

WindHorse

June 2008

Issue two introduction

Welcome one and all to the June issue of Windhorse.

We have plenty of news to share with you in this edition, with trips to Nepal completed and other projects getting well and truly underway.

We also have information on the latest conditions in Nepal, with fuel prices and power problems causing wide-spread disruption.

And we are delighted to include articles in this new issue from TERA supporters in Holland, where their indefatigable enthusiasm continues to raise funds for

the children in Nepal, India, and Tibet.

We'd like to reiterate a couple of important points from the last issue too...

TERA is happy to support your one to one contact with your sponsored child, if this has already been arranged, but we



Sponsored children in a classroom in Nepal

request that any visits to see the children are organised via TERA. This allows us to follow child protection laws and balance everyone's interests.

We would also like to say that we are continuing to sponsor all the children currently registered with us and that no children will be dropped from the programme.

Please accept our thanks for your own ongoing support of the children, we could not improve their lives without you.

Thank you!

TERA in Holland—a few words from Sydney Leijenhorst

For ten years I have initiated a few small and varied initiatives to support TERA.

These included organising seminars with Chrissie Coburn Krzowska who donated the money to TERA, sending karate books to Nepal, organising a sponsored run, collecting a few individual sponsorships and

various direct donations from Training Centre KenKon and its students.

Last New Year we were happy to be visited by Lhakpa and Ritu from Nepal. Lhakpa did a prayer flag ceremony that was visited by a group of my students on the first day of the New Year.

I hope this event and blessing will be returned by the fruits of our efforts for TERA in the future. It was pleasant and inspiring to speak with Lhakpa.

Sydney

Dutch Co-ordinator for TERA, manager of Trainingscentrum Kenkom, Wageningen, Holland.



Our Developing Sponsorship Program in Nepal and Tibet

Our child sponsorship program currently supports 60 children. We have two recent additions – children who have been removed from potentially abusive/dangerous home lives and are now boarders in the safe environment at Srongsten School.

Understandably, these children are in need of some extra support just now, so if you are interested in making a donation or sponsoring them then please do get in touch by emailing our Child Sponsorship Secretary at m.jennings@staffs.ac.uk

We have identified a further ten children in need of our help and who are also ready for sponsoring. Lhakpa has

calculated that he will be able to supervise up to 100 children with a little help and we are in the process of taking on a new assistant in Nepal to help him achieve this (more next issue).

In the remote area of Tibet, the school we started supporting last year (as mentioned in the previous issue of Windhorse) is now up and running and educating local children (see photographs).

The building isn't quite complete yet, but work is progressing on the windows, doors and roof using local workers, sustainable resources and following the traditional local methods. These facilities will be used by seven villages, with each village containing be-



Children who are attending/will be attending the new school

tween thirty to forty families of (formerly nomadic) Drogkpa people.

Eventually approx 50 Tibetan children will be educated in this school.

Nepal School Visit, and Children's Health Checks

Chrissie and David spent a few weeks out in Nepal in November 2007. They visited all the schools where we have placed sponsored children to confirm their continued suitability; and they visited all the children too.

Health checks were offered to the children and their family members (and in some cases, to the family's neighbours too!) and we have updated our records with the new information.

They also distributed medicines and supplements, donated to TERA by Nutri Ltd and Chrissie, to the children's families. Our love and thanks go to Nutri for their

exceptional support, and the families in Nepal also expressed their good wishes for

the food supplementation medicinal help.

When they left, Chrissie and



Nepal School Visit, and Children's Health Checks (Cont'd)

David gave each student a present of a satchel to help with their schooling. If you want to visit the children, please contact us and we will help to co-ordinate it. A small personal gift is welcome and any monetary donations will be spent on all children in the class.

Lama Thapchok (our man in India and Tibet) travelled to meet with Chrissie and David and Lhakpa in Nepal to help co-ordinate future projects. Lhakpa will be doing a reciprocal journey to

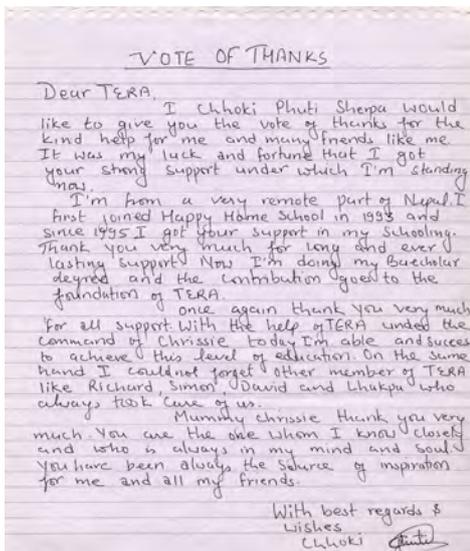
Tashijong (a Tibetan refugee community) to familiarise himself in turn with the Indian and Tibetan projects, and share ideas and experiences with Thapchok, Chrissie and David.

Lhakpa and his wife Ritu have also visited TERA supporter Claude Roulet in Switzerland. Claude, his wife and a small group of supporters originally sponsored children in the Happy Home Boarding School but have continued their contributions and are now supporting our new educational program in Nepal.



Sponsored child with Nutri Supplements

A Letter of Thanks From Chokki



Chhoki is one of the original children supported in the Happy Home project. During the recent TERA visit to Nepal, she wrote down her thoughts for us to share with all her supporters. She is currently taking her Bachelor of Arts final exams.

“I would like to give you the vote of thanks for the kind help for me and many friends like me. It was my luck and fortune that I got your strong support under which I’m standing now.”

