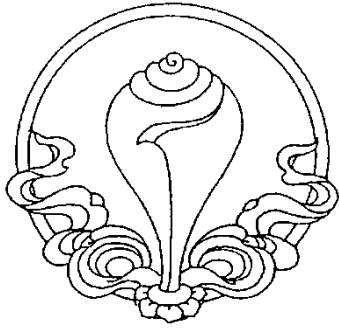


TIBET-FONDS “DOLMA”



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Newsletter November 2014

25 years have flown by, and there is much to celebrate! Yes, together we have looked after the welfare of the Tibetan people and the preservation of their lovely culture for this length of time. On 12 October 1989, Noortje Toetenel (Tenzin Lhamo) took the initiative of founding “Dolma”, and we have moved on 25 years. We have achieved a great deal! During this period a total of 1.7 million Euros has been collected, a large sum, with which we have done many things. The last page of this newsletter gives some pie charts which will give you an idea of the expenditures, per project and destination. Because all the work has been done by volunteers, organisational costs have remained just below 2%. We, and also the Tibetan people, want to say a big “thank you” to all those who have contributed. Our gratitude is symbolised by the green prayer flag that we have sent along with this newsletter. It is one of the five colours that flutter in the wind all over the world, spreading the wish for peace. On this flag is a picture of Dolma, also known as the Green Tara, with a prayer to her 21 forms. She is the female Buddhist Saint who helps people in times of worries and sorrows. She remains our source of inspiration.



Now that the agricultural project on which we have worked intensively for the past 6 years has been completed, we can concentrate on an important new project set up by the Tibetan Government. This is the building of a new village for people who had been imprisoned in Tibet and have fled to India. We have already written about this. These people suffered and were often tortured in the Chinese prisons. On their release they were treated as pariahs, and because of the continued threat from the Chinese authorities, they try to cross the Himalayas to India, often together with their families. There are already 75 families on the waiting list, and still these people are fleeing Tibet, so the number is growing.

In our previous newsletter I mentioned the land that has been bought by the Tibetan Government and that is presently being prepared for building. One house will cost about Euro 6.000, and our foundation has already transferred the cost of **four** houses. It would be lovely if we could increase this number in the future, so that these families can live peacefully in their Dolma homes. Would you be willing to make a contribution towards this plan?

The monastery school in a distant corner of Tibet can also count on our help. In the middle of October, the Tibetan Prime Minister, Lobsang Sangay, was in the Netherlands, and I was also present at a meeting he held with various organisations. Amongst other things, he also spoke about the help that is offered in Tibet itself. There is a great need for help there, but if one does not take great care to avoid mentioning names and places, it seems that the projects that are set up are destroyed by the occupier and people end up in great danger. Inspired by his explanations, we added a donation of Euro 1.000 to the Euro 3.100 which we had already allocated to this remote school. This gives the children better food for a while and means that the teachers can be paid. Because we have a very reliable contact person in India, we are able to help without putting people at risk. It's great to have this way of being active in Tibet itself!



Meeting with Prime Minister Lobsang Sangay



A cheerful homework session at the monastery school

The preservation of Tibetan culture in India remains high on our list of priorities. We received a request from Mundgod for travel funds and a contribution to food and drink for receiving a group of about 70 boarding school children. At the beginning of the long winter holidays, those children who have parents in India go home. The other children remain behind, and have little to do during this long period. The idea is to bring these children from the icy Himalayan areas to the much warmer Mundgod, where teachers and monks are ready to give them extra lessons on their language, history and culture. The children see this as a holiday, even though they are hard at work at their lessons. The Dolma Foundation has supported this in the past, and we will again donate Euro 1.000 this year.

In the primary school of the Drepung Loseling monastery, the young monks are also learning to write Tibetan. There is a large hall where they all sit on the ground with an old-fashioned slate on their knees. The slate is covered with chalk, and they write on this with bamboo pens. The letters appear in black. The children practise until they have mastered the difficult letters. When they have made some progress they are allowed to use exercise books. The roof of this hall leaks, and this is no fun during the monsoon season. We are happy to contribute to the estimated cost of Euro 3.760 for repairing the roof.



In the previous newsletter we made an appeal for bursaries for gifted young students. We have succeeded in providing bursaries for TWO youngsters to study for 4 years. They have started their studies with gratitude and enthusiasm.

