



Tibetan Healing Fund

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Letter from Sharlung Township School

The following was recited in a public ceremony at Sharlung Township School. Following the recitation, the students performed traditional dances and presented Tibetan Healing Fund with a plaque of appreciation. It was an amazing celebration and powerful reminder that Tibetan Healing Fund is having a direct and positive impact on the students' lives. Thank you all for your continued support of Tibetan Healing Fund.

Dear Tibetan Healing Fund,

First of all, students and teachers appreciate your long trip from overseas to visit this area and welcome your visit to our school.

Due to various reasons, this is a very poor area. People's life is simple and basic. Poverty restrains us from our rights, such as going to school. However, Tibetan Healing Fund has given us new hope.

During the last few years, Tibetan Healing Fund has provided financial support and saved many children who were at the edge of dropping out of schools. These children regained their hope.

As beneficiaries of Tibetan Healing Fund, we will never forget that you gave us a lot of support and hope. We will work harder to fulfill the wishes of the teachers and Tibetan Healing Fund.

Tashi Delek!

History of Tibetan Healing Fund

2001

July 2001

Tibetan Healing Fund incorporates in the State of Washington.

September 2001

Tibetan Healing Fund's first project, the Children's Fund, provides school fees to 21 primary school students in one village in Trika (Ch: Guide) County.

2002

September 2002

The Children's Fund increases enrollment to 121 students from five villages in Trika County.

October 2002

THF is recognized as a 501(c)3, non-profit organization by the IRS.

June 2004

THF field advisors meeting is held in Amdo attended by US-based board members and staff, Nortso Gyaltson and Jessica Ravetz.

May 2004

Work begins on TMS text. Final product will contain one theoretical, one practical-based, one pictorial text and one community midwife training manual.

April 2004

THF hosts the Tibetan Midwifery System Development Conference in Amdo. The conference was attended by 32 doctors, midwives and health professionals from across the Tibetan regions of the PRC.

February 2004

240 primary school teachers from Trika County attend bilingual education and teaching methodology.

June 2004

THF donors tour project sites in Amdo and visit Lhasa.

July 2004

235 middle school teachers from Trika County attend training in bilingual education and teaching methodology.

July 2004

Grant received from US Dept of State for education projects.

2003

October 2002

THF holds its first board retreat in Washington DC for initial board members Daniel Dodd, Kerry Secrest, Jon Secrest, Meredith Aikman and Jessica Ravetz.

November 2002

Five women from Trika County attend Skilled Birth Attendant training.

February 2003

THF holds a second board retreat in Seattle and welcomes Nortso Gyaltsong, Tenzing Thinley, Thinley Gyatso, Kelly Sparks and Heather Greenlee to the board.

July 2003

190 primary school teachers from Trika County attend training in bilingual education and teaching methodology.

2004

February 2004

THF opens an office in Seattle and Amdo (Qinghai, PRC). The Seattle office is staffed by part-time Managing Director, Jessica Ravetz. The Amdo office is staffed by In-Country Program Director, Norbu Gesang.

November 2003

THF Founder, Dr. Kunchok Gyaltsen, speaks to communities across the US about primary education, health care, Tibetan medicine and Buddhism. Dr. Gyaltsen teaches a course on Tibetan medicine at Bastyr University in Seattle.

September 2003

The Children's Fund increases enrollment to over 200 students in two counties.

July 2003

Grant received from US Dept of State for women's health projects.

September 2004

The Children's Fund increases enrollment to over 300 students in three counties

October 2004

THF board retreat is held in Seattle.

October 2004

THF health advisors attend a TOT training in Amdo.

October/November 2004

17 women from Repkong (Ch: Tongren) attend Community Midwife training.



Children's Fund recipients lining the school entry to welcome Tibetan Healing Fund founder Kunchok Gyaltzen, board president Nortso Gyaltson, in-country director Norbu Gesang and managing director Jessica Ravetz. In some schools students wear track suits as a sort of school uniform. In other schools they wear matching scarves or no uniform.



Kindergarten students performing their studies in the school yard. Due to lack of resources, many students lack classroom space and use the dirt as a writing tablet and their finger as a pen. The kindergarten students usually study the first grade curriculum but at a slower pace so they are well prepared when they start first grade.



Tibetan school girl at a village primary school in Trika (ch: Guide) County. She is a kindergarten student in a farming village. The village school goes until grade 4 and then if possible, she will transfer to the township boarding school to continue her education.



Gym class in Tibet. Tibetan school children learn traditional dances as well as play games such as catch and tag during gym class. All classes are taught by the same teacher in this small village school.



Primary school children in village school in Trika County. The children we delighted to have their photo taken once they realized they could see the digital image.



Trika County Bureau of Education officials, Jessica Ravetz, Kunchok Gyaltsen, Nortso Gyaltson and Norbu Gesang pose with school teachers at a rural school in Trika County.



Trika County Bureau of Education presented a plaque of appreciation to Tibetan Healing Fund for supporting rural Tibetan education.



Tibetan Healing Fund in-country advisors. A meeting was convened to introduce the US and Tibet staff, exchange ideas and share a meal. This picture was taken outside Kumbum Tibetan Medical Hospital.



School children waiting the arrival of THF group. The children with the kata (white scarves) are Children's Fund recipients.



Teacher training session held in Xining. THF worked with local education bureaus to train village teachers in teaching methodology. THF has trained a total of 665 teachers.

2004 Tibetan Healing Fund Donors

Donations over \$2000

Chris Moore
The Center for Pranic Healing, Inc.

