



Tibetan Healing Fund

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Summer 2004



Letter from Nortso Gyaltsong

Text and photos by Nortso Gyaltsong, Tibetan Healing Fund President

As our surroundings transitioned from spring to summer this year, I too saw a change in my surroundings as I boarded a plane for Tibet... and realized a dream come true. My trip to Amdo, Tibet with my father was a first chance connecting with relatives I heard about all my life. For the first few weeks, I got a glimpse of what village life in rural Tibet truly means. This wasn't the stuff of fancy picture books and I saw that with Amdo's amazing landscape, you just can't take a bad picture!

During the last week of my trip, I met with Tibetan Healing Fund's (THF) founder Dr. Kunchok Gyaltsen, USA Director Jessica Ravetz, Donor of the Year Chris Moore, and Amdo In-Country Field Director Norbu Gesang for a 4-day tour of THF project sites. My goals for this tour were to see firsthand how donations were put to work and to meet in person with those working on "the frontlines".

Once crossing into Trikha County, we received an official welcome of khatas (white scarves) and smiles by the

regional director of education, Mr. Rinchen Dhundrop. He accompanied us on tour and explained each school's situation. In Gazhar Township, one small elementary school could not provide boarding. Unfortunately, students missed many school days each year because of road closures or footbridges collapsing due to constant flooding.

After visiting with numerous schools, we came upon a surprise party at the end of the day! The students and faculty of Sharlung (Ch. Dong Gou) Township Central Tibetan School organized a reception in appreciation of THF's support. The school's nearly 100 students performed traditional dances for us and recited a thank you speech. This school boasts some of the highest scoring students in all of Qinghai Province on the national exams. Tibetan teachers here volunteered countless hours translating textbooks from Chinese into Tibetan because they felt it very important to enable a new generation of young Tibetan students to learn subjects in their native tongue. Tibetan Healing Fund will assist with the publication and printing of these Tibetan language texts.

continued

Summer Travels in Amdo

By Jessica Ravetz

I just returned from a 6 1/2-week trip to Tibet. The first week was spent with THF Board President, Nortso Gyaltsong as mentioned in the first article. We visited various project sites, met with government officials, attended an award ceremony and had a meeting with our local advisors. It was an extraordinary week and one that left me feeling very proud to be a part of Tibetan Healing Fund (THF).

Next, four brave Seattle-ites joined me for a two week donor trip of Amdo and Lhasa. We stayed with THF founder, Kunchok Gyaltsen, at Kumbum Monastery and were fortunate to receive a blessing from his teacher, Tashi Rinpoche. We took a long walk through the hills behind Kumbum to a meditation cave. We visited a small grassland monastery near Blue Lake. We met the Repkong (Ch: Tongren) government officials and visited a school where THF will begin support this fall. In Lhasa we visited the Jokhang Temple, Potala Palace, Norbulingka and Sera Monastery.

It's impossible to compare life in Tibet with mine in Seattle, but the trip and was a potent reminder that we never know where our life will lead us. Growing up on Whidbey Island I never would have imagined that I would be managing a nonprofit working in Tibet. I feel very fortunate to be working with such a tremendous group of people, both in the US and Amdo. We have generous donors, hard working volunteers in the US and Amdo, good staff, a smart board of directors and the best in-country advisors you could ask for. Thank you all so much for being a part of Tibetan Healing Fund!



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*Tibetan Healing Fund's new logo.
We hope you like it as much as we do.*



Make a Difference

Tibetan Healing Fund is an independent, 501(c)3, non-profit organization registered with the Secretary of State, State of Washington. Contributions are tax-deductible to the full extent of the law. Federal Tax ID is available upon request.

My gift will support Tibetan women and children living in rural communities in Qinghai Province (Amdo), PRC.

Here is my gift of (*and an example of what that money can provide*):

- \$35**—Enables village children to attend primary school *or* solar cookers for boiling water
- \$65**—Helps rural teachers to attend bi-lingual teacher training *or* village women to attend skilled birth attendant training
- \$120***—Provides medical kits for skilled birth attendants *or* safe latrines for village schools
- \$300***—Stocks a school library *or* supplies playground equipment for a village school
- \$500****—Builds a new roof for a village school *or* provides emergency medical coverage for uninsured villagers
- Other***—\$ _____

* Receive a box of Tibetan incense made at Kumbum Monastery for your gift of \$100 or more.

** Receive a beautiful, one of a kind Tibetan handicraft for your gift of \$500 or more.

- I would like to organize a fundraiser, party or other event in my area.
- I have a background in public health, medicine, nursing, education, marketing, fundraising, accounting, anthropology, web development, etc. and would like to volunteer for Tibetan Healing Fund.
- I would like more information regarding Tibetan Healing Fund.

Please send contributions to:
Tibetan Healing Fund
PO Box 9172
Seattle, WA 98109

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Phone: _____

- Enclosed is my employer's matching gift form.



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Tibetan Healing Fund

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Tibetan Healing Fund is a not-for-profit humanitarian organization established to improve primary healthcare and basic education for rural Tibetan women and children in Qinghai Province (Amdo), PRC.

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Upcoming Events

Tibet Fest, August 28 and 29 • August 28 and 29 is Tibet Fest. This yearly Seattle event celebrates the Tibetan Diaspora with food, music, movies, and a Tibetan bazaar. This is your chance to meet Seattle's Tibetan community, buy great gifts for friends and family and meet the THF staff and volunteers. For additional information or to volunteer, please contact: Info@TibetanHealingFund.org

Tibetan Cultural Nights, September 9 • On September 9th we will host a Tibetan Culture Night at Caffé Bella. We will have delicious Tibetan snacks available and will be showing slides from our recent trip to Tibet. Join us and learn more about Tibet. Caffé Bella is a delightful coffee shop and wine bar located at 2621 5th Ave in downtown Seattle (under the monorail at 5th and Denny). For more information or to host an evening, please contact: Info@TibetanHealingFund.org

LA Welcome, October 2 • Join us in welcoming Dr. Kunchok Gyaltzen back to the US. He will be spending a few years in LA while attending UCLA to get his PhD in public health. Tibetan Healing Fund will be hosting a brunch to welcome Kunchok to LA and thank all our LA donors. For more information including venue and time, please contact: Info@TibetanHealingFund.org

Ballard Art Walk, October 9 • Tibetan Nuns Project's beautiful photography exhibit will be on display for the month of October at Shakti Vinyasa Yoga in Ballard (2238 NW Market St.). The opening night of the exhibit will be Saturday, October 9th. Tibetan Healing Fund will be on hand for the opening night festivities including delicious Tibetan food, chai, and a surprise guest speaker. For additional information or to volunteer, please contact: Info@TibetanHealingFund.org

2nd Annual Dinner/Auction, November 11 • Mark your calendars now to join us for our second annual dinner and auction. The location has yet to be determined, but it is sure to be a great evening. For more information or to volunteer, please contact: Info@TibetanHealingFund.org

Ongoing Events

Volunteer Night • The last Thursday of every month from 6-8 pm is Volunteer Night. We provide snacks and drinks while you help us with mailings, database entry, fundraiser preparation, etc. This is a great opportunity to meet the board and get more involved with Tibetan Healing Fund. For additional information or to volunteer, please contact: Info@TibetanHealingFund.org

美国藏医基金会