



## 50 YEARS ON....a moment of reflection

*This is hardly the time for rejoicing for the Tibetan people at home or abroad—and in fact the Tibetan diaspora decided to cancel all Losar New Year celebrations this year in order to honour their countrymen in Tibet—those who have died and those who struggle on. Tenzin Lhalungpa in Canada and Kesang Wangdu in India express so well the feelings of the exiles who fled their country to keep their faith, their culture and the essence of being Tibetan alive.*

Tenzin writes, “March 10, 2009, will mark the 50<sup>th</sup> anniversary of the Tibetan uprising against the Chinese occupation of their homeland. This fateful day has since been

commemorated as Tibetan National Day by Tibetans and their supporters throughout the world. This catastrophic event led to His Holiness the Dalai Lama and over 100,000 Tibetans seeking refuge in India. In exile, and under the enlightened leadership of His Holiness, the Tibetans have managed against overwhelming odds to recreate and uphold their traditions, culture and religion; the very fiber of Tibetan society that has been under constant threat in Tibet itself.

TRAS has been there almost from the very start to help resettle and educate the Tibetan refugee populations in India and Nepal. In a sense the creation of TRAS was also a direct result of this tragic event 50 years ago.

The situation in Tibet remains as dire as it was 50 years ago, if not more drastic. Last year Tibetans throughout the occupied region, from all social classes, revolted against the Chinese occupation. They were brutally suppressed and this repression continues to this day.

Because of the events of last year and this very sad anniversary, most Tibetan communities, taking their lead from Tibetans inside Tibet, have decided to forgo any public celebrations of the Tibetan New Year (Losar).

The City of Vancouver has declared the month of March to be *Tibet Month* and City of Surrey has declared March 10, 2009 to be *Tibet Day*.”



And Kesang Wangdu writes from the Dekyiling Tibetan Handicraft Centre in India, “Thank you also for your kind thought and good wishes for 50<sup>th</sup>. Losar. This means I am away from home for 50 years. I was born on 11<sup>th</sup> November 1956. I was two and half years old when we escaped from Tibet, as my parents have told me. This

year we are not going to celebrate the Losar, to pay our respects and tribute to those who have laid their life for the cause of Tibet and to share our love and sympathy with people still under Chinese yoke. We here in the free country will pray and fly prayer flags. All the community will gather during the Losar and offer prayers for the welfare of people in Tibet and those who lost their life. So, in 2009 no Losar, and it is a black year for the Tibetans. Let me not go too deep; there is no ending to the worry and sadness.” (cont'd pg 2)

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Tenzin is right – it was the sight of frightened orphans, nearly 50 years ago, huddled under cotton sacks at the first orphanage set up by the Dalai Lama, that compelled George and Inge Woodcock to start TRAS (as the Tibetan Refugee Aid Society), and like many similar groups around the world, TRAS continues to help where it can.

One way we CAN help is to support the new generation of Tibetans: the children.

**TRAS is the sole means of support for:**

**1. the Lhasa Yuthok Kindergarten in the heart of old Lhasa (pictures below);**



**2. we maintain the creche at Dekyiling Tibetan Handicraft Centre;**

**3. we help (along with the parents and the Dalai Lama's Department of Health) to pay for the Little Flowers Creche for the children of the Tibetan government-in-exile's staff.**



**4. we sponsor many Tibetan children;**

**5. we support vocational training for their young people.**



Dekyiling school children

By 'WE', of course we mean 'YOU', our ever-supportive members

**Can TRAS count on you once again, to help the Tibetan children in these creches and schools?**

This edition is full of information about events to remember March 10, and about our film festival to raise funds for the Buddha Academy in Kathmandu, Nepal. This excellent school, run by a Tibetan who was himself supported by TRAS as a youngster, takes in many Tibetan children, as well as the disadvantaged of Nepal.

## LAB TO THE RESCUE

**W**hat comes next after shelter for the welfare of children? EDUCATION! And for a decent education you need BOOKS!

**Thank you, Libraries Across Borders Assistance Fund,** for entrusting TRAS with \$3,000 to purchase much-needed books for the school library in the Tezu Tibetan Settlement. We described in the last newsletter where this isolated, forgotten little community is (in the far northeastern corner of India).



The Dalai Lama's Department of Education is so grateful for this help, and will start ordering the books right away.

Dictionaries, Tibetan legends and history, English stories, comic books – there will be a good mix of books to entice the children to read more and to learn.

