



# Tibetan Healing Fund

ཨ་རི་འཚོ་བྱེད་ཐེབས་ཚུ་ཚོགས་པ། 美国藏医基金会

Winter 2004



## Travels With Mom

by Jessica Ravetz

In June, my mother and I traveled to Amdo. With Kunchok Gyaltzen as guide, we were able to visit Kumbum Monastery, Koko Nor (Blue Lake), Takster and rural villages in Guide County. Along the road to Koko Nor we traveled over mountain passes reaching 4,312 meters—over 12,000 feet in elevation! The hillsides were covered with miniature iris and yak were frolicking on the mountainsides. At Koko Nor we visited a semi-nomadic community and had our first taste of *tsampa* (barley flour and whey).

The monastic retreat at Takster was incredible. The mountain top retreat was literally built into the mountain with an elaborate system of meditation caves carved into the rocky mountain. The buildings were painted with intricate designs in vivid reds, blues and yellow. From the look out at the top of the retreat I felt like I could take flight and fly with the bird. We ended the outing with a lunch of pig ears, greens, cucumbers, salted peanuts, noodles and other local delicacies with monks from Kumbum Monastery that agreed to be our guide for the day.

Next stop was Guide County. The drive to Guide included another mountain pass over 12,000 feet and a bridge over the Yellow River. Driving from Kumbum to Guide is like traveling to Eastern Montana by way of the Scottish Highlands and Bryce Canyon, Utah. The scenery was incredibly diverse ranging from lush green foothills to bright red cliffs to farmlands to nomadic outposts to new developments and Muslim market towns.

I stayed a week in Serkya village with Kunchok's family, a translator and a Tibetan physician. Although my Tibetan did not progress beyond "Please, no more tea and bread," the trip was highly successful. I spoke with village leaders, village elders, mothers and children. I visited village school spoke with school officials about the challenges of teaching in rural communities and spoke with farmers about the challenges of farming at high altitude.

It is difficult to compare life in Seattle with life on the Tibetan Plateau. The needs of those living on the Plateau are basic and great. Food is scarce, the land is harsh and unforgiving and the winters are long and bitter cold. Yet, everywhere we went people welcomed us with warm smiles and *tsampa*. ❖





## First Annual Tibetan Healing Fund Dinner

Over 50 guests attended our First Annual Dinner on November 12<sup>th</sup>. The event provided a great opportunity for people to learn about Tibetan Healing Fund, meet Tibetan Healing Fund's founder and all the local board members.

Founder Dr. Kunchok Gyaltzen was joined on stage by great entertainment from the local Tibetan community. Topchee sang Tibetan folk songs from the Amdo region and played guitar. Next, the local Tibetan dance troupe Nyenchen Thangla performed. Nyenchen Thangla is a dynamic group of young Tibetan women who perform Tibetan folks songs and dance. They are spectacular in their flowing *chupas*. Delicious food from the Himalyan Sherpa Restaurant was enjoyed by all.

We had a great time and look forward to hosting our next event this spring! Check our website for updates and event listings: [www.TibetanHealingFund.org](http://www.TibetanHealingFund.org). ❖

ཨ་རི་འཚོ་བྱེད་ཐེབས་ཚུ་ཚོགས་པ།



Tibetan Healing Fund Founder Kunchok Gyaltzen (far left) thanks the Himalyan Sherpa Restaurant crew for the delicious food. He is joined by volunteer, Jamyoung (center) and board member, Tenzing Thinley (center right).



2004 Board President, Nortso Gyaltson, shares her views on Tibet and why the work of Tibetan Healing Fund is important.



Members of the Seattle Tibetan Dance Troupe, Nyenchen Thangla entertain guests with traditional dancing and singing from Tibet.



Kunchok Gyaltzen thanks board member, Thinley Gyatso, with a ceremonial kata (scarf) and a smile.