We have already written about the big problems with the water supply in Dharamsala. The town is overpopulated and water has to be brought in from afar. On top of it, it is poor quality water which often makes people ill. With our permission, the money that we had allocated earlier to the high school for new pipelines was diverted to the provision of a water purification system. There have been fewer illnesses since.



Good use is made of the clean water taps.

Requests for sponsorship keep coming in. People may suddenly find themselves in a situation which they can no longer cope with on their own, and a few years of food security can give them just the boost they need to get on top of things again.



Choeku Dorjee and Urygen Dolma are old and no longer able to cultivate their plot of land because they suffer from many ailments. Choeku is hardly able to eat. The photo shows Urygen Dolma in her kitchen. A contribution of Euro 20 per month would help them enormously.



Tenzin Yangdak and her husband Jampa Namgyal have two young children and an elderly mother. They sell clothing in Mumbai in the winter months. Their income is insufficient to pay for the support and schooling of their children, and for medicines for asthma and joint pains. A support of Euro 25 per month would be very welcome.



Karma Tashi and his wife, both in their mid-seventies have had to spend all their money on treatment for diabetes. A part of his foot was amputated. They have no children to look after them. Euro 20 a month will give them some security.

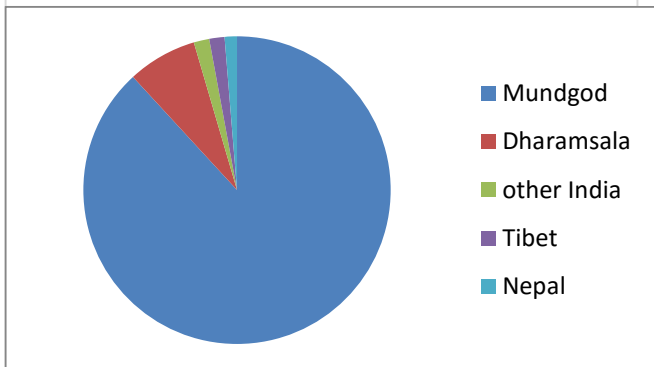
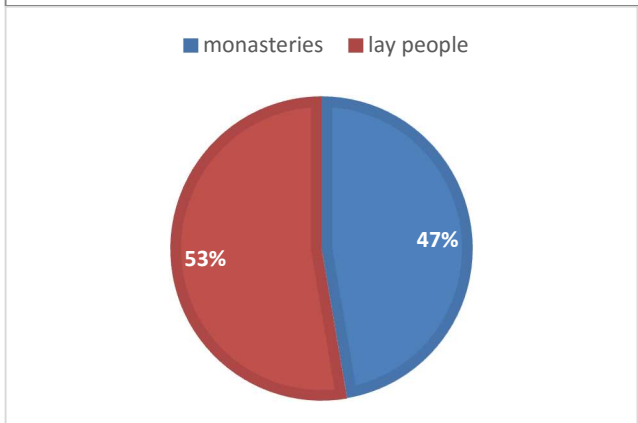
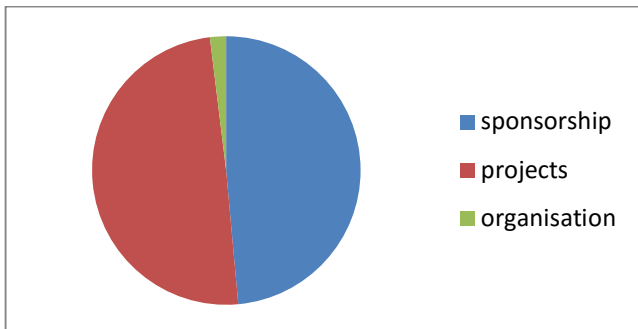
Presents sometimes just fall into our laps! In the spring we suddenly received a donation of Euro 1.500 from the charity shop Pelgrimshoeve in Zoetermeer. When we enquired, we discovered that the volunteers who work there may propose a charitable organisation for a money donation. One of our donors had drawn the attention of a friend of hers who works there, to our foundation. This friend proposed the Dolma Foundation, and successfully so! This was a nice surprise, and a nice amount. Thank you for this!