Last year LAB provided books for the Miao Tibetan Settlement school library, and the principal has started keeping the library open longer hours and letting the children take books home. We are hopeful that this just might encourage some of the illiterate adults to start learning alongside their children.



# ONE MILLION BEDKITS = ONE MILLION CHILDREN HAPPILY ASLEEP



How can you sleep well and stay healthy when you lie on the hard ground, unprotected from malarial mosquitos? Or if you live in the Himalayas in northern India, how do you sleep and stay healthy when bitten all over by bedbugs and lice, shivering in the intense cold of Spiti's winter? Well, the short answer is "You don't" – and that's where Sleeping Children Around the World comes to the rescue!

To our enormous delight, SCAW has decided, in this year when they will be delivering their millionth bedkit, to help the children of the Munsel-Ling School in Spiti by providing even more than we asked for!

Many TRAS donors answered our request for bedkit funds in December, and then SCAW came through with the rest – and more. Their mandate usually provides tropical bedding and mosquito nets for \$35, for children aged 6 to 12.

But their hearts were touched by the need in Spiti, and they are providing a metal bedframe (to get the children off the cold floor), a thick mattress and a heavy quilt, as well as the usual pillow, sheet and pillow case (total: \$76) – AND they are providing them for ALL ages at the school.

Combining the funds from SCAW and TRAS members, EVERY CHILD AT MUNSEL-LING SCHOOL WILL HAVE A NEW, CLEAN, WARM BED. The bedding will be delivered from Dharamsala in July, and a SCAW volunteer team of three will be there to assist with the handout and to take photos of the occasion. The UBC medical students' team will help too. Watch for reports in the Fall newsletter. Our grateful thanks to SCAW for their help, and for trusting TRAS to be the conduit and oversee for these funds! Do visit the SCAW website [www.scaw.org](http://www.scaw.org) for fascinating reports and photos of their current deliveries.

## STUDENTS HELP FELLOW STUDENTS ACROSS THE WORLD—cooking & fasting

Argyle is putting on another of its popular **Himalayan Evenings!** Join them on as they raise funds to sponsor two youngsters at Buddha Academy and to help the vocational training program. And how's this for a scoop!



Their guest speaker is North Van resident Kevin Valley, who has just returned from the fastest self-powered race to the South Pole!

**Argyle Himalayan Evening,  
Tuesday, March 10, 6.00pm – 9.00pm  
Argyle School, 1131 Frederick Rd.,  
North Vancouver in Lynn Valley.**

Enjoy a delicious home-cooked Nepalese meal and chai! Nepalese and Tibetan crafts for sale. Slide show and talk.

Tickets: \$15 adults, \$10 children

Order from Brian Sheffield, [bsheffield@nvsd44.bc.ca](mailto:bsheffield@nvsd44.bc.ca)

Hosted by the Argyle Global Connections Club.

Sutherland. Last summer Sutherland Student Council co-president Elliot Squire presented Daphne Hales of TRAS with a cheque for \$1,500. Wonderful!



By the time you read this, **Sutherland** will have held a 24-hour fast on February 26, with 100 students thinking hard about what it means to be hungry.

They are raising funds for the vocational training project at Buddha Academy, and the organizers put up TRAS displays to educate the entire school with 'before' and 'after' photos of children who are now cared for at the Academy. Now the Canadian students will have had a taste of what it's like to be hungry – and done something to help those who actually are.

# TRANS HIMALAYAN AID SOCIETY COMING EVENTS



## Trek for TRAS in Sagarmatha National Park, Nepal

*An adventure of a lifetime - A way to give back*  
**October 16 - November 4, 2009**

**J**oin us for a 14-day trek in the spectacular Mt. Everest region and make a difference in the lives of children and youth in Nepal

Our trek will take you through one of the world's most beautiful areas: Sagarmatha National Park in the spectacular Khumbu / Mt. Everest region of Nepal. The Khumbu is home to the Sherpa people and four of the world's 10 highest mountains.

Our maximum elevation will be a comfortable 17,560 ft. where the air is clear and the views of the towering Himalayas are truly awesome. Extra batteries for your digital cameras are recommended!

**Imagine trekking in a beautiful country and making a difference to others at the same time!** On this tour, not only will you experience the wonders and beauty of the Khumbu, but you will have the opportunity to contribute to the livelihood of some of Nepal's most needy children and youth. Each tour member will be responsible for raising at least \$500 for the Trans Himalayan Aid Society (TRAS) ([www.tras.ca](http://www.tras.ca)), a Vancouver-based NGO and registered charity that supports the health and education of youth and children in the Himalayas. TRAS will allocate the money you raise to projects in Nepal including Buddha Academy Boarding School, an inspiring and successful school and orphanage for over 500 marginalized children and youth in Kathmandu.

