

**SPECIAL  
POINTS OF  
INTEREST:**

- **New Life Begins Here! School “Nga Gyur Shed Dup Choe Ling”**
- **Kids of the Month (pg 2)**
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## New Life Begins Here

**Gaga, 9 years old, my typical life at the school “Nga Gyur Shed Dup Choe Ling”:**

9 — 9:30 am Well blessing player (and dedicate to all who helped the project)  
9:30 am—12:30 pm Morning class  
12:30 —3 pm Lunch and break  
3—6 pm Afternoon class  
6—7 pm Dinner  
7—9 pm Evening class

We were surprised to learn the children studied in late evening. All children wanted was to stay warm by gathering in front of the big stove in the



classroom. The Teacher takes the opportunity to teach them at the same time.

The Tibetan plateau is very cold starting in early Fall. The school enrolled the students in September before the first chill hit the area. The school was barely ready at that moment. Only the student’s quarters, the Teacher’s Rooms, and a Classroom was ready. The school needs a kitchen and toilets which are planned for in 2009 if funding is sufficient.

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### **Education - Roots to a Brighter Future**

VDF is a Federal  
501 (c) (3) Tax  
exempt  
organization

## How well did we do?

### **December Blanket Drive result:**

70 sets raised (100%)      Target: 70

### **Tibetan Children Sponsorship (as of April 2009):**

15 (about 25%)      Target: 63

Kids of the month



**Thunten** is 13 years old, He likes to study and wishes to become a teacher for rural children. Also for fun he rides yaks and sings songs when reaching the top of a hill or mountain. Thunten really enjoys school and work very hard to do well.



**Ngaga** a 12 years old boy who likes to play with dogs and “voe” a small yak. His warm heart towards animals encourages and promotes his care of the “voe” and the ill yaks. At times, Ngaga often sleep with the animals. He also loves horseback riding and drinks butter tea.

Both children are currently enrolled in the school “Nga Gyur Shed Dup Choe Ling”. They are in need of Sponsors for their clothing, housing, and school expenses. If you have interest in helping Thunten, Ngaga, or children in their same plight, please sign up on Page 4.



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The total number of children enrolled in the school “Nga Gyur Shed Dup Choe Ling” is 63. The school quickly reached full capacity. Currently there are 2 teachers and one of them has earned the title of Khenpo (equivalent to PhD

in Buddhism Philosophy). Similar to the Montessori school system here, the classroom has students from different ages too. No matter if the students are 6 or 14 years old, all of them are learning Tibetan languages for the first time in their lives.

**Tibetan diet:** The typical meals served here are mainly butter tea, rice, tsampa (barley flour), noodle with little yak meat. Potatoes are only available in summer because it become too cold in winter. Many items have froze during transport. The vegetable too only available from low land in summer.

# Explore Tibet Slide Shows in January 2009



**Top left: Friends at Third Place Common, Lake Forest Park, WA**

**Middle: Sonam Rinpoche with guests**

**Top right: SNC Lavalin, Bothell, WA**

**Left & Bottom: East West Book Store, Seattle, WA**





**Vajrayana Dharma Foundation (VDF)**  
**Education - Roots to a Brighter Future**

**Mission:** To provide a home and education opportunity for needy Tibetan children and seniors in Garze Tibetan Autonomous Prefecture (Eastern Tibet), China.

The project is initiated by **Sonam Rinpoche**, a native Tibetan, who was recognized as the reincarnation of Ahzom Losel Rinpoche by **H.H. 14th Dalai Lama** and H.H. Dordrubchan Rinpoche. Rinpoche has earned the title “Khenpo”, which is equivalent to a Ph. D, after 18 years of Buddhism philosophy studies in Tibet and India.

To read more on Sonam Rinpoche, the school development or how you can help, please go to our web site [www.vdfus.org](http://www.vdfus.org)  
For questions, please email Wendy Wong at [wwong@vdfus.org](mailto:wwong@vdfus.org)

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VDF is a Federal 501 (c)(3) tax exempt organization. VDF is incorporated in the State of Washington.



Please help to sponsor a kid for \$30/month for 1 year. For **less than \$1 a day**, your donation will cover the **food, clothing, shelter and teachers compensation for one child**. You may choose to do a one time payment (\$360), or choose automatic credit card payments of \$180 every half year or \$30 every month. Thank you for helping the children.

**Tibetan Children Sponsoring Form**

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Birthday (DD/MM): \_\_\_\_\_ Telephone: \_\_\_\_\_

I agreed for automatic charges of my credit card for (please circle):

Once/month (\$30 x12), Half yearly (\$180 x 2), One time payment (\$360) or Other Amount \_\_\_\_\_

Name of card: \_\_\_\_\_ Type (please circle): Master, Visa, Am Ex

Card billing address (if different from above): \_\_\_\_\_

Credit card number: \_\_\_\_\_

3 or 4 digit codes: \_\_\_\_\_ Expiration (MM/YYYY): \_\_\_\_\_

**Alternate** payment method: Via check payable to “**VDF**” or “**Vajrayana Dharma Foundation**” or online payment via Paypal, please visit [www.vdfus.org/donate.htm](http://www.vdfus.org/donate.htm)