



Arizona Friends of Tibet

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Volume 7 Issue 2
Spring 2011

SAVE THE DATE

AFOT ANNUAL YARD SALE
(at our traditional time)
SATURDAY,
NOVEMBER 12TH



Please save your items for donation and watch for details on our website and in upcoming eblasts. Please help support AFOT by volunteering, donating or just buying!

“Remember, one person’s trash is another person’s treasure.”

WE NEED YOU AND YOUR GENTLY USED ITEMS



You can help make AFOT’s annual yard sale a success with your time and donated items for sale.

If you have clean, gently used items to donate, please save them for the sale and watch for more information on how to drop them off. If you are donating an unusual or valuable item, let us know the value of the item so we can determine the sale price. AFOT is a 501(c)(3) organization and can provide a tax donation letter.

Volunteers will have first choice of sale items and be able to purchase them prior to the sale!

Please help us to make this year’s sale another great success so we can continue to help the Tibetan people.

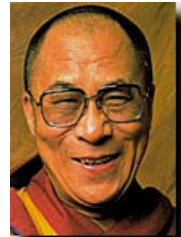
Our Mission Statement
Arizona Friends of Tibet is a non-profit organization for people who believe Tibetans are entitled to the basic human rights outlined in the charter of the United Nations. We support the non-violent efforts of the Dalai Lama to regain dignity and religious freedom for the Tibetan 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



The Dalai Lama

other 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:

I hope this letter finds you all savoring our beautiful spring weather while it lasts! We are so blessed to not be surrounded by earthquakes, tornadoes, and other signs of pervasive earthly unrest.

Thanks to your continuing generosity, we are also blessed to have almost double last year's amount of donations to distribute to various Tibetan causes. We were able to include several wonderful new organizations this year. Please take a few minutes to look at their websites to learn more about them.

Please save the date for our annual **Rummage Sale which will be held on Saturday, Nov. 12th**. It's never too early to put aside unwanted or unused stuff. Having just moved myself, I can speak with some authority about how good it feels to get rid of "stuff"—the more the better!! I look forward to seeing all of you there.

We are finalizing our schedule for next season and will have more information about winter and spring events for you in the fall.

Best wishes for a glorious summer, hopefully with lots of rain,

Peggy Hitchcock
President, Arizona Friends of Tibet

"BUDDHADHARMA NEWS" FEATURES AFOT GRANT AWARDS

In a recent posting on their website, www.BuddhadharmaNews.com, the *Buddhadharma Online Magazine*, published by the **Shambhala Sun**, featured Arizona Friends of Tibet's grant awards for Spring 2011, with a description of AFoT's mission, and a link to our web page. Please take an opportunity to read the article and other interesting postings on their website.

UPCOMING COMMUNITY EVENTS

UTTARATANTRA TEACHINGS
MOST VEN. NUBPA RINPOCHE
JUNE 15TH -17TH

9:00 a.m. – 5:00 p.m. daily

Preregistration deadline: June 8th.

NYUNGNE RETREAT
H.E. Garchen Rinpoche, Most Ven. Nubpa Rinpoche, Lama Thubten Nima, Lama Abao, Lama Bunima, and Lama Nyandak
JUNE 18TH-20TH

9:00 a.m. – 7:00 p.m., June 18th

7:00 a.m. – 7:00 p.m., June 19th

5:00 a.m. – 9:00 a.m., June 20th

Preregistration deadline: June 8th; please note that participation in all 2-1/2 days is required for this retreat.

Please note that preregistration is required for all events at The Garchen Institute. For the Uttaratantra Teachings you are welcome to participate in whatever part of the events your schedule permits. For the Nyungne Retreat, participation in the full 2-1/2 days is required.

To preregister or inquire about work-study opportunities, please email the Institute at questions@garchen.net or call 928-925-1237. For more information, please visit our website at www.garchen.net.



AFOT 2011 Spring Grant Awards

Thanks to your donations and support, we are pleased to report that AFoT is donating \$15,000 the following 14 worthy programs that will aid our Tibetan friends. Please check the websites or Google the names for more detailed information.