**After the trek** we will spend five days at the Kathmandu Guest House in the heart of Thamel in central Kathmandu and will visit Buddhist stupas and Hindu temples and ancient towns. We will arrange unique visits to local TRAS-supported projects, such as Buddha Academy. On our final evening, we will gather for a farewell dinner at an excellent Nepali restaurant.

**Leader: Ken Kissock**, an avid and experienced trekker in both the Himalayas and our local Vancouver mountains, will share his passion for the Himalayas with you on this unique Trek for TRAS. Ken is a trek leader for Vancouver-based Everest Trekking ([www.everesttrekking.com](http://www.everesttrekking.com)).

**Level:** challenging

**For more information** and an application, please contact Ken Kissock at 604-984-7773 or by e-mail at [ken@second-wind.com](mailto:ken@second-wind.com), or Gord Konantz at 604-731-7650, e-mail [gkonantz@everesttrekking.com](mailto:gkonantz@everesttrekking.com).

**Everest Trekking** [www.everesttrekking.com](http://www.everesttrekking.com)

in partnership with

**Trans Himalayan Aid Society (TRAS)** [www.tras.ca](http://www.tras.ca)

*supporting the health and education of children and youth  
in the Himalayas*

See Ken's slide show at the Nepali Film Festival, March 29, and talk to him about this special opportunity (postponed from 2008)

**Canada Tibet Committee events**  
(Vancouver branch), to honour and remember fifty years of the Tibetan struggle.

### **Public Talk "Tibet: 50 years on"**

Monday, March 2 at 7pm

Café Kathmandu,

2779 Commercial Drive (at 12<sup>th</sup>)

Admission by donation.

A world-renowned expert on contemporary Tibet, Dr. Tsering Shakya will share his knowledge and insights into the challenges faced by Tibetans and the rhythms, passions and motivations that have sustained them for the past five decades. His research and collaborative work with Tibetans from all walks of life has provided him rare windows into the lived experiences, hopes and dreams of Tibetans living in Tibet. In this talk he will discuss contemporary contexts and conditions within Tibet 50 years after the momentous 1959 uprising.

### **Tibet Month Opening Rally**

Sunday, March 8 - 1.00pm - 2.30pm

Vancouver Art Gallery (Robson Street side)

Speeches by Libby Davies, MP, and representatives of Canada Tibet Committee, Students for a Free Tibet, Amnesty International and the Tibetan community of British Columbia. Featuring the Tibetan Children's Music Ensemble of British Columbia.

### **Tibetan National Day**

50<sup>th</sup> Anniversary of the Tibetan Uprising

Tuesday, March 10

Tibetans worldwide will commemorate the 50<sup>th</sup> anniversary of the 1959 Uprising, and celebrate their undying solidarity and determination to support Tibetans in Tibet. Tibetans and supporters from British Columbia, Washington and Oregon will rally and protest at the Chinese Consulate, then march to Downtown Vancouver to a closing rally at the Vancouver Art Gallery. In the evening there will be a sombre Candle-Light Vigil at the Chinese Consulate, in mourning for all Tibetans who have died.

### **Rally and Protest March**

11.30am - Rally at the Chinese

Consulate, 3380 Granville St./16th Ave.

2.00pm - Protest march from the

Chinese Consulate to Downtown Vancouver  
(Vancouver Art Gallery).



### **Candle-Light Vigil**

6pm - 8pm

At the Chinese Consulate,  
3380 Granville St./16th Ave.

events cont'd next



## Canada Tibet Committee events

(Continued from page 4)



### One year Anniversary of 2008 Uprising Saturday, March 14

11am – 1pm

Prayer Vigil at the Chinese Consulate (3380 Granville St at 16<sup>th</sup> Ave.), in mourning for those who have been killed since March 2008, and in honour of those who had the courage to speak up for Human Rights and Self-Determination for Tibetans.

### Film: "Tibet : Murder in the Snow"

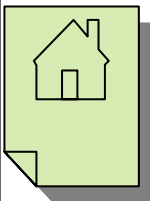
Friday, March 20 7:30pm

Langara College,  
Theatre A130, 100 West 49th Ave.

