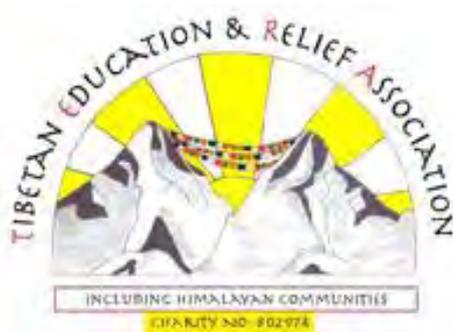


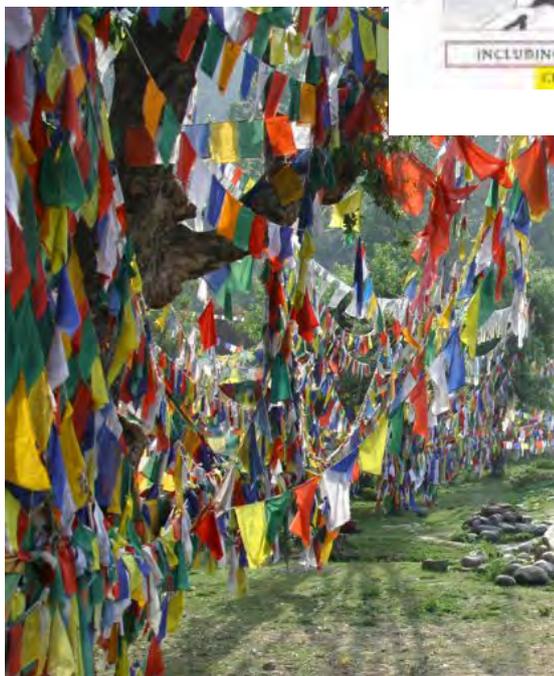
WIND

ISSUE 7



HORSE

APRIL 2014



Prayers Flags (Windhorse) taking the prayers on the wind



Welcome to another edition with this year being Losar (New Year) Tibetan Year of Male Wood Horse. Bringing you news from our various projects & members from around the world. One aspect of The Male Wood Horse Year from a Buddhist perspective is spiritual practice in action. It is good to know that despite pressures on all of us with the stresses on our lives in this ever changing world we are still actively supporting children in Nepal, India & Tibet so thank-you for your support & please read on.....



Changing Faces in T.E.R.A. Secretary Role

Diana Lilley (see left) who has been performing the Secretary role for T.E.R.A. since October 2012, has decided to step down, due to family responsibilities.

The Executive committee would like to thank Diana for her time with T.E.R.A., & we wish her well. Lynn Drinkwater (see bottom right) will be taking over the role from Diana formerly at the next Annual General Meeting. Lynn who has worked as a teacher for 22 years & specialised in children with, what was called then, severe learning difficulties, now known as children with additional needs. For the last 12 years she has been working with The Early Support Service. The role has evolved over the years and the focus is now on family support as well as developing the child's learning. This echoes the ethos of T.E.R.A. where we support the child with this support also extending to the family.



Bumper Crop Adds to Funds

2013 was the first full growing year for T.E.R.A. Fundraiser Fiona Forster's allotment near Sandbach, Cheshire. She writes: 'Gardening, especially vegetables, has been a growing passion for a while so to have an allotment, was an exciting development. I wanted to grow a good variety of crops to feed us over as long a time as possible with interesting, nourishing veggies, so every corner and in-between was filled. At Reaseheath College I was enjoying a practical gardening course which involved establishing and tending another vegetable plot, which provided more

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LOSAR TIBETAN YEAR OF MALE WOOD HORSE





Sydney



The Feminine Principle...Gives Rewards

In February 2014 Tiana Tefy gave a small qigong seminar for woman at KenKon. She paid her own air ticket, did not want a salary and KenKon offered the PR and room for free. Through these joint efforts we were able to raise €550 for **T.E.R.A.**. We hope that this modest result will spark new fundraising initiatives. Here, at KenKon, in the UK or elsewhere.

The two days workshop was dedicated to women and was given by Tiana Tefy. Within the trusting and warm environment of KenKon



Tiana (left), a long term Tibetan Buddhist practitioner, started her qigong life with Chrissie Coburn-Krzowska. Later she continued to study with Sydney and other teachers. For years she also practiced goju-ryu karate while she lived in Germany. These days she lives in France and works in the aircraft sector and continues to be dedicated to Tibetan Buddhist practice and life.

the group of women explored the feminine realm using Daoist Qi Gong exercises and meditation practices. Sydney Leijenhorst, the Director of Kenkon and Tiana have had this common project for sometime and it took a few years for it to come to fruition.