1. \$1800 to TERMA FOUNDATION

Dr. Nancy Harris health programs Child Nutrition Program. www.terma.org

2. \$1800 to SURMANG FOUNDATION

Health clinics and midwife services in remote area of Kham. www.surmang.org

3. \$1800 to NYERONGSHA INSTITUTE
Dr. Dickey health care clinic and orphanage
www.clavan.net

4. \$1800 to KONCHOK FOUNDATION

Earthquake relief and only shedra (school) for children, lay people and monks in region, many children are orphans; over 350 children attend this shedra; feeding children daily.
www.konchok.org

5. \$750 to WINDHORSE PROJECT re-building four village schools after earthquake; maintaining lunch program for children and salaries for teachers.

www.wind-horse.us/index.html
(www.tibetaid.org)

6. \$750 to YUSHU EARTH QUAKE RELIEF ASIA (association for Intl. Solidarity in Asia) project; distributing tents, solar panels, clothes and wheelchairs in Yushu; this is the 6th project of relief by this organization in Yushu. www.asia-ngo.org/en

7. \$1000 to MARPA FOUNDATION. re-building the only power station servicing Tibetan Refugees in Bhutan at Drubdey Gumpa nunnery and local village which was destroyed by devastating floods. www.ktgrinpoche.org

8. \$1000 to GARGON SCHOOL rural elementary school boarding school for nomadic children in eastern Tibetan Plateau does medical care and feeding children as well as education Tibet Aid). www.tibetaid.org/gargonhtml

9. \$750 to SAMTENLING NUNNERY (pay thru Tibet Aid) Dehra Dun India education and health care available for nuns, who escaped from Tibet.

www.drikung.org/index.php/drikung-seat-in-exile/samtenling-nunnery

10. \$1000 to BON CHILDREN'S HOME ORPHANAGE FOR TIBETAN CHILDREN in Dolanji India; health and education. Yeru Bon Center. <http://bonchildren.tonkoblako-9.net/en/jewel3/dolanji/01.tan>

11. \$750 to Nunnery Kitchen project (Ramona Johnson's project)
www.OneGlobalVillage.org

12. \$500 to NALANDA TRANSLATION in Tibet translating English works into Tibetan for use by children and monks in Kham; developing and publishing educational materials; working with Lamas in Khamto determine what texts they need for study.

www.nalanda.org

13. \$500 to PADMA KARPO TRANSLATION. Based in Nepal created Tibetan language software and typefaces; hires Tibetans to translate texts for use in monasteries and schools; started by Tspokni Rinpoche in 1992; texts are now available free on the Internet for monasteries. www.padmakarpo.org

14. \$800 to TIBETAN BUDDHIST RESOURCE CENTER (Gene Smith project) Digital libraries given to monasteries throughout India, Tibet and Nepal: does not need Internet: largest collection of Tibetan works in the world distributed free onto hard drives via PDF.

www.tbrc.org/

If you know of a project that helps Tibetans directly, please email the details to Emily Danies, eldanies@gmail.com



OUR TIBETAN STUDENT IN TUCSON

My name is Ramona Johnson. One Global Village, friends, and I brought a young Tibetan student to study in Tucson. I first met Tserang Dorji in 2006 at the English Training Program (ETP) for Tibetan students in Xining, China, where I was teaching English, Health, and Women's Health as a volunteer. He was 18 years old, had just graduated from high school, and was one of four students selected to attend ETP out of the 80 students in his senior high school class. He had a strong desire to learn English, but since he had no English before, I was asked to tutor him and three other students who also had no previous English. I was his tutor for a year, while he also attended his other classes in English taught by native English-speaking teachers in ETP. Then his father died, and he went home to be with his family and did not return to ETP. During the time I was his tutor, I came to know him as a unique student, different than the others.

He embodies the traditional values of his Tibetan Buddhist and nomad culture. His Tibetan reading and writing skills are excellent; whereas many students his age can neither read nor write Tibetan, because they had only Chinese teachers in their schools who taught in Chinese. Tserang Dorji has a creative mind, a very kind heart, and a free spirit. He is a poet, song writer, and artist. He comes from a loving family of his mother and 10 children. His dream is to study abroad, then return to his hometown to have a free school for orphans and children who are poor, starting his school in a black yak-hair tent. We want to help his dream become a reality.

He tried many times since 2008 to get his Chinese passport, only to be told time after time, "We can't help you." Finally, in November 2010, a friend was able to help him get his passport. On February 14, 2010 (Valentine's Day) he passed his second visa interview and arrived in the U.S. on March 11, 2011.