Suggested donation \$10

In September 2006, international mountain climbers witnessed and recorded Chinese border police as they opened fire on a group of unarmed Tibetan pilgrims escaping to Nepal. Using the original climber footage, reenactments and interviews with witnesses and survivors, *TIBET : Murder in the Snow* tells of young Tibetans who risk their lives each year to illegally cross the rugged Himalaya Mountains in an attempt to see their spiritual leader, the Dalai Lama, or attend school in India.

A special film presentation by  
Langara College Continuing Studies  
and The Canada Tibet Committee



### 'Think globally; act locally'

this is a Canadian issue our readers might be interested in supporting:

**Grand March for Housing, April 4, 2009**

On Saturday, April 4, thousands of people from communities across BC will peacefully march to demand immediate government action to end homelessness in our cities, build social housing, protect rental housing and raise welfare and minimum wage rates. Join us and show your support for change! Homelessness is everyone's issue. Information about the times and routes of the march in Vancouver and other locations will be posted soon at: [www.citywidehousingcoalition.org](http://www.citywidehousingcoalition.org)

Announcement from the City-Wide Housing Coalition

## SPONSORSHIP REPORT

TRAS has been supporting the Tibetan Settlement of Dekyiling, situated in Dehradun in Northern India, since the early 80's when it was developed to accommodate the Tibetan refugees evicted from Bhutan where they had settled after fleeing from Tibet in 1959.



Dekyiling refugees arrive at new home

and colourful place mats are hard-wearing and popular. TRAS currently supports a crèche for young children so that their parents may work. They eke out an existence: their mothers in the Handicraft Centre and their fathers doing manual labour when available — work which is hard and brings in little money. They are keen that their children become educated so that they can break out of this poverty cycle and would very much appreciate your help and support for these older children so that they can attend school.

Many of the refugees still live in makeshift and rental housing. The Handicraft Centre was built with financial assistance from TRAS and many of the handicrafts we sell are made here. The attractive, sturdy shoulder bags



Dekyiling today

## Children needing a sponsor

Sponsorships cost \$400/year—a little over \$1/day

### Tenzin Wangmo

is 9 years old. Her mother is a handicraft worker but suffers from ill health therefore cannot earn much and her father is a seasonal road worker. Their income is insufficient to provide for their family.

### Tenzin Phende

is 4 ½ years old. Her mother is a handicraft worker and father does construction work when available. She has one brother. The family has little to maintain their welfare.

### Ngwang Tsephel

Is 7 years old. One of four children, his mother works in the Handicraft centre and father works as an itinerant labourer. They have little income to provide for their family.

### Tenzin Losel

is 4 ½ years old. His father had to retire due to poor health and the family exists on his mother's meagre income from the Handicraft Centre.





# 4th NEPALI FILM FESTIVAL

Sunday, March 29  
11am-6:30pm

At Langara College  
100 West 49<sup>th</sup> Ave. (at Ontario), Vancouver

(sponsored by TRAS, Langara College Continuing Studies  
and Langara Rotaract Club)

The dual purpose of the film festival, besides entertaining its Lower Mainland audience, is to showcase the wonderful work of the growing film industry of Nepal and to raise funds for the Buddha Academy in Kathmandu. The festival features 13 compelling documentary films, grouped into 5 themes. Each theme will be shown three times during the day.

Accompanying the films will be a lively Himalayan Market, with craft sales, refreshments and information tables.

During the second intermission, learn about the current situation in Nepal from Political Scientist Dr. Ramjee Parajulee, and about an exciting opportunity to join Ken Kissock, of Second Wind Personal Training and Group Trekking, on a unique trek through the spectacular Sagarmatha National Park (also featured in the film *Beyul*) in the fall of 2009.

## Schedule



- 11.00am - Doors open: Himalayan Market
- 11.30am - First screening of all films
- 1.00pm - Intermission: Himalayan Market
- 2.00pm - Second screening of all films
- 3.30pm - Intermission: Himalayan Market
- 3.45pm - Talk on Nepal by Political Scientist, **Dr. Ramjee Parajulee**
- 4.15pm - Slide Show of upcoming trek to Sagarmatha Park led by Ken Kissock with **Ken Kissock** (Second Wind Personal Training & Group Training), and **Gord Konantz**, (Everest Trekking Canada),
- 5.00pm - Third screening of all films

