tibetans from all walks of life and from all over the globe, especially from India, Nepal and even Tibet, to download and read their own texts.

16. TIBETAN VISION PROJECT \$1000

The project provides training and lenses for cataract surgery to Tibetan doctors inside Tibet. This program was started by Dr. Marc Lieberman, an ophthalmologist from San Francisco. He travels to Tibet to train Tibetan doctors to perform this surgery, which restores the lives of many Tibetans that otherwise feel useless because they have lost their eyesight. www.TibetVisionProject.org

17. AMITABHA FOUNDATION \$1000

Run by Ayang Rinpoche as the Ayang Monastery Clinic

for maternal health, to reduce death during childbirth. The clean birthing kit project has reduced the mortality rate dramatically. becky.loy@gmail.com

18. ONE GLOBAL VILLAGE \$1500

A winter literacy program in two primary schools helping children with English, Tibetan, and Chinese language studies, so they do better on their entrance exams for middle school and do not drop out.

www.oneglobalvillage.org

19. TIBETAN CHILDREN'S VILLAGE \$1500

This is a project to empower students within the Tibetan Children's Village school system (operating in all of the Tibetan refugee settlements in India) to organize events, and study sessions, around all aspects of traditional Tibetan culture, art, music, etc. and also to promote the study of Tibetan language and literature.

By the way, 2013 is the 100th anniversary of Tibetan independence from the Manchu Empire, which at that time controlled China. We will be honoring this occasion with appropriate festivities.

Please let us know if you are happy to receive your newsletter on-line instead of in hard copy. This will help us cut back on our printing and paper costs and also save a few more trees. To do this, please e-mail our secretary Toni Tallman at tonitallman@comcast.net.

Wishing you all a glorious, restful, and cool summer wherever you are.

All best wishes,

Peggy Hitchcock

President, Arizona Friends of Tibet



UPCOMING COMMUNITY EVENTS

GARCHEN INSTITUTE SUMMER TEACHINGS: July 14th-31st

Registration Deadline is July 7th including 50% nonrefundable meal purchase deposit.

(Preregistration is required for all events) **Ven. Khenchen Konchog Gyaltsen Rinpoche** will give teachings in the mornings, July 14-19 on "Samsara and Nirvana: Two Sides of the Same Hand." In the afternoons our **Ven. Resident Lama and Retreat Master Lama Thubten Nima (Gape Lama)** will give teachings on texts composed by H.E. Garchen Rinpoche, "'The Meditation and Recitation of Amitabha Called 'Embracing the Pure Land of Sukhavati'" and "The Guru Sadhana Called 'Light Amassment of Blessings'" *July 21-23*, **Ven. Lama Thubten Nima** will give a Mahakala Empowerment followed by teachings on the Yangzab (Very Profound Vision) Dzogchen root text and ngondro. *July 25-31*, Cakrasamvara Empowerment, Teachings, and Drubchen, given by **Ven. Drupon Rinchen Dorjee Rinpoche**.

For complete information and schedule, visit www.garchen.net



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Visit www.arizonafriendsoftibet.org for the latest postings of activities and events in the local Buddhist community.

This newsletter is a seasonal publication of
ARIZONA FRIENDS OF TIBET
a non-profit organization dedicated to educating the public about Tibetan culture and civilization.

P.O. Box 31956, Tucson, Arizona 85751
(520) 203-6438 (520) 751-2671 fax
www.arizonafriendsoftibet.org

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