Now he is enrolled in the Center for English as a Second Language at the U. of A... He is studying diligently and doing very well, except for being homesick. Once he passes the Test of English as a

Foreign Language, he will enter Pima Community College to major in Education. We are seeking financial support to help with his tuition at CESL and Pima. It is such a wonderful and rewarding kindness to invest in a student's education and in the future of Tibet. We hope you will help his dream come true. Now Tserang Dorji will tell you his story in his own words:

"My name is Tserang Dorji. I am 23 years old. I come from the boundless grassland in Tibet — a simple nomad young man. Nomads live in black tents and herd sheep, yaks, and horses. Nomad life is very hard, because they move every season, but the people are friendly and compassionate.

Why have I come to the U.S.? First, English is the most important language in the world. Second, western education is the best in the world. Third, Tibetan is the second most important language in the world. I learned Tibetan in school, and my Tibetan is very good. So here I learn both the most important language in the world and have the best education. Then I want to go back home to build a school for orphans and children who are poor.

Why do I want to build this school? Now in Tibet and China they have had big earthquakes and floods, and there are many orphans. Many orphans have been taken in by rich Chinese families who said they would treat the orphans as their own children. Unfortunately these children are often treated as their servants, cannot go to school, and are not free. Some Tibetan and Chinese families are so poor, their children also can't go to school. These children are so poor, they also aren't free.

So my dream is that I want to help these poor children and orphans have a better life and live happy and free. I can help them a little bit by building a school for them with a program teaching Tibetan, English, and Chinese. I believe the poor children and orphans will study hard and help other poor children and orphans, because they know how hard that life is. So they will help other poor children and orphans have a life that is happy and free."

If you feel moved to help Tserang Dorji's dream come true, please contact Ramona Johnson at 520-820-4790. May all beings benefit.



Tserang Dorji with Ramona Johnson

Below is a brief account of how Ramona Johnson came to bring Tserang Dorji to Tucson:

Ramona had a 40-year career in Public Health Nursing, practicing and teaching, prior to her involvement with Tibet.

My Tibetan odyssey began in 1999 and 2000 when two friends brought me to hear the Dalai Lama's teachings in California. As many people do, I felt a heart connection to him, his teachings, but even more, his compassion, humility, and humor. After attending a retreat in NM, I went to Santa Fe where I met Paljor, a Tibetan, who runs Project Tibet. He was looking for volunteers to teach English in the school for nomad children which he had built in a remote part of Tibet. I was happy to be-

come the first volunteer. In the summer of 2004, I went with him to China, where I taught English to thirty-seven children in the home of a Tibetan family. The second and third summers I taught in Paljor's Drompa Primary School with great success.

I had heard many times about an amazing American who had started an English Training Program 22 years ago for Tibetan students, located in Xining, China. I then met "Teacher Kevin" and at his request, I taught English, Health, and Women's Health at his school from 2006-2009. That is where I met Tserang Dorji, our Tibetan student. After over two years of trying, he was finally able to obtain a Chinese passport. At that point, I was able to secure him a U.S. student visa and he came to Tucson on March 11, 2011 to study."



Arizona Friends of Tibet

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LOCAL BUDDHIST ORGANIZATIONS:

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520-749-4217
WWW.DHARMAKIRTI.ORG
DRIKUNG NAMGYAL LING
520-465-1882
WWW.DRIKUNGKAGYUTUCSON.ORG
TUCSON SHAMBHALA
520-735-2740
WWW.TUCSON.SHAMBHALA.ORG
BODHISATTVA INSTITUTE
520-325-2272
WWW.BODHISATTVA.INSTITUTE.ORG
AZ DIAMOND ZEN CENTER
520-572-3777
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WWW.AZSZC.ORG
ZEN DESERT SANGHA
520-235-4275
WWW.ZENDESERTSANGHA.ORG
MANJUSHRI WISDOM CENTER (FPMT)
520-971-1681
WWW.MANJUSHRIWISDOM-FPMT.ORG
GARCHEN INSTITUTE
928-925-1237
WWW.GARCHEN.NET

EMAHO FOUNDATION
480-704-4169
WWW.EMAHOFUNDATION.ORG

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.*

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