



Arizona Friends of Tibet

Arizona Friends of Tibet
Volume 6 Issue 3
Fall 2009

Preparations are underway for our

SPECTACULAR Annual Yard Sale!!

October 24th, 8:00 a.m.–2:00 p.m.

- New & Used Items
- Clothing & Apparel
- House wares
- Decorative Items
- Office Supplies



Volunteer Opportunities for You:

(Setup) Thursday, October 22nd, 1:00 p.m.–6:00 p.m.

Friday, October 23rd, 10:00 a.m.–6:00 p.m.

(Event) Saturday, October 24th, 7:00 a.m.–2:00 p.m.

Volunteers needed by the gates to ensure items are paid for
Bring tables and/or racks to use for the sale

Volunteers get first pick of sale items!

Please contact Mary K at

326-4712 or email: mk85716@yahoo.com

Do you have Items to Donate??

Warren is waiting to hear from you at 762-6707.

“Remember, one person’s trash is another person’s treasure.”

Come have FUN while helping us help the people of Tibet!
Presently, they are under increased pressure from the
occupying Chinese.

Proceeds directly benefit Tibetan causes.

Please bring a friend and tell a friend about this
wonderful event.



4005 E. PALOMER DRIVE IN TUCSON
(Broadway and Alvernon)

LOOK FOR THE SIGNS

See page 2

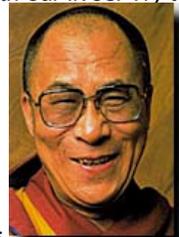
Our Mission Statement

Arizona Friends of Tibet is a non-profit organization for people who believe Tibetans are entitled to the basic human rights outlined in the charter of the United Nations. We support the non-violent efforts of the Dalai Lama to regain dignity and religious freedom for the Tibetan people, and to preserve the unique and endangered culture of Tibet and its ancient Buddhist traditions.

It is the purpose of Arizona Friends of Tibet to educate as many people as possible about this unique culture and civilization. In order to do this, within Arizona we promote cultural and educational activities involving Tibet and its people.

In 1949, China invaded Tibet. With our funds, we support projects that will alleviate the suffering of Tibetans within their own country, which continues to be occupied by China. We also support projects within the Tibetan refugee communities in Asia.

We are visitors on this planet. We are here for ninety, a hundred years at the very most. During that period we must try to do something good, something useful with our lives. Try to be at peace with yourself and help others share that peace. If you contribute to other people's happiness, you will find the true goal, the true meaning of life."



The Dalai Lama

~ The Dalai Lama of Tibet

Dear Friend of AFoT,

We are updating our mailing list. If you would like to continue receiving our mailings, RSVP to 520.885.6527 or afotsecretary@gmail.com before November 1st and let us know. Thanks for your prompt response!

THE PRESIDENT'S CORNER

BY PEGGY HITCHCOCK

Dear Friends and Fellow AFoT Members:

Congratulations for surviving the hottest and driest summer that I remember in my 41 years in Tucson! Hope you had a chance to escape the heat for at least a few days.

Fall is here at last and we are preparing for our Annual Rummage Sale on Saturday, October 24th. Our board member Kate Garner has graciously consented to hold the sale again this year at her residence, 4005 E. Palomar Drive in Tucson. This is your opportunity to clean out your closets prior to the holiday season! Please dig deep and remember the cliché, "One man's trash is another man's treasure!" You can drop off boxes at my home any time before Wednesday, October 21st at 3705 N. Old Sabino Canyon Rd. Please contact Warren Deming at 762-6707 for details. In order to make this event a huge success, we need YOUR HELP! Please contact Mary K, 326-4712 or Mk85716@yahoo.com, or email Kate, stcroixkate@yahoo.com to volunteer your time on October 22nd, 23rd, or 24th.

The situation inside Tibet continues to be grim. Since last year's major protests across Tibet, Chinese authorities have steadily stepped up repressive restrictions on the Tibetan people with the increased presence of a huge military force that has consolidated greater control. The Chinese authorities in the TAR (Tibetan Autonomous Region) have also decided to launch a new "strike hard" campaign ahead of the 60th anniversary of the National Day celebration. The main objective of the "strike hard" campaign is to secure stability in the TAR

prior to the celebration. In the past, this has meant that law enforcement agencies step up their abuse of human rights of the Tibetan people by enforcing arbitrary arrest, detention, interrogation, and forced expulsion of any former political prisoners from Lhasa prior to the anniversary. This also means increased surveillance on all the monastic communities and the imposing of restrictions on monks' and nuns' ability to travel. For more information on this sad state of affairs, please see www.tibet.ca.

On a brighter note, President Obama is traveling to China for the first time in November. Prior to his trip, Valerie Jarrett, one of his senior advisors and closest confidantes, recently made a special visit to His Holiness in Dharamsala to discuss his views on improving China's relationship with the Tibetan people in the TAR. During this meeting, Jarrett introduced His Holiness to State Department Under Secretary Maria Otero who is the newly designated Special Coordinator for Tibetan Issues. His Holiness then provided them with his "Memorandum on Genuine Autonomy for the Tibetan People." If you would like to read the memorandum or more about the meeting, please see the article on the website phayul.com. Clearly, our new administration wishes to do whatever it can to improve the plight of the Tibetan people. Let us hope and pray they will be able to accomplish some positive change during the upcoming negotiations!!

I look forward to seeing you at our Annual Rummage Sale on October 24th!!

All best wishes,

Peggy Hitchcock
President, Arizona Friends of Tibet



WE NEED YOU AND YOUR GENTLY USED ITEMS

You can help make AFOT's annual yard sale a success with your time and donated items for sale.

