



Arizona Friends of Tibet

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Volume 7 Issue 3
Fall 2011

ARIZONA FRIENDS OF TIBET SPECTACULAR YARD SALE

SATURDAY, NOVEMBER 12TH

8:00 a.m. to 1:00 p.m.

4005 E. Palomar, Tucson



Please help to make Arizona Friends of Tibet's annual yard sale another great success with your time and donated clean, gently used items.

Contact Kate, 520-393-3990 to arrange to drop off your items. If you are donating an unusual or valuable item, 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.

WE NEED VOLUNTEERS

The following shifts are available:

Thursday, November 10th – morning and/or afternoon;

Friday, November 11th – morning and/or afternoon;

Saturday, November 12th – 6:30 a.m. set up til 4:00 p.m. tear-down.

To sign up for a shift, please call Mary K, 326-4712.

Volunteers will have first choice of sale items and be able to purchase them prior to the sale!

**You can help the people of Tibet by
Volunteering, Donating or just
Buying!**



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

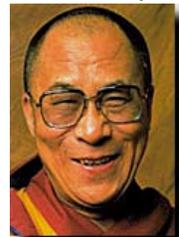
Our Mission Statement

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



THE PRESIDENT'S CORNER

BY PEGGY HITCHCOCK

Congratulations on surviving yet another long, hot Tucson summer.

Unfortunately the situation inside Tibet has worsened, with the Chinese clamping down ever more stringently on the Tibetan population. In protest, eight monks and one nun have set themselves on fire. Several hundred monks have been arrested and detained at unknown locations.

As you know, Arizona Friends of Tibet is not a political organization but we do feel a moral obligation to respond to these latest developments. Below is a quote from Phayul.com, the Tibetan exiles' homepage:

Announcing the jointly planned activities in India and the world-at-large with the Tibetan Parliament-in-Exile, Kalon Tripa Dr Lobsang Sangay last week called upon "all Tibetans and Tibet supporters in the free world to join efforts and organise activities in their respective regions."

"We appeal to the United Nations, freedom-loving countries and people around the world to show their support and solidarity with the Tibetan people at this critical stage," Dr Sangay said.

"Given the undeclared martial law in Tibet and the increasing cases of self-immolation, the international community must press the government of People's Republic of China to restore freedom and re-

solve the issue of Tibet through dialogue ... we urge the international community and the media to send fact-finding delegations to ascertain the situation on the ground inside Tibet."

In response to this new crisis, we facilitated a Candlelight Vigil for the martyred monks, nun, and all Tibetans who are courageously involved in non-violent protests inside Tibet on November 2nd. I believe we are in the midst of a world-wide grass roots movement for change and self-government and it is our duty as world citizens and lovers of Tibetan culture, to support this process in a non-violent way.

On the next page is a letter from Tenzin Sonam, a remarkable young Tibetan student at the University of Arizona. It is wonderful to have another Tibetan student in Tucson for the next few years.

Please remember our wonderful yard sale which will be bigger and better than ever! There will be a lot of goodies from my downsizing to a new home a few months ago. Mark your calendars for Saturday, November 12th. Please tell all your family and friends! Most importantly, because of the volume of goods, we will need YOUR help in sorting and pricing these items for sale. For time and place and further details, please check this newsletter. We hope to see you all there.

Wishing you a glorious fall and holiday season,

Peggy Hitchcock
President, Arizona Friends of Tibet

UPCOMING COMMUNITY EVENTS

November 12th-19th: Vajrakilaya Drubchen

H.E. Garchen Rinpoche, Lama Thubten Nima, Lama Abao, and Lama Bunima
Around the clock from 9:00 a.m., November 12th to 5:00 p.m., November 19th
Preregistration deadline: November 5th

December 27th – January 5th: Winter Teachings

Daily morning practice (7:00-8:00 a.m.): Lama Chopra Practice
Daily evening practice (6:30-7:30 p.m.): White Tara Practice

December 27th-30th (9:00 a.m. – 5:00 p.m.):

