



Arizona Friends of Tibet

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Volume 9 Issue 2
Summer 2014

AFoT Awards \$20,500 in Grants to Aid Tibetan Projects

Arizona Friends of Tibet gave \$20,500 in grants to 19 educational, and health projects that directly aid Tibetans.



(See page 3 for list of grant recipients and description of projects)



Arizona Friends of Tibet Announces Proposed Collaboration with the University of Arizona to Establish Center for Mindfulness, Compassion and Secular Ethics in Tucson

(see page 2 for more information)

Our Mission Statement

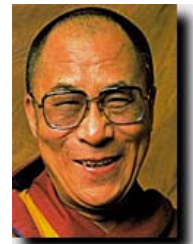
Arizona Friends of Tibet is a non-profit organization for people who believe Tibetans are entitled to the basic human rights outlined in the charter of the United Nations. We support the non-violent efforts of the Dalai Lama to regain dignity and religious freedom for the Tibetan people, and to preserve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



The Dalai Lama

people's happiness, you will find the true goal, the true meaning of life."

~ The Dalai Lama of Tibet



THE PRESIDENT'S CORNER

BY PEGGY HITCHCOCK

Dear Friends:

In this issue you will find a list of the wonderful projects which your donations have helped us support. Once again let me tell you how every dollar that you give is greatly multiplied in value for all the projects that we support.

We have also initiated a very exciting project in conjunction with the University of Arizona. We are proposing to help establish an interdepartmental Centre for Mindfulness, Compassion and Secular Ethics. We have proposed to donate seed money in the amount of \$50,000 to finance the salary of the program director who has already started working on this project

with Dr. Charles Raison who is an AFOT board member. I look forward to giving you more details about this ground-breaking initiative in our next newsletter.

We have decided to put on a Tibetan film festival for our fall fundraising event. You will be hearing more about this in September.

The summer doldrums are upon us. Hopefully rain is imminent. Wishing you all a cool, calm, and joyful summer.

Thank you for your ongoing generous support that means so much to so many Tibetan people.

Best wishes,

Peggy Hitchcock
President, Arizona Friends of Tibet



AFOT AND UNIVERSITY OF ARIZONA BEGIN WORK TO ESTABLISH CENTER FOR MINDFULNESS, COMPASSION AND SECULAR ETHICS

Arizona Friends of Tibet's (AFoT) Board of Directors voted to pledge \$50,000 in seed money to partner with the University of Arizona in establishing the Center for Mindfulness, Compassion and Secular Ethics (CMCSE).

The center's vision is to help build a world in which compassion guides human behavior at all levels, from the individual to the environment. In this way the center, under the direction of U of A Associate Professor of Psychiatry,

Charles L. Raison, MD, also a member of AFoT's Board of Directors, will help bring about the Dali Lama's vision of a world where we do as good a job educating the heart as we do educating the mind.

Seed money will help cover the expenses of Leslie Langbert, Program Director, who is one of Arizona's two fully-trained Cognitively-Based Compassion Training (CBCT) teachers.

When established, CMCSE will be the first university-based center in the U.S. to conduct research, education, and outreach focused on the implications of compassion training for individual, social, and environmental health.

COMMUNITY EVENTS

The Garchen Institute: Summer Teachings Reminder July 24th– August 8th

The deadline for registering for the Summer Teachings is 6:00 p.m., July 17th.

All full days of teachings begin at 9:00 a.m. and conclude at 5:00 p.m. Empowerments begin at 9:00 a.m. and conclude at noon. The drubchen will start at 9:00 a.m. and continue around the clock until 5:00 p.m. August 8th. Morning and Evening Practices: July 24th – August 3rd, except on the break day August 1st, there will be morning Lama Chopa practice from 7:00-7:45 a.m. and evening White Tara practice from 6:30-7:30 p.m. These practices will not take place during the drubchen.

**ARIZONA FRIENDS OF TIBET 2014 GRANT CYCLE AWARDS**

We have been supporting the following projects for several years:

Nyerongsha Institute (\$2000), run by Dr. Dickey Nyerongsha, has a long-established medical clinic where she provides low-cost traditional medical services to hundreds of people weekly. Her two orphanages are thriving centers where orphaned and abandoned Tibetan children receive compassionate care and education.

