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TRAS



HEALTH CARE AND EDUCATION FOR CHILDREN AND
YOUTH IN TIBET, NEPAL AND INDIA

Winter Newsletter ~ December 2006

Trans Himalayan Aid Society

President's Message

On behalf of the TRAS board, I'd like to wish you and your family a happy holiday season!

We know many of our members have recently renewed their sponsorships and sent generous donations, and we thank you. Your support is what makes TRAS's work possible.

We've now sent out all sponsorship renewal letters for 2007. If you sponsor a child, and you haven't received a letter from us asking you to renew, please give us a call.

If you're thinking about making a donation, an anonymous donor has pledged to match donations made during December and January, up to \$10,000. This includes



Russil Wvong

everything except sponsorship payments. If you would like to make a donation to TRAS in the name of a friend or a loved one, we can send a Himalayan card to the

recipient, telling them that you have made a donation in their name and thanking them for the donation.

To make sure that we have time to send the card, please call the office before December 19.

Thank you again for your generosity!

Farewell to Debbi Salmonsens who has done a superb job of running the TRAS office for the last year and has moved on to a new position with the Deafblind Services Society of BC. Good luck, Debbi, and thanks for all of your hard work and dedication—you'll be sorely missed!

cont'd on page 2

HATS OFF!

HATS OFF ----- TO CANADIAN STUDENTS REACHING OUT TO STUDENTS IN NEPAL!

Argyle Secondary School in North Vancouver held another successful 'Himalayan Connection' evening in the spring, rais-

ing \$1500 for vocational training at Buddha Academy in Kathmandu, Nepal.

In June, the Student Council of **Sutherland Secondary School in North Vancouver** donated their year's fundraising of \$1800 to an emergency appeal from

Buddha Academy. More and more children were arriving on the doorstep, escaping the horrors of the conflict, often 'malnourished and naked', and thanks to the Sutherland donation, the Academy was able to take them in.

cont'd on page 4

Presidents Message cont'd

Heather O'Hagan has taken over from Debbi as the TRAS office manager. Heather has a great deal of experience with non-profits, having worked as Executive Director for both the Crafts Association of BC and the Dr. Sun Yat-sen Classical Chinese Garden.



Welcome to Heather O'Hagan, new office manager at TRAS

To reduce the cost of running the office, we decided to have a volunteer handle administration of the sponsorship program, which is quite time-consuming. Heather will be working the equivalent of two days a week instead of three.

Marion Tipple will continue to be the director in charge of sponsorship, but I'll take over the administrative tasks that Debbi handled. If you have any sponsorship issues or questions, you can

send e-mails to:

sponsorship@tras.ca (both Marion and I will receive it), or my home number is (604) 871-0161.

We warmly welcome Samaya Ryane as our volunteer newsletter editor. She has 11 years' experience as an editor. Thank you Samaya!

We've moved again! The Columbia St. building was suddenly sold, but Heather quickly found a small office in a central location (see address Pg.4).

~ Russil

DID YOU KNOW?

In 2005 nearly 6 million Canadians donated a record \$7.9 billion to charities, up \$1 billion over the year before.

~Stats Canada

IMAGINE WHAT YOUR GIFT TO TRAS COULD DO....

CHILD CARE

Little Flowers Creche



30 pre-schoolers are looked after while their parents work or teach for

the Tibetan Government in Exile in Dharamsala. Parents pay a small fee – TRAS pays the rest.

\$55 allows one child to be cared for and given a daily nutritious lunch for 1 year.

Dekyiling Tibetan Handicraft Centre Creche

30 children are cared for while their mothers weave the bags we sell at the office.

\$85 allows one child to attend for a year which frees the child's mother to work for her family.

VOCATIONAL TRAINING

15 Tibetan nurses are being trained and will work in clinics in the Tibetan settlements in India.

\$500 pays for the training and room/keep for one nursing student for one year.

\$250 for six months

\$ 42 for one month

HEALTH

Spiti Munsel Ling School Health Care

Centre. TRAS needs \$13,200 to build a small health care centre to care for the health of 500 children and for 10 in-patients.

\$973 will pay for the building of one room (dormitory, dispensary, examining room, dining room/kitchen)

\$125 pays for 1 bed and complete bedding set (including quilts for the severe winters)

\$83.50 pays for 10% of the dining room/kitchen furnishing and utensils

\$1,000 purchases the furnishings for the examining room, waiting room and the medical equipment needed for the centre.

~Daphne Hales

SPONSORSHIPS AVAILABLE AT MUNSEL-LING SCHOOL IN RANGRIK, SPITI

This school provides care and quality education to children of desperately poor villagers in this harsh, isolated, remote areas of northern India. These are two of the many children needing a sponsor. Studies include English, Maths, Science, Social Science, Moral Science, Tibetan, Hindi and Computers.

Chhering Palmo

is 10 years old and in the 4th grade. She has two sisters and a brother who also study in the same school. She is very talented and good in her studies. Her younger sister also wishes to join the school. Please give your support to Chhering so that she might continue her schooling.

