



ENHANCING THE QUALITY OF LIFE

February 25, 2019

Himalayan Children's Fund News

Dear Friends,

Now that the Losar holiday and celebration is over everyone is back to school and other responsibilities. With the end of the 2018/2019 school year at hand study time is intense as exam time approaches for SMD and VVI students.

At Thrangu Tara Abbey the Shedra exams have already finished and Khenpo Chonyi proudly reported the results ~ all nuns have passed. Congratulations to the new shedra grads!

Remember that you can help HCF by writing a review at [Great NonProfits](#) and by signing up with [AmazonSmile](#) if you haven't yet. Every little bit helps!

Thank you for your kind support. Please enjoy and share the newsletter.

~ Debra Ann



Behind the scenes at the Monlam ~ Thrangu staff.

THRANGU PHENDE CLINIC

Global Dental Relief dentists volunteered last fall at the clinic in Namo Buddha along with SMD student assistants. It was an enjoyable experience all around for the dental team and the students. (And not bad for the patients either!)



CONGRATULATIONS TO ALL THE NEW GRADUATES OF THRANGU TARA ABBEY SHEDRA!



SPONSORSHIP RATES

SMD BOARDING SCHOOL

Boarding Student	\$890.00*
Day Student	\$420.00

FOR MONASTICS

SMDBS or SMD Monk	\$480.00
Shedra Monk	\$600.00
Nun (base sponsorship)	\$240.00
Additional for school nun	\$240.00
Monk (base sponsorship)	\$240.00

We will always accept any amount toward sponsorships and find additional sponsors to complete the full fee amount.

* SMD calculates \$935.00 as the actual cost for boarding students, however, HCF is reluctant to increase sponsor fees and will continue to raise additional funds for the support of the school.

2018 SMD GRADS VOLUNTEERING AT TARA ABBEY

Born in Manang in 2000, Karma Choying joined SMD in 2010. She still remembers when her uncle, Khenpo Tashi (who manages VVI) walked with her for the 7 days it took to arrive at SMD ~ an exciting adventure seeing the city for the first time. While attending SMD Karma Choying participated in Eco Club, Roots & Shoots, Leadership Class and Student Council. She also attended meditation and danced in the cultural programs held at the school. The SEE exam made her nervous but she was also excited about new experiences to come. Before volunteering, Karma Choying took some time to consider the choice and talked to previous SMD grads in the Senior Program. She came to the conclusion that after being at SMD for 10 years she would like to repay the staff and teachers. She has been teaching science, social studies, math, Nepali and English to the Grade 1 nuns, helping senior nuns with English vocabulary and helping to organize creative activities, art, and crafts. Karma Choying has found that living at the abbey, "Gives me a good vibe," and she feels inspired by the perspective that the nuns have toward the environment and living beings. Grateful for her opportunities, Karma Choying hopes to return to school and then to continue volunteering.



Phurbu Sangmo was born in Nubri in 2002, the oldest of 4 children. Her uncle, Lhakpa Dorje and cousin Nangsal helped her to join SMD in 2007. While she was excited to be able to go to school, it was a bit scary and surprising to come to Kathmandu, see a bus and so many different people for the first time. While at SMD Phurbu Sangmo participated in Eco Club, Roots & Shoots, was a school captain, play and class captains. She always took part in the cultural programs and was part of the Tibetan dance group. The SEE exam was the first time to give an exam outside SMD and was hard at first but she liked the freedom she felt when it was finished! It was Phurbu Sangmo's family that encouraged her to volunteer and she has enjoyed teaching the Kindergarten class at Tara Abbey. She teaches science, math, Nepali and English and also helps the SMD nuns with homework and the older nuns with English. Phurbu says that life in the abbey is different ~ the nuns are kindhearted and caring and their thinking styles are different and they study more Dharma! She is thankful for the opportunity to be part of the abbey and hopes to study Hotel Management and someday open a hotel in her village.

PULLAHARI DRUBKHANG



Thrangu Rinpoche's young monks begin their schooling in India and every year ten of the monks live at Vajra Vidya Pullahari Thrangu Monastery. (The others study at VVI.) A small staff of older monks oversee the management and at certain times during the year other monks come for several months of retreat. While located near great and inspiring pilgrimage sites in Bihar, India, everyday living can be challenging with the extreme heat, bad air quality, and an enormous amount of mosquitos! The monks have some help now from mosquito nets and pop-tent-like mosquito sleepers. Thanks to our HCF donors the plumbing and door repairs at Pullahari are now complete and a new generator is on its way. To support Pullahari Drubkhang through HCF Designate: Pullahari