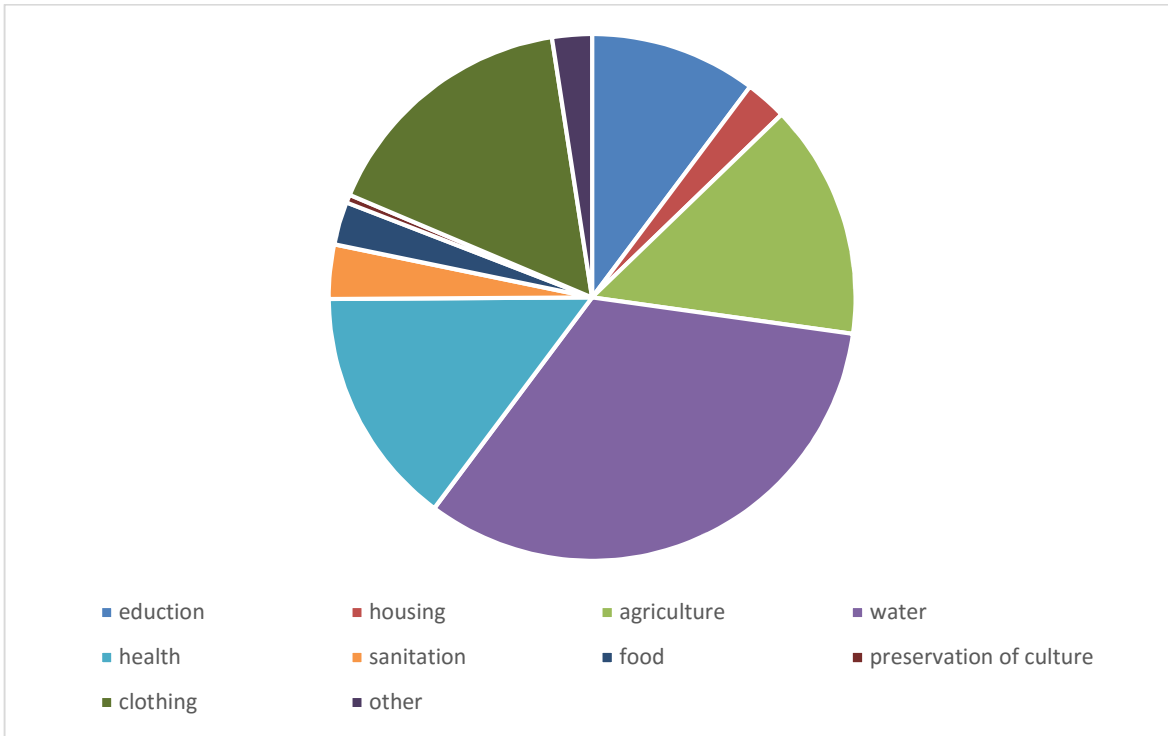
May I remind you once again of the change in law that was introduced this year. In the past, to be able to benefit from a tax deduction, a notarial act had to be drawn up, entailing work and expense. The new law enables you to draw up a contract with a charitable institution, providing complete tax deduction, if you commit yourself to donating a fixed amount for a minimum of 5 years. You can get in touch with us regarding this. The standard form is also available on our website www.tibetfondsdolma.nl. Five such agreements have already been signed!

With the coming of Saint Nicholas and Father Christmas, it is a time of presents for many of us. We would like to draw your attention to a new, exceptional book by Myra de Rooy, which was ceremoniously launched on 14 November, entitled "Daughters of the Mountains". It is the life story of four strong, determined women from Ladakh, Iran, East Turkestan and Tibet. Two of these four women were able to be present at the launch. Have

a look at <http://www.myraderooy.nl/publicaties/boeken>. As already mentioned in the spring newsletter, Myra donates Euro 5 to the Dolma Foundation for the sale of each copy of her previous book "The Windhorse House". When ordering, mention Dolma.

The pie charts below show you how the 1.7 million Euros has been allocated to the different purposes





1.7 million Euros has made life a lot easier for a lot of people

We hope that the green Dolma flag will remain an inspiration to help ameliorate the difficult situations about which we will keep informing you via our newsletters. On to the next 25 years (by which time I will walking through Tibet with a walking stick ☺).

Tashi Delek,

Franz de Reeper

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