## Ticket Sales



**In Advance:** full-day Film Festival tickets are \$18 (\$10 student/senior/low income)

**By phone or in person:** Langara College, 604-323-5322, 100 W. 49<sup>th</sup> Ave.

**In person/cash only:** Café Kathmandu (2779 Commercial Dr., Vancouver), Videomatica (1855 West 4<sup>th</sup> Ave.,

Vancouver), Ten Thousand Villages (2909 W. Broadway, Vancouver; 1204 Commercial Dr., Vancouver; 929 Denman St., Vancouver; 1387 Marine Dr., West Vancouver)

**At the door:** full-day Film Festival tickets are \$20 (\$12 student/senior/low income)

- 1 screening regular admission: \$10 (\$5.00 student/senior/low income)
- 2 screening regular admission: \$15 (\$8.00 student/senior/low income)

**More info:** [www.tras.ca/filmfest](http://www.tras.ca/filmfest) • 604-224-5133 • [tras@portal.ca](mailto:tras@portal.ca)

More details will be available on the TRAS website ([www.tras.ca](http://www.tras.ca)) early March and tickets will go on sale soon after. Watch the website for the start date of ticket sales.

## THEME 1: CULTURE (78 minutes total)

**Beyul: The Sacred Hidden Valleys of the Himalaya**  
Directed by Tsering Rhitar Sherpa



This documentary is filmed in the stunningly beautiful Khumbu valley located at

the foot of Mt. Everest. The area is now *Sagarmatha National Park* and a World Heritage Site. Locals believe that Khumbu is one of the many Beyuls - the sacred valleys of the Himalaya - hidden by the 8<sup>th</sup> century Buddhist saint Padmasmbhava as refuges for people suffering from the impacts of conflicts, famine, or religious persecution. The Khumbu Beyul was discovered by the ancestors of the Sherpa people escaping religious conflict in Tibet, and is considered spiritually powerful, a safe refuge for people, animals and plants. This captivating film raises awareness of the role of such sacred natural sites in protecting the environment and maintaining harmonious relationships between the land and people throughout the world.

**Om Bikram** Directed by Dhiraj Rai

In the 1980s, a new kind of music was unleashed in Nepal. Not following the traditional aesthetics, young singers were tuning to electric guitars and western drums. Focussing on the talent of singer Om Bikram Bista, the film tracks the history of pop music in Nepal and the hurdles faced by the pop singers on their road to fame.

## THEME 2: PEACE PROCESS (78 minutes total)

**Frames of War** Directed by Kesang Tseten and Prem BK.



Frames of War is a stark reminder that peace has not yet come for those directly affected by Nepal's 11 year armed conflict, especially for the relatives of those who disap-

peared, or were wounded or lost their parents. Justice is slow in coming and everyone seems to have forgotten the non-combatants who are victims of the war. The unobtrusive camera work, the music and lyrics add a haunting ambience and reinforce the message that without truth, justice and acknowledgement of the past, there can be no true reconciliation.

**The Long Journey** Directed by Nabin Subba

This film follows the Nepal Delegation to the United Nations Permanent Forum on Indigenous Peoples, looking at Nepali history through the eyes of indigenous people. The journey is both physical and philosophical, showing how indigenous peoples of Nepal gradually convinced the United Nations that their voices must be heard.

## THEME 4: WOMEN IN NEPAL (80 minutes total)

**Life for 10,000** Directed by Saroj Manandhar

The film highlights the important work of *Maiti Nepal*, the Nepali organization that works to prevent girl trafficking. The trafficking of young girls and women from Nepal to India and other countries is a burning issue in Nepal. Maiti Nepal helps the girls and women escape prostitution and find safe economic alternatives.

**The Chiuree** Directed by Shova Chepang

For the Chepangs, the chiuree tree is gifted to daughters to celebrate their birth or marriage. No wonder: it is a sweet-scented and sweet-fruited tree, which grows to the 5,000ft level in the Himalaya. It is not only sweet, but also useful; the nuts are used for vegetable butter, soap and candles – and also as an application for gout and rheumatism!

**Thak Thakma** Directed by Lila Rai



Girls from the Limbu communities are taught the traditional art of Dhaka weaving. (see the Dhaka weavings at the TRAS table in the Himalayan Market)

**Samali** Directed by Loonibha Tuladhar

In some Newari communities, a family friend is sent with the bride to help her adjust.

## THEME 3: RURAL LIFE (65 minutes total)

**Arko Ujyalo (Another Light)** Directed by Kedar Sharma

The film tells the endearing and inspiring true story of a lively twelve-year old boy, who lost his vision at the age of three through having measles. Nandalal Kumal is shown coping with everyday life in a small Nepalese village. You see him with his family, playing with his friends, and going to school. His father and teacher talk about the importance of letting him attend the local school, rather than being sent to a school for special needs outside the village. They recognise his need to be part of the community and to learn the skills he needs to do household chores and to earn his living.