Upcoming Projects

In the same area as the new school is being built, the next urgent project is the health clinic. We have already approved this project and funds are being raised through sales of more medicines and food supplements donated by Nutri Ltd. After consulting with Thapchok and Togden Achoo, we have a guide to expected expenses: TERA will supply medicines (700 Chinese yuan/month); and medical equipment (300 ch yuan/month) = approx £900 per annum. The local doctor is supplying his services free of charge. TERA will pay annually but this will unfortunately be delayed until communications are re-established with Tibet, probably after the Olympics.

Looking further into the future, Chrissie and David are returning to India and Nepal in October/November 2008 to monitor our ongoing projects and identify new areas where we can improve people's lives.

Dutch Walk for Charity at the Berlin Marathon 2007

Last July, my girlfriend Marion and I were staying in Hamburg to see the Dalai Lama.

The whole atmosphere that surrounded the lectures of the Dalai Lama was filled with a unique presence of peacefulness, mutual respect and friendliness. This showed us that human beings are really able to deal with each other in a truly peaceful way. This touched us deeply.

On the way back to Wittenberg (Germany), the idea to do something to support the repressed people of Tibet arose and ripened. We wanted to give a signal at the 34th Berlin Marathon that year. We were going to show the slogan "FREE TIBET" in broad letters on our running shirts. Our aim was to draw the spectators' attention to the grievances which still exist in that part of the world.

Back in our home town we began to ask friends and students of our training centre if they would support this campaign. We soon found out that there were

many people who liked our idea. Suddenly there were four of us, as Peter and Andre would also run the Marathon.

Some weeks before the race we started with a fundraising action. In our dojo in Wittenberg, people even began to bet on how long it would take us to do the Marathon. In the end we counted 270 € for TERA.

Running the Marathon in Berlin on September 30th 2007, our slogan met with the approval of the spectators. During the

arduous 42 kilometres we heard people cheering for us shouting "Super, free Tibet" or "Free Tibet, that's really great!" over and over again.

Exhausted but happy we had done something meaningful, we all reached the finish line at the Brandenburger Tor.

Our sincerest thanks go to those who supported this campaign.

Marion and Gerd



Gert Richter and friends from the Trainingscentrum KenKon

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Conditions in Nepal

Kathmandu -
Early 2008

In the last 18 months there has been a 60% inflation within Nepal, with a shortage of L.P.G., petrol, kerosene and a water supply every 5 days for 1.5 hours for householders. This dramatic inflation increase has led to an increased burden on the people of Nepal due to the added expense of the staples i.e. rice, dahl, kerosene (for cooking) etc.

There is also a regular "load" or "power" sharing system whereby different areas of Kathmandu receive power on different days. At the present time there is 36 hours of load shedding per week, which equates to nearly five to six hours a day without electricity.

Filling up vehicles, cars, motorbikes etc has a minimum time of 2.5 hours in queuing and it is not possible to get fuel in any other way other than having your vehicle at the petrol/filling station (and that is only when they have a supply). Petrol prices have been steadily increasing all year.



Refuse collection is irregular and that is putting it mildly. There is a continual build up of refuse on the streets which does not help the health situation alongside the already disturbing levels of air/water pollution in Kathmandu.

Nepal has also become the world's newest republic, ending 240 years of monarchy.

The new government is expected to be led by the Maoists, who only entered politics in 2006 after signing a peace agreement that ended a decade-long insurgency.

The assembly has two years

to come up with permanent arrangements for a new constitution.

Lhakpa has to travel at least 15-20 miles a day to see the children at the various schools they have been placed in. This may seem not such a sensible situation (i.e. have the children located in one specific area for ease of keeping a check on them) however when Lhakpa chose the children for our sponsorship program he took into account the circumstances of the family situation. This included the need to place the child in a school that was located near to where the



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Conditions in Nepal (continued)

family could work and live. Expenses, which the family could ill afford to pay, would be incurred if the child was placed in another area for schooling in Kathmandu. As I am sure you can appreciate TERA tries to keep the family 'unit' together where possible. As discovered in the west, it benefits the child and also the members of the family when they do stay together.

As TERA found from its time running a school in Nepal (Happy Home) prior to our day schooling sponsorship program, a child can become reliant on a system that provides for all of their

needs. We try to help them to see how they can help themselves. Being a child within a family unit encourages the child to study and allows them to value the chance

they are being given as they can see how hard their Mother and Father has to work just to keep them fed, clothed and sheltered.



In Memory of Mrs Sushil Shakya

Earlier this year, in a tragic accident, we lost a remarkable woman who was one of our supporters in Nepal.

Mrs Sushil Shakya was the principle at Sacred Hearts Academy in Kathmandu. On the way back from an end of term exam celebration their school bus went off the road. Mrs Shakya, one member of staff and one child were killed instantly. Other staff and 60 children were admitted to hospital. Their injuries were not serious and all staff and children are now back at school studying.

Mrs Shakya was a well educated woman. Her father was a sculptor and she was an artist herself. She was well organised and created a happy atmosphere at her school.

Mr. Lhakpa D. Shrestha had on behalf



Lhakpa Shestra (left) with Mrs Sushil Shakya (right)

of all TERA members lit butter lamps at Swayambhu and Boudha Stupa and Buddhist monasteries around them to bring peace to all those who lost their lives in this accident. TERA has also asked Lama Thapchok to say prayers at his monastery for Mrs Shakya.

She enriched all the lives she touched.