Kenneth Klee
Kevin Mason
Marianne Holec
Michelle Peterman
Molly Hogger
Mr/s. J. Rex Lemert
Myrna Peterson
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Donations of \$1000 to \$1999

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Troy Carter
Wendy Goldstein Ishkhans

Donations of \$200 to \$499

Angela Vuagniaux
Meredith Aikman
Micki Supple
Tyger Kahn

Extra Special Thanks to the Following Individuals and Organizations:

Amanda Marr
Anne Pebley
Caffe Bella
Clayton Hibbert
Concord Technologies
Debi Goldman
Dekey and Kuncho Gyaltsong
Ellen Wilcox
Jackie Koney
Jennie Quan
Joe Ravetz and Harriet Maglin
Lobsang Dargey and Tami Agassi
Nancy Long and Executive Service Corp of WA
Tyger Kahn and Joseph Villano

Donations of \$100 to \$199

Afisha Magazine
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Heather Greenlee
Leonard Schwartzman
Mary Beth Froman
Merle and Mamie McGee
Nortso Gyaltsong
Tenzing Thinley

Donations of \$1 to \$99

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Delia Solis
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Tibetan Healing Fund 2004 Board of Directors

Kunchok Gyaltsen, Founder
Nortso Gyaltsong, President
Jessica Ravetz, Vice President
Kelly Sparks, Treasurer
Tenzing Thinley, Secretary
Thinley Gyatso
Meredith Aikman
Heather Greenlee





Village school boys smiling for the camera. In many classrooms the boys and girls sit on different sides of the room.



This picture is the pictorial representation of THF. The woman is a local village women trained by THF to be a midwife. In her first year as a midwife she assisted with 3 healthy deliveries including the young boy she is holding in this photo.



THF work party at an outdoor café in a park in Xining. THF advisors are compiling documents for the Tibetan Midwifery System text that will be published this fall. The text will be three-volumes including a theory-based, practical-based and pictorial text.



Make a Difference

Tibetan Healing Fund is an independent, 501(c)3 nonprofit organization registered with the State of Washington. Contributions are tax-deductible to the full extent of the law.

Please send contributions to:

Tibetan Healing Fund
PO Box 9172
Seattle, WA 98109

My gift will support Tibetan women and children living in rural communities in Qinghai Province (Amdo), PRC.

Here is my gift (and an example of what that money can provide):

- \$35** – Enables village children to attend primary school *or* buys solar cookers for boiling water
- \$65** – Helps rural teachers attend bilingual teacher training *or* helps village women to attend community midwife training
- \$120*** – Provides medical kits for community midwives *or* provides safe latrines for village schools
- \$300** – Stocks a school library *or* supplies playground equipment for a village school
- \$500**** – Builds a new roof for a village school *or* provides emergency medical coverage for uninsured villagers
- Other*** – \$ _____

* Receive a box of Tibetan incense made at Kumbum Monastery for your gift of \$100 or more.

** Receive a beautiful, one-of-a-kind Tibetan handicraft for a gift of \$500 or more.

- I would like to organize a fundraiser, party or other event in my area.
- I have a background in public health, medicine, nursing, education, marketing, fundraising, accounting, web development, etc. and would like to volunteer for Tibetan Healing Fund.
- Please add me to your mailing list. I would like more information regarding Tibetan Healing Fund.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Phone: _____

Credit card payments accepted for donations over \$100 only.

Visa/MasterCard #: _____

Expiration Date: _____ / _____

Signature: _____

For payment options please contact Info@TibetanHealingFund.org

- Enclosed is my employer's matching gift form.



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www.TibetanHealingFund.org

Tibetan Healing Fund is a not-for-profit humanitarian organization established to improve primary healthcare and basic education for rural Tibetan women and children in Qinghai Province (Amdo), PRC.

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UPCOMING EVENTS

Community Festivals • Come visit Tibetan Healing Fund at the following community festivals in Seattle: Alki Music Festival, August 12-14; Tibet Fest, August 27-28; and Bumbershoot, September 3-5. For more information or to volunteer at one of these events, please contact: Info@TibetanHealingFund.org or 206.624.7966.

Photo Exhibition, Dallas • *Tibet: In Search of Hope* is an exhibit of stunning color and images by Tibetan Healing Fund board member, Meredith Aikman. The exhibit is currently on display at Starbucks at Columbia Square: 2801 Allen Street, Suite 180, Dallas, TX 75204

First Thursday Art Walk - Thursday, July 7 • Attend Seattle's most popular Art Walk and visit Vidya Gallery at 619 Western, 2nd floor. July will feature impressionistic photography from South East Asia by Sandy Shum. For more information, please visit: www.VidyaGallery.com.

Photo Exhibition, Seattle • *Tibet: In Search of Hope* is an exhibit of stunning color and images by Tibetan Healing Fund board member, Meredith Aikman. Beginning mid-June the exhibit will be on display at Revolutions Espresso and Bakery at 7012 Woodlawn Ave NE (Greenlake) in Seattle.

ONGOING EVENTS

Volunteer Night • The last Thursday of every month from 6-8 pm is Volunteer Night. We provide snacks and drinks while you help us with mailings, database entry, fundraiser preparation, etc. This is a great opportunity to meet the board and get more involved with Tibetan Healing Fund. For additional information or to volunteer, please contact: Info@TibetanHealingFund.org or 206.624.7966.

Tibetan Cultural Nights • Join Tibetan Healing Fund and learn more about Tibet. We will host regular gatherings to learn more about this amazing culture. Themes will include food, music, dance, Buddhism, art, nomadic life, etc. For more information or to host an evening, please contact: Info@TibetanHealingFund.org or 206.624.7966.

If you are interested in hosting a house party, cultural night or displaying our photo exhibition in your favorite art venue, please contact: Info@TibetanHealingFund.org or 206.624.7966.