Karl Blasius	Renita Whited
Ngawang & Doma Chagzoetsang	Steve Whilhelm
Karen Christianson	Sherry Williams
Donna Collins	Tsering D and Tsering Youdon Zingkha
Barbara Conta	Dr. Ceon Ramon and Barbara Hlavin
Kimberly & Dennis Daugs	Jae Huh and Ji Huyn Kang
Ruth M De Sos	Pema Ngoenga and Tsering Sangmo
Tsewang Doma	Russell Johnson and Barbara Ierulli
Shelley Drennan	Mary L. Allen
Pamela Dreser	Craig Van and Deborah Anne Smith
Mae Esteban	Jung Kim and Mark Farnsworth
Matt Fioretti	Jennifer Mitchum and Mark Granaroli
Wallace D. Fanson	Deborah Houseworth and Salvatore Barba
Susan Gleason	Paula Bock and Tao Sheng Kwan-Gett
Tracy Greene	Tenzin Chodak and Tsering Tsomo
Marilyn Gregory	
Jayshree Gupta	<b><i>Special thanks to the following organizations and individuals for exceptional support in 2003:</i></b>
Tashi Gyaltsen	Albert Kuperman and Einstein College of Medicine
Jacqueline Sue Harris	Ben Boothe
Lucinda A Herring	BKS Iyengar, Dallas, TX
Ryan Howard	Catherine Oxenberg
Adela R. Hulbert	Clayton Hibbert for his incredible design work
Lew and Elizabeth Hurtig	David Sunshine and Dallas Yoga Center
Robert and Sandra M Jacon	Dan Tiemey—our official photographer
H. K. Alan Kan	Debi Goldman
William D Keith, MD	Dekey and Kuncho Gyaltsong
Gloria and Bill Koll	Diane Kerner and Bastyr University Cont. Education
Euan MacDonald	Ellen Wilcox, Theresa Vollan, Amanda Marr, Melissa
Haida May	Carbine for their patience and expertise
Alexandria Meany	Executive Service Corp of Washington
Tiarra Mukherjee	George Washington University's GWish
Tenzin Nyishar	Himalayan Sherpa Restaurant
Heidi Oman	Joe Cabezon and UCSB's Religious Studies Dept.
Therona Ramos	JHSPH, JB Grants Society
Jacqueline Riskin	Julie Tokashiki and Tom Skerritt
Jeffrey and Joanne Rodd	Karuna Tendai Dharma Center
Gail Ryan	Mary Allen and Goucher College
Andrew C Shoeneman	Matt Davidson, Wes LeFebvre, and the rest of the
Sara E. Smith	crew at Concord Technologies
Allan and Sheila Sokolosky	Monadnock Friends of Tibet
Sean and Celia Sullivan	Nyenghen Thangla
Pema Thikhangtsang	Ralph Musgrove for email and web hosting
Jane Thomas	Richard Gunde and UCLA's Center for Chinese Studies
Daniel Tierney	Rob Kaplan
Samantha A. Titus	Sakya Monastery
Anne Trandal	Tenzing Thinley and Lhamo Tsering
Yangchen Dolkar Tregang	Towson University, Wellness Ctr
Tashi and Kelsang Tsatultsang	U.W., School of Nursing CAM Association
Nicolas and Kirsten Van Gelder	Whidbey Institute
Nancy Waddell	William Rosewarme and Four Red Doors Design
Gerald Walken	
Nancy Welliver	





## 2003 Project Updates

### *Children's Fund*

In 2003, Tibetan Healing Fund continued to provide financial assistance to primary school aged children in Dong Gou Township, Guide County. This year, Tibetan Healing Fund supported 121 primary school students, 75% of whom were girl-students.

In addition, Tibetan Healing Fund successfully brokered an agreement with neighboring Tunde County to provide funding necessary to purchase primary school textbooks. In return, Tunde County agreed to provide any additional funding necessary to ensure that 171 at-risk primary school students were able to attend school.

Tibetan Healing Fund is excited about this new relationship with Tunde County and is confident that similar agreements can be made in neighboring counties, thus furthering Tibetan Healing Fund's goal to provide access to basic education for all rural Tibetan primary school children.

### *Bi-lingual Education Conference:*

In Fall 2003, Tibetan Healing Fund sponsored a multi-day teacher training conference for primary school teachers in Guide County. 190 teachers attended the conference and the following training sessions.

One of the exciting outcomes was the decision to teach in the village's primary language. For example, if Tibetan is the primary language of the resident of a particular village, that village primary



school will teach all courses in Tibetan. In addition, the school will introduce courses in Chinese. Likewise, if a village's primary language is Chinese, the village school will teach all courses in Chinese, adding an additional language in the upper levels.

### *Skilled Birth Attendant Training:*

Tibetan Healing Fund is pleased to have University of Washington, Master of Public Health students working to create project evaluation tools and an improved training curriculum. The evaluation tools and curriculum should be ready in mid-2004.

This year was a slow year for our five SBA's. One SBA successfully assisted in the delivery of a few babies. And, the other four SBA have been busy teaching other women in their communities about reproductive health.



### *Tibetan Medical Midwifery System:*

In 2003, preliminary work was completed on the Tibetan Medical Midwifery System Project. An initial meeting of Tibetan medical and western trained doctors proved successful and there is great interest in moving forward with this project. Tibetan Medical Midwifery System will incorporate some of the lost reproductive health practices that are in the Tibetan medical texts combined with western interventions. This system of care will be safe, effective and culturally appropriate. ❖





NON-PROFIT ORG.  
U.S. Postage  
PAID  
Seattle, WA  
Permit No. 6917

**Tibetan Healing Fund**

PO Box 9172  
Seattle, WA 98109  
206.374.6692 (phone/fax)

*Info@TibetanHealingFund.org*  
*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.*

ཨ་རི་འཛོལ་བྱེད་ཐེབས་ཕུ་ཚོགས་པ།

**Tibetan Healing 2003  
Board of Directors**

- Kunchok Gyaltsen, Founder
- Jessica Ravetz, President
- Kelly Gates, Treasurer
- Meredith Aikman
- Daniel Dodd
- Heather Greenlee
- Thinley Gyatso
- Nortso Gyaltsong
- Kerry Secret
- Tenzin Thinley



**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.**

美国藏医基金会