



ENHANCING THE QUALITY OF LIFE

July 21, 2019

Himalayan Children's Fund News

Dear Friends,

The recent floods and landslides in Nepal have been difficult for many in the country but the severe damage was not local and all the students, monks and nuns are safe.

Thrangu Rinpoche is now at the retreat center in Crestone, Colorado. His limited schedule of activities is helpful for his ongoing rest and recovery and he doing well.

Our activity on FaceBook is not frequent but it does help us with visibility and occasional contributions. (Give us a *Like* if you haven't already.) Until now, we have not had the resources necessary to further our range on social media. So I am delighted to announce that we have 2 new volunteers: Maggie and Andrew Spikert-Ammons! They have set up our Twitter and Instagram accounts and will be helping with shifting our website to a separate domain from rinpoche.com. More to come soon regarding the website but in the meantime please help us grow our presence and find us on Instagram and Twitter at: @HimalayanCF.

Please enjoy and share the news.

~ Debra Ann



The SMD school uniforms that you have provided will soon be ready!

FINANCIAL NEWS

The HCF Audited Financial Statement for the fiscal year ending 6/2018 is now posted on our website and the 990 filing is available upon request. I am pleased to present a brief overview of the distributions made on behalf of our sponsors and donors between 7/1/2017 and 6/30/2018. The categories listed are the main accounts which receive the funds donated for all sponsorships, activities and programs.

Thrangu Tashi Choling Monastery & Tara Abbey, Nepal	\$160,618.00
Thrangu Free Clinics, Nepal	5,330.00
Thrangu Tashi Choling Monastery, Tibet	480.00
Shree Mangal Dvip Boarding School, Nepal	205,235.00
Vajra Vidya Institute, Sarnath, India	21,690.00
Pullahari Drubkhang, India	15,289.00
Vajra Vidya Retreat Center, Crestone, Colorado	9,260.00

Your support is tremendous, being of benefit in so many ways. We are grateful.

SPONSORSHIP RATES

SMD BOARDING SCHOOL

Boarding Student	\$900.00*
Day Student	\$420.00

FOR MONASTICS

SMDDBS 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.

THRANGU TARA ABBEY

Two Senior nuns from Tara Abbey have recently been recognized for their leadership capacity.



▶ Ani Tzultrim was requested to be an Oomze (Chant Master) for the North American Kagyu Monlam which recently concluded at Thrangu Monastery in Vancouver, Canada.

▶ Shedra teacher, Acharya Karma Wangchuk Lhamo, was asked to give a 3 day teaching on Karmic Causality which was recorded by Gompa Services. Translated into English by Pema Chodor, a Malaysian student at the International Buddhist Academy in Kathmandu, the video is available for viewing until July 30, 2019.



SCENES FROM VVI

Shedra monks participated in the 4th annual Dhammacakkapavattana Sutta Chanting at the Vietnamese Monastery in Sarnath and at VVI it was mango picking time!



SMD

Every year we share stories of the SMD grads that give a year of service before continuing their education. Now, for the first time, we have the opportunity to hear from a grad in his own words. Norbu Tsering (who was mentioned in the March issue and has HCF sponsors) has written about his experience and included some photos.

MY WONDERFUL GAP YEAR SERVICE EXPERIENCE OF 2018/2019

I am Govinda Rajbhar also known as Norbu Tsering. I graduated from SMD, Rinpoche's school for Himalayan children a year ago. I volunteered to give a year of service for Thrangu Rinpoche and was selected to teach young monks of SMD Branch School at Namu Buddha. It was a wonderful experience sharing the knowledge that I got from SMD for over 11 years.

I taught Computer Science and Nepali language to the young monks of Namu Buddha. Besides those, I was also able to help kids in other subjects on their leisure and self-study time. Before going to their classes I always made lesson plans so that I could teach them easily while practicing all the teaching ideas that I learned from the teacher training with Miss Tsering Diki. In Namu Buddha, there is a guiding class group where young monks are learning how to guide tourists and volunteers visiting the monastery. They're doing that by learning English. Therefore, I was able to provide my support to them whether by helping them learn some new vocabulary or having them do presentations to improve their confidence.

People might think that giving a year of service is a 'waste of time' but I was given a time dedicated to myself, my knowledge, and my life which I realized has some potential to help others. As much as I was teaching, I learned the way of practicing Buddha dharma, of handling problems through kindness and selflessness ~ the purpose of life and the value of education in it.

I learned many things throughout the year from a variety of chores and activities: being in charge of the Thrangu Express(Kadrin), managing the computer lab, working with ECO club and the library, supporting the "guiding class," attending Chinese class and volunteering at Thrangu Phende Clinic during dental camp and general health checkup programs. All of them have taught me more about myself and what I'm capable of. The experience has made me able to face any responsibility that comes my way.

The most wonderful of all, I was able to reflect on my school life very well, at my own pace, while teaching young students. I am very proud that I got such an opportunity to give one year of service which was truly a rewarding experience for me.