Meditation Retreat, with Barbara Du Bois

December 31st (9:00 a.m. – noon): Amitabha Empowerment, with H.E. Garchen Rinpoche

December 31st (2:00 p.m. – 5:00 p.m.), January 1st-2nd (9:00 a.m. – 5:00 p.m.): Phowa teachings/

practice, with H.E. Garchen Rinpoche

January 3rd (9:00 a.m. – noon): Shitro Empowerment, with H.E. Garchen Rinpoche

January 3rd (2:00 p.m. – 5:00 p.m.), January 4th – 5th (9:00 a.m. – 5:00 p.m.): Bardo teachings, with H.E. Garchen Rinpoche

For details on these events, contact The Garchen Institute, questions@garchen.net, (928) 925-1237www.garchen.net.

Lama Gursam Teachings at Common Root in November

We will be hosting Lama Gursam at Common Root for teachings in the second week of November. These will be a continuation of his teachings here last year on Channels Winds And Drops. Contact Joann Lowney, jolow999@msn.com, for details.



Dear Arizona Friends of Tibet,

Tashi Delek.

My name is Tenzin Sonam and I arrived here in Tucson in the first week of August this year. I came from India with all my belonging packed in two suitcases to experience and live the dream of studying in an American school. It came to me naturally to look through the internet to see if there is anyone from my community. There were several Buddhist centers but no resident Tibetan there. Then I found the Arizona Friends of Tibet website and discovered another young man from Tibet, who is also studying here at UA.

I was born in Dharamshala, India. With little choice for schools, my parents sent me to the nearest Tibetan school: Tibetan Children's Village. TCV was a boarding school and boarding school life was tough. However, I still have good memories of my school life, and I am content with the standard of education that we received compared to that of the local Indian children. During my school life, winter vacation was the only time my parents and I had together. Like many Tibetans, my parents would sell garments along the footpaths on a folding bed or from small shacks across Indian town for their living. After completing my schooling, I was selected to attend one of the best engineering colleges in New Delhi, India. My four years in the capital went so fast that I still don't believe it. By the time I got my degree in 2000, my interests had evolved and I wanted to work within our Tibetan community.

The newly launched science education program for monastics at the Library of Tibetan Works & Archives, under the direction of Dalai Lama, needed science graduates to work as translators and interpreters. My primary responsibility was to translate scientific material into Tibetan, and to work as an interpreter for western teachers who come to teach the monks for 4-6 weeks a year. The western teachers were mostly experienced science educators, scientists and experts in their various fields. This gave me a great opportunity to experience their professionalism in teaching. After experiencing these different teachings and learning practices in science, I decided to pursue graduate studies in science education. Impressed with science education in the US, in 2010 I applied for a graduate assistantship at University of Arizona which has one of best astronomy education research programs.

I am doing my research into the mindset which monastics bring to their scientific studies. I am also developing new science teaching methods specific to the monastic socio-cultural aspect. We have two separate science programs which are collaborations with the Library of Tibetan Works & Archives. One is Emory-Tibet Science Initiative (ETSI) and the other one is Science Leadership Institute (SLI). ETSI is developing a comprehensive five year monastic science curriculum for cosmology, life science and neuroscience, and runs a five week pilot science workshop for about 100 monastics to test those curriculums. The SLI objective is to provide leadership and professional training by spreading awareness and interest in scientific knowledge within the monastic community through group works, presentations, debate and exhibitions. I worked on the first text book for ETSI, a bilingual textbook on cosmology, and also worked extensively with SLI on their leadership and exhibition projects, most recently, "The World of Senses", which provides the scientific and Buddhist perspective on functioning of the five senses (six in Buddhism).

Thank you and you can visit the following sites for more information on the above programs: www.ltwa.net, www.scienceformonks.org, <http://www.tibet.emory.edu/science/>

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480-704-4169

WWW.EMAHOFFOUNDATION.ORG

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

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
P.O. Box 31956, Tucson, Arizona 85751
(520) 203-6438 (520) 751-2671 fax
www.arizonafriendsoftibet.org

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