**Twisin** Directed by Prina Raj Joshi



This film is about a farmer in Bhaktapur, a fertile region just outside Kathmandu, and the challenges of an agricultural existence in the face of modernity and changing times.

**Naaram Namrati** Directed by Pratimaya Pun

The Magar community uses the Titepati (*Artemesia absinthium*, or wormwood, to give it its Old English name) as a medicinal plant. It is an aromatic herbaceous shrub, native to temperate regions of Eurasia and northern Africa, which grows on rocky slopes and along footpaths, and has been known for centuries for its therapeutic properties.

## THEME 5: WESTERNERS IN NEPAL (69 minutes total)

**Journey to Dolpo** by Vancouver writer Michael McCarthy



The film documents Michael McCarthy's 500-mile trek with a Tibetan lama to remote Dolpo region of Nepal, to offer support and education to local children. Travelling through this mountainous region where Tibetan culture remains pure and unaffected by

the outside world, the group is set upon by Maoist guerillas, traverses dizzying cliffs, and survives altitude sickness as they cross four 20,000-foot passes. The incredible dangers are only surpassed by the beauty of the scenery and the laughter of the children.

**Winds of Change** Produced by CECI Nepal

Three groups of Canadian and Nepali women trek to three remote mountain areas of Nepal for peace and development. Organized by the Montreal-based NGO Centre for International Studies and Cooperation (CECI), each trek covers one topic (health, women's leadership or economics), with the aim of sharing knowledge between Nepali women and the western trekkers, in support of socially excluded women in Nepal. CECI combats poverty and exclusion by strengthening the capacity of disadvantaged communities, and offers interested women a unique opportunity to participate in a human adventure, trekking from village to village in the heart of the Himalaya: a personal challenge, a rich moment of exchange and a gesture of solidarity.



# TRAS

Supporting health  
and education for  
children and youth  
in the Himalayas

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Videsh Kapoor

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## TRAS WELCOMES NEW DIRECTOR

The TRAS board of directors has grown with the addition of Shirley Howdle. Shirley has trekked in Nepal and done medical work there. She is looking forward to helping at the Nepal Film Festival and will be taking a role on the Projects Committee. We welcome her enthusiasm and talents.

## UBC MEDICAL



## STUDENTS WIN

Did you think that maybe those medical students think a trip to Spiti is just a one-time holiday?

Think again! They have been hard at work since they came back, not only developing a health component for the Munsel-Ling School curriculum, but also making many useful presentations.

They have presented at various local conferences, and Matthew Yan won an award at the UBC Medical Research Forum for best poster presentation on the anemia project.

At the Western Medical Student Research Forum in Carmel in January, 5 of 'our' students gave oral presentations, with Fiona Petigara winning the award for 'best overall presenter' (on reducing prevalence of dental disease).

They have also been accepted to give two poster presentations at Yale University in April. Although we have mentioned two names, we know these awards are the result of hard work on the part of the whole team.

## NEWS FROM THE FIELD

The report is in on the female health project at Buddha Academy, Kathmandu, Nepal.



### Female health at Buddha Academy

Library, stacked with sensible books about female health. Each girl in the upper grades was given her own reference book, and a gynecologist gave a dynamic, down-to-earth lecture on the subject.

There are enough funds left over for a second visit from the doctor.

This, in a traditional society where women's health is rarely discussed, must be a 'first', and we are so pleased that Buddha Academy is taking the lead in helping its girls look after themselves well. Thank you to the **Nepal Library Foundation** and to Dorje Namgyal for his farsightedness.

An urgent request from the **Tibetan Department of Education's Scholarship section** has TRAS agreeing to fund the training for one last batch of **nurses**. The good news is that the little hospitals and clinics in the Tibetan settlements are nearly fully staffed, so after this three-year project is finished, TRAS can bow out, after decades of funding the training of community health workers and nurses. We are paying for one girl to complete her general nursing this year, 7 girls to do a three-year general nursing course, and one girl to do a four-year B.Sc. in nursing.

Next up is a request for more Tibetan teachers, to cope with the ever-increasing number of young people struggling over the Himalayas to seek an education. TRAS will look into this.

The Nepal Library Foundation in Vancouver provided the necessary funds, and Principal Dorje Namgyal (whose health is much improved, we are glad to say) put the plan into action. New shelving is up in the school li-



New books and anatomical models