Volunteer opportunities for this major fundraiser are on Thursday, October 22nd starting at 1:00 p.m.; Friday, October 23rd starting at 10:00 a.m.; and Saturday, October 24th starting at 7:00 a.m. We will be marking items for sale and setting up on Thursday and Friday. Volunteers on Saturday will start setting up at 7:00 a.m., then help work the sale and clean up.

If you can help, please contact Mary K, 326-4712 or Mk85716@yahoo.com; or email Kate, stcroixkate@yahoo.com. **Volunteers will have first choice of sale items and be able to purchase them on Friday!**

If you have clean, gently used items to donate, please call Warren Deming, 762-6707, to arrange for drop off. If you are donating an unusual or valuable item, please let us know the value of the item so we can determine the sale price. AFOT is a 501(c)(3) organization and can provide a tax donation letter.

Please help us to make this year's sale another great success so we can continue to help the Tibetans.

**“THE COW IN THE PARKING LOT”:
TRANSFORMING ANGER SEMINAR**

S. Leonard Scheff, AFoT board member and practicing attorney, will present a one-day seminar entitled “The Cow in the Parking Lot” on Sunday, November 8th 1:30–4:30 p.m. at the Pavilion. Suggested donation is \$30 per person, \$45 for couples. Register by calling AFoT, 885-6527.

The workshop, based on his book, The Cow in the Parking Lot: A Guide for Transforming Anger for a Happier, More Effective Life, published by Workman Publishing, provides the opportunity to experiment with four working hypotheses:

1. Anger is a destructive emotion.
2. The first person damaged by your anger is you.
3. Actions taken as a result of anger are likely to be irrational and therefore harmful or not effective.
4. You can, if you choose, reduce the amount of anger in your life.

Attendees will discover their ability to replace the distress of anger with the comfort of patience, tolerance, and compassion through a different process than commonly taught in anger management classes.

The book, which will be published in Spring 2010, can be ordered through Leonard’s website, www.TransformingAnger.com, where additional information on the seminar is available.

UPCOMING COMMUNITY EVENTS

RAMA JYOTI VERNON TEACHINGS
November 6th–7th, Flagstaff, Arizona
Location to be Determined
520-325-0354

www.ramavernon.com

November 13th–14th, Larkspur, California
Stress Management Center of Marin
415-461-2288

<http://www.smcmarin.com>

To schedule events with Rama Jyoti, contact:
Ginny Beal, 520-325-0354, www.ramavernon.com/contactus

GARCHEN INSTITUTE THREE-YEAR RETREAT
December 15, 2009 or January 15, 2010.

There is room for additional retreatants. To help make it possible for sangha members with limited income to participate, we are fundraising to create two partial scholarships of \$10,000 each. The total cost for the three-year, three-month retreat will be \$21,450. The lamas will review the scholarship applications, and the names of all who qualify will be placed in a hat for a drawing by Drupon Rinchen Dorjee Rinpoche. If you are interested in applying for one of the scholarships, please contact us by phone at 928-925-1237 or via email at questions@garchen.net. All proceeds from the current Garchen Institute raffle will also go toward the scholarships. The raffle is for a 14-inch Chakrasamvara & Vajravahari yab-yum statue, and tickets are available through the webstore at <http://www.garchen.net/GBI-Shop>. Click on “Donations & Raffle” and then on “Raffle Ticket – Chakrasamvara & Vajravahari Statue”. For questions, call 928-925-1237 or email questions@garchen.net.

HELPER WANTED!

AFOT is looking for a volunteer to assist Kate Garner with the AFoT merchandising duties. The position requires no more than 20–30 hours per year. Duties include assisting in counting existing merchandise, delivering merchandise at events, mailing items ordered from the web site when Kate is unavailable and assisting with the annual yard sale. If you are interested or want more information, please email Kate at stcroixkate@yahoo.com.

If you have not made your annual contribution to Arizona Friends of Tibet, please take a moment and do so today. Memberships and donations for Arizona Friends of Tibet are used 100% for health and education aid for Tibetans inside Tibet and for Tibetan refugees in Asia.

ARIZONA FRIENDS OF TIBET MEMBERSHIP ANNUAL CONTRIBUTION

<input type="checkbox"/> Student \$15.00	<input type="checkbox"/> Patron \$100.00	Name: _____
<input type="checkbox"/> Individual \$25.00	<input type="checkbox"/> Benefactor \$500.00	Address: _____
<input type="checkbox"/> Family \$40.00	<input type="checkbox"/> Lifetime \$1 000.00	City, State, Zip: _____
<input type="checkbox"/> Associate \$50.00		Phone: _____
		Email: _____

PLEASE RETURN THIS FORM WITH YOUR CONTRIBUTION/ADDITIONAL DONATION TO:
Arizona Friends of Tibet P.O. Box 31956 Tucson, AZ 85751-1956
Phone: 520.885.6527 Fax: 520.751.2671



Arizona Friends of Tibet

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The Arizona Friends of Tibet
PO Box 31956
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Local Buddhist organizations:

Dharmakirti College
749-4217
www.dharmakirti.org

Drikung Namgyal Ling
465-1882
www.drikungkagyutucson.org

Tucson Shambhala
735-2740
www.tucson.shambhala.org

Bodhisattva Institute
325-2272
www.bodhisattvainstitute.org

AZ Diamond Zen Center
572-3777

AZ Soto Zen Center
325-3155
www.azszo.org

Zen Desert Sangha
235-4275
www.zendesertsangha.org

Manjushri Wisdom Center (FPMT)
971-1681
www.manjushriwisdom-fpmt.org/

Visit www.arizonafriendsoftibet.org for
the latest postings of activities and
events in the local Buddhist

*This newsletter is a seasonal publication of
ARIZONA FRIENDS OF TIBET
a non-profit organization dedicated to educating the
public about Tibetan culture and civilization.*

We can be reached at
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