Tenzin Zangpo

is a 9 year old boy and in Grade 2. Zangpo has one brother. His father is unemployed and his mother is a helper. They do not have any regular source of income. Financial help is needed for his studies.

SNAPSHOT OF 2006 AT TRAS

It's welcome news that Nepal has signed a peace agreement! We know the process will be long and arduous, but we send the Nepalese Government and our partners in Nepal our best wishes as they strive for peace. Thanks to Canadian supporters, we have sent extra funds during 2006 for Buddha Academy's orphans, for Nagarik Aawaz' displaced youth, and for those injured in the conflict.

Successes — again thanks to our members — include rebuilding the wall at Buddha Academy and completing the 3 Incarnation Convent vocational training programs for teachers, nurses and unemployed boys. Individual donors have fully funded the Lhasa Yuthok Kindergarten for another year, the Tibetan Nuns Sewing project, the Buddha Academy infirmary and much of the Buddha Academy vocational training and Spiti health care centre!

Successful events during 2006

- Marion Tipple's photo exhibition in March and slide show in November
- the 1st Nepali Film Festival in Vancouver, hosted jointly by TRAS and the Nepal Cultural Society
- Himalayan Christmas Market
- Talk by Chung Tsering, Research Officer for the Dept. of Education in Dharamsala.

Join other sponsors who provide:

- education
- school supplies
- and in some cases, food and shelter for over 200 children in the Himalayan region.

TRAS works through 12 different settlements and receives reports on the children's progress on a semi-annual basis.

Sponsors can expect to hear from their sponsored child once or twice a year and can send them correspondence directly, or through TRAS.

The cost of sponsoring a child is \$400 which includes the TRAS annual membership. Payments can be made by cheque, Visa or MC

PUBLIC FORUM

Comprehensive Peace Agreement: Challenges and Possibilities in Nepal

With panelists:

Ramjee Parajulee, Ph.D. UBC
Hari Sharma, Ph.D. Simon Fraser

Sunday December 10

2-4:30pm

At Cafe Kathmandu

2779 Commercial Drive/12th
Vancouver, BC

Free Admission. Book in advance:
604-879-9909, 604-506-9259.

TRAS

Supporting health and education for children and youth in the Himalayas

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We've moved!

Happy Holidays from the TRAS Board!



Patrons

Joan Ford
Dorothea Leach

Board of Directors

President	Russil Wvong
Treasurer	Rob Asbeek-Brusse
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Newsletter Editor	Samaya Ryane

Administrator Heather O'Hagan

Back It to rt: Jen Hales, Videsh Kapoor, Kathy Gibler, Daphne Hales, Rob Asbeek-Brusse, Russil Wvong.

Front It to rt: Samaya Ryane, Heather Hamilton-Wright

If anyone is travelling to/from Nepal and would be able to carry small craft items for TRAS, to save postage costs, please contact the TRAS office. Thank you!

HATS

cont'd from page 1

In September came a cheque for \$1000 for vocational training at Buddha Academy from the students of **Westdale High School in Hamilton** – and thereby hangs a tale:

In 1999 the outreach group at **St. Paul's Church in Hamilton** wanted a project, so long-time TRAS member Jessie Kaye found out about the need for toilets in the Kullu Valley, and her 'Loonie for a Loo' campaign was born.

She was helped by Karen Trollope-Kumar, who had recently spent 11 years practising medicine near the Kullu Valley. Karen's powerful slide show helped the group raise enough funds to pay for 19 toilets, well over target.

But that was only the beginning. Karen became a TRAS member, and the Kumar family now spon-

sors two children. Each time the TRAS newsletter arrived, their son Raman avidly read it. And when Raman's high school was looking for a worthy project, he suggested making a connection with a school through TRAS. Thanks to Raman, our vocational training project now has the gift of \$1000 from **Westdale School**.



Raman Kumar instigates school project for TRAS

The money was raised by putting on a 'Diversity Show' in his high school, where kids from different ethnic backgrounds presented their songs, dances and a multi-ethnic fashion show. It was a huge hit.

Many thanks to **Argyle, Sutherland and Westdale Schools**, and particularly to Raman and to Jessie (who had no idea the ripples would spread so far!).

~Daphne Hales

UPCOMING EVENTS

Winter 2007 Fundraisers

Tibet Talk

by Dr. Tsering Shakya, Canadian Research Chair in Religion and Contemporary Society in Asia, Institute for Asian Research, University of British Columbia. Dr. Shakya will give a talk on a contemporary Tibetan issue.

TRAS Musical Evening

with musicians Jan Rooks (piano), Grant Tomlinson (lute), Alan Matheson (jazz piano and trumpet).

Dates and locations to be announced soon. Check TRAS website updates (www.tras.ca), phone the TRAS office for details (604-224-5133), or email us your email address to be added to our events email list (tras@portal.ca).

Tickets for each event:

\$10 regular, \$8 students/low income/seniors. All proceeds to TRAS projects.