Tsogyal Latso Health Initiative (\$1000) provides the only health care for nuns in a remote region of Tibet. Under the 501(c) 3 auspices of the organization Jnanasukha (founded in 2002), the Tsogyal Latso fund provides for the health care and health education of 16 nuns. Funding will improve infrastructure and help build a retreat center.

The Tibet Vision Project (\$1000) which brings modern eye care to the poorest populations of Tibet at an affordable cost.

GarGon School (\$1000) was founded by Garchen Rinpoche.

Konchok Foundation Shedra School (\$1000) provides for the education and feeding of 250 children in the Yushu area.

Terma Foundation (\$1000) started many years ago by Dr. Nancy Harris, runs a comprehensive children's nutrition project.

A malaria reduction project in Orissa Tibetan refugee camp (\$1000). Funding will provide for a second road paving project in the new area of the Chandrajiri Tibetan refugee camp.

Surmang Foundation (\$1000). Supports the Dharma Sagara Health Clinic which provides maternal health care. Since this project began, maternal mortality has been reduced to zero. The clinic is the only one in huge rural region.

Kyere Gon Orphanage School and Health Clinic (\$1000)

Shree Mangal Dvip Boarding School (\$1000) started and sponsored by Thrangu Rinpoche.

Padma Karpo Translation Project (\$1000) provides free Tibetan software to monasteries. It supports the education of Tibetan woman in computer skills in Nepal.

Wenchin Nunnery School (\$1000) cares for orphans in an area impacted by a major earthquake.

Nalanda Translation Project (\$750) translates textbooks for children in remote regions of Tibet.

Bon Children's School/Orphanage (\$1000) funding supports Nyima Rinpoche's Latri Bon School.

Jhamtse Gyatsal Orphanage School (\$1000) (Garden of Love and Compassion) administered by Lobsang Phuntsok, provides care, school, health projects for 80 children.

Tibetan Village Project (\$1000) funds the Tanden Wangdu solar energy project for a school in the Yushu area.

The following projects which are new for us this year:

Tibetan Centre for Conflict Resolution (TCCR) (\$2000) provides conflict resolution training to interested and motivated Tibetans. They can then work as qualified trainers for TCCR. The center provides them with important tools and skills for teaching conflict resolution training to others.

The Ayujnana Project for Building Medical Clinics (\$1000) is run under the auspices of the Samten Tse Charitable Society (STCS). The project funds the building of health clinics that provide medical care and medical equipment to those communities where medical services were much needed but lacked the necessary infrastructure. Provides access to affordable medical aid for Tibetans in India and within Tibet.

Tibet Oral History project (\$750) endorsed by His Holiness. This project records the oral histories of Tibetan elders, some of which will be put in Library of Congress. These histories will primarily be given to Tibetan schools where the children can learn about their history from primary sources. Some of the histories will be given to His Holiness, H.H.DL, for the Dharmasala Library.

For additional information, please check our website, www.arizona-friends-of-tibet.org and if you know of a project that helps Tibetans directly, please contact AFoT with the details.



Arizona Friends of Tibet

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AZ Soto Zen Center
520-325-3155

www.azszc.org

Bodhisattva Institute
520-325-2272

www.tucson.shambhala.org

Awam Institute
520-622-8460

www.AwamInstitute.org

info@AwamInstitute.org

Dharma Treasure
info@dharmatreasure.com

www.dharmatreasure.com

Drikung Namgyal Ling
520-465-1882

www.drikungkagyutucson.org

Emaho Foundation
480-704-4169

www.emahofoundation.org

Garchen Institute
928-925-1237

www.garchen.net

Tucson Shambhala
520-735-2740

www.tucson.shambhala.org

Zen Desert Sangha
520-235-4275

www.zendesertsangha.org

Upaya Sangha of Tucson
www.upayatucson.org

tucsonupayasangha@gmail.com

Visit www.arizona-friends-of-tibet.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.

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