

# WindHorse

## Welcome to the New TERA Newsletter

### New Arrivals

It's been a busy time at TERA HQ and we have some new people onboard as well as some old friends departing.

The fresh faces are:

Chris Thomas (Treasurer); Mark Jennings (Sponsorship Secretary); Sandy Auden (Newsletter editor); Jo and Bob Cunliffe (Secretary) and with help from Safia Nelson. We look forward to sharing our progress with you in the future.

### Departing With Thanks

Moving onto new pastures are Richard Hartree, and Simon and Gina Russell. Richard has done an unsurpassed job as our Treasurer for over 13 years and we wish Simon and Gina the best with their newly established charity projects.



Prayer Flags Flutter in the Indian Himalayas

September 2007

### To Our Sponsors

The members of TERA would like to say a huge

**THANK YOU!**

to our sponsors for your continued support. You make a very real difference to the daily lives of many children, who would face increased suffering without your kind generosity.

### Inserts for this

issue :

Bankers Draft Form

Gift Aid form

The History of Prayer Flags

## TERA Representatives Visit Nutri Ltd in Derbyshire



Lama Thapchok with Head of Nutri, Ken Eddie (left) and Marketing Director, Gary Courtney (right).

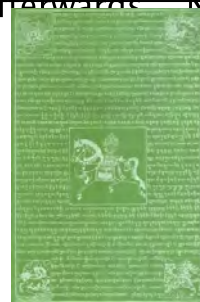
In the first half of 2007, several TERA representatives visited Nutri Ltd at Whaley Bridge in Derbyshire, to thank the company for their generous support.

Nutri Ltd have kindly donated thousands of pounds worth of medicines and food supplements (multi-vitamins and probiotics) to improve the health of many children whose families can't afford even basic

medical items.

TERA members were shown round the plant by the Head of Nutri, Ken Eddie, and Marketing Director Gary Courtney.

We met all the staff, saw the marketing and telesales departments, and watched the vitamins and food supplements being packaged in their warehouse.



## TERA Members Visit Nutri (Continued)

sented us with another donation. Some of these supplements are currently being used to help children and the elderly in Tibet and Nepal; the rest of the supplements have been distributed to orphanages and refugee camps in India.

You can find out more about Nutri Ltd at their website:

[www.nutri-online1.co.uk](http://www.nutri-online1.co.uk)



**Thanks to Nutri for all their ongoing support!**

L to R: Lhakpa Shrestra, Ken Eddie, Ritu, Chrissie Coburn-Krzowska and David Scholes

## The Hostel Fund Goes To Work

Last year's fund raising events for the Hostel Fund were very successful and we now have money available to make some real improvements. Our original plan to create a Hostel to help educate destitute families has had to be put on hold due to the political situation in Nepal. The country is currently in the middle of a huge reshuffle. A new government is due to be voted in this November so we are

awaiting the outcome before allocating the funds to a Hostel. If the government decide to instigate educational changes within Nepal then there will be less work for TERA to do. Our work would adjust to give help in other areas where it is needed.

In the meantime, we are using these funds to actively support children in a remote region of The Autonomous Region of Tibet.

seven girls currently being educated, with a view to expand this to extend the scheme to forty more children from the wider area, who would then need to board somewhere nearby.

A TERA representative has spoken to the local organisers and we have agreed to transfer funds to help.

Your money is supporting school fees, teachers, cooks, food, books, and stationery. Work has started on designing a suitable school building, built using local labour, resources and environmentally friendly materials.

This will give these children the necessary foundation to enable them to make full use of their education when they board at the local town senior school at the age of 13 years.



In the Eastern regions, the nomadic (Dro kpa) people have asked for help for their children's education.

There are thirteen boys and

## Sponsoring Children – Important Changes

### Why Change?

As a result of the feedback from Lhakpa, our man in Nepal, we have decided to make some changes to the way we sponsor our children.

Direct sponsorship of children, where people contribute to an individual child's support, causes difficulties at the schools in setting one student above another. It can also create a sudden lack of support for a child should a sponsor decide to stop contributing, leaving them no money to complete their education.

### The Solution

We would like all the children in a given project to enjoy the experience of sponsorship and we'd also like to minimise the impact to individuals if support fluctuates. We can do this by placing all the sponsorship money into a single pooled fund, for the use of all the children.

This means that your contribution is benefiting a number of children, and not singling out any one child as 'worthy'.

With a pooled fund we can arrange group events, like picnics to help give the children a sense of belonging. Gifts like stationery, books, and sports equipment etc, can be given to all the children so that they all receive the support they need to better themselves in the future.

### Visting

If you wish to visit the children, direct contact (group or one-to-one) can be arranged.

However, because some children enjoy contact more than others, please get in touch with us prior to your trip and we will help in setting up introductions.

We hope you can appreciate our desire to create a fairer system of sponsor-



ship and that you will continue to support our projects.

There is much we can do to improve the lives of these children and your continued support makes a big difference to their well-being as they grow up.

If you want to send letters, photos or donations (for gifts, picnics or special outings), then please contact David or Chrissie as they will be visiting Nepal in October 2007.

## How To Make A Donation

If you want to help support TERA's projects and improve the lives of children in desperate situations, then all you need to do is visit us online at [www.charitychoice.co.uk](http://www.charitychoice.co.uk) (and search for 'Tibetan Education And Relief As-

sociation'). Alternatively, you can fill in the Banker's Draft form that is included with this newsletter. To make your money go even further, you can also fill in the Gift Aid form – that way we can reclaim the tax too.

Every little helps!

**“Thank You!”**



## The Next Edition of the TERA Newsletter

The next issue of Windhorse will be packed with news from India after Chrissie and David's trip earlier this year.

As a green alternative, if you would prefer to receive your copy of Wind-

horse as a PDF via email then please send your request to: [m.jennings@staffs.ac.uk](mailto:m.jennings@staffs.ac.uk) with "TERA newsletter" in the subject line.

See you then!

Togden  
Achoo -  
TERA's  
Spiritual  
Inspiration.



## Meet the TERA Volunteers



Lhakpa Shrestha  
Childwelfare  
Representative,  
Nepal

Ritu Shrestha  
Childwelfare  
Representative,  
Nepal



Chris Thomas  
Treasurer  
Email: [tera@nstcc.co.uk](mailto:tera@nstcc.co.uk)

Lama Thapchok  
Co-ordinator (India)



Chrissie Coburn-Krzowska  
Health and Child Sponsorship  
Co-ordinator  
Tel: 01270-874-085  
Email: [chrissie@yeshe.demon.co.uk](mailto:chrissie@yeshe.demon.co.uk)

David Scholes  
Co-ordinator  
Tel: 01270-874-08  
Email: [david@yeshe.demon.co.uk](mailto:david@yeshe.demon.co.uk)



Mark Jennings  
Sponsorship Secretary  
Tel: 01782-635-602  
[m.jennings@staffs.ac.uk](mailto:m.jennings@staffs.ac.uk)

Sandy Auden  
Newsletter Editor  
Tel: 01782-635-602  
[sandy\\_auden@hotmail.com](mailto:sandy_auden@hotmail.com)



Sydney Leijenhorst  
Dutch Co-Ordinator

Extra thanks got to Claude Roulet in Switzerland, and Jo and Bob Cunliffe, Steve Walker and Safia Nelson for their valuable support in the UK.