

## The Water Project Chocolate & Wine Auction Newsletter

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**A**uction Count Down: One month until VDF's second annual auction  
"The Water Project .... featuring rivers of chocolate and wine"



Details about VDF's auction to raise funds to complete a water system for the Tibet school is now available on our website. Simply go to [www.vdfus.org](http://www.vdfus.org) and click on the Invitation Card on the home page.

You can help us make this project a success by joining us at the event, inviting your friends; donating auction items; making a donation or sponsoring a child.



### Clean Water. Health Life.

Currently, the students haul heavy water jugs from a nearby stream and boil it so that it is safe to drink.

Benefits of clean water:

- Water-borne illnesses are avoided.
- The children will have more time to study and play.
- Clean water will attract more teachers to the school.
- A future irrigation system could be planned to create a vegetable garden. (continued on page 2)

**Tickets On Sale NOW!**

**April 16, 2011**

**Preview 6:30 pm, Auction 7 pm**

**Location: South Bellevue Community Center, WA**

**Limited tickets. Order yours today at [www.vdfus.org](http://www.vdfus.org)**



### **Long Life Buddha Amitayu Empowerment March 26, 2011, 9 am at Sakya Monastery, Seattle**

The Buddha Amitayu is also named Long Life Buddha which is the incarnation of Amitabha Buddha. The special blessings from Amitayu will bring **longevity, peace and good health**. This ceremony will also provide a way to dedicate blessings and peaceful thoughts to those who have suffered from the recent earthquake/tsunami in Japan.

The ceremony will be presided by Sonam Rinpoche.

*\$10 (VDF email subscriber), \$20 (non-subscriber)*

**Limited seating—Register today at [www.vdfus.org](http://www.vdfus.org)**



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Last year, three VDF members and VDF's president, Wendy Wong, travelled to Tibet to visit the school. Aimee, a registered nurse, taught the children the importance of good hygiene and demonstrated proper hand washing techniques. The children listened intently to these new concepts.

During the visit, they realized that access to clean water is challenging and that the kids and villagers do not maintain good hygiene. In order to collect water, the children **haul 40 gallon water jugs over hilly terrain at 14,000 ft above sea level.**

In the winter they often melt snow for drinking water and during the summer they collect water from a small spring outside the school.

With your help, the water project will provide 80 children and monks from the local monastery with access to fresh clean water from the Tibetan plateau.



Two local girls helped us wash our clothes at the spring near the school.



### Momos Are Back!

The momos we served last year at our first auction were a big hit! This year a local Tibetan family will make these delicious treats: chicken and cheese momos. Cheese momos are a special delicacy that are usually served to monks.

**What's a Momo?** Momos are one of the most popular Tibetan delicacies. It is a steamed dumpling with vegetable and/or meat wrapped with homemade dough and have a delicate flavor. In Tibet, the whole family gather and work together to knead, roll and pack the momos. Momos are usually steamed for about 20 minutes and eaten with "Tsal" sauce, made from chopped tomatoes, cilantro, green onions, garlic and Sriracha or soy sauce.



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### Reasons why to attend the fundraiser

- **Feel good** helping others
- Know that you are making a difference improving the life of the children
- A chance to talk to **Sonam Rinpoche**, VDF main spiritual advisor
- Enjoy **slideshow** from 2010 school visit
- Enjoy good food, great wine and good company

### Silent/Live Auction Item Preview

- **Chocolate-dipped Strawberries**
- **4 hours babysitting service** by Best Sitters Inc
- **Hair cuts and hair color services** at premier salons.
- **Tandem paragliding**—Soaring in the sky with an experienced instructor! *By Parafly Paragliding*
- **Astrology Reading** by Glenna Erickson Bain. The reading includes a MP3 recording and astrological birth chart.
- **Authentic Malaysian food**—Special catering at your home for 6 — cooked and served on banana leaves.
- **Tuscan Day Ceramic Mosaic** by *Leslie Aitchison*
- **Lotus Collage Artwork** by *Laurie Hansen*
- **Dog Lover's Basket** by Friends of VDF—Treats, toys and fun stuff for your best friend.
- **Sugar Fired Pot** by Becky Parmenter



*Please check our web site [www.vdfus.org](http://www.vdfus.org) to see other auction items as they come in.*