Sydney added 'In the past I have often invited female teachers, and I firmly believe in the unique value of events given by women, for women'. The woman explored the feminine realm

by means of qigong exercises from the Daoist tradition (healing movements, feminine self-massage and ovarian breathing...), while leaving room for other practices (meditation, dance...) whenever appropriate. These practices, thousands of years old, are most powerful for restoring hormonal balance, and increasing vitality, creativity and self-healing capacity –benefits that made the workshop appropriate for women of all ages and backgrounds. Sydney added that the reason to organize a qigong



The prepared room at Kenkon

seminar for woman was because the unique dimensions of a woman's body-mind and life are not always brought into the light of general qigong practice. They tend to live a little too much in the shadow of our ignorance. Just like we, in the Western world, tend to leave the reality of the less fortunate in the world sometimes too much in the shadow of our richness. I know from experience that balancing yin and yang, a cornerstone of qigong practice, is pleasant and healthy for everybody with whom we are involved. Consciously or unconsciously. I have always enjoyed to give away some of the fruits I had grown at KenKon or elsewhere in the play of our shared reality. What the feminine aspect of 'yin' is concerned with, of course no one can understand the feminine dimensions better than someone 'who has been there'. Just like several people of the **T.E.R.A.** Executive members who have witnessed the living conditions of the **T.E.R.A.** children with their own eyes and heart in India & Nepal. Not only the darker side, but also the lighter side of how the support given by **T.E.R.A.** contributed to the quality of their lives.



Long term friend & supporter Corrina Field (see left), who works as a Yoga teacher, again contributed to **T.E.R.A.**'s funds from donations raised from Yoga classes. To Corrina & her students a heartfelt thanks from all who benefit from your kindness.

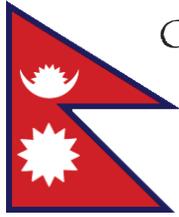
Yvonne Auden

T.E.R.A. supporter Sandy Auden whose Mother, Yvonne for years raised funds through making jams (article in WindHorse 2012), has sadly died in September 2013. The **T.E.R.A.** Executive & all members would like to wish the Auden family condolences at this time & heartfelt thanks for all who have benefitted from her efforts.



LOSAR TIBETAN YEAR OF MALE WOOD HORSE





Great Efforts bring Great Success for T.E.R.A. Children In Nepal

All of the T.E.R.A Executive would like, & I am sure everyone reading this congratulate all of the T.E.R.A. children in Nepal (also Lhakpa & Ritu & the after-school classes they have been running) who have ALL passed their exams with some exceptional results for some of our students. One of our students who had written a letter for the last newsletter Sita Tamang (far right):

Dear Sponsors greetings from Nepal, I am Sita Tamang studying in class V. I go to Rita mam home for practise my home-work which helps me a lot of exercise to do. I am doing very good exam in first term. I want to hold this position with my hard work. Thank-you without your support my parents won't be able to send me in a good school. Me and my family is always be Thank-full to you.

Sita carried out her intentions of what she had written & has finished 3rd in her year, she is awaiting a double promotion to a higher class. Khando Sherpa has done so well she will be moved up from Class 4 to Class 6.

Life In Nepal - March

The state of Nepal now has a government which is trying hard to implement a new constitution as soon as possible. This is a positive sign that the country may be about to begin to address many of the concerns that affect the people of Nepal. However with continueing inflation it now costs Nrs. 140 per litre for fuel with the continued short supply (40 hours a week) of water & electricity.



Lhakpa & Ritu Shrestha



Sita Tamang (right) with 3rd in her Year's exam. Also showing off her backpack & 'congratulations' letter from T.E.R.A., along with Khando Sherpa (left) having received a double promotion in her exam result.



Puja Thapa finished 5th among 150 students & Rabina Rai (see pic above) came 1st in her Class with both of them receiving a percentage which brings a distinction mark.

The rest of the students all did well with no failures, with 100 percent passing their exams and awaiting promotion to their next classes.



Niyma Dolkar receiving her award after winning her sprinting event at her School Sports Day

A Class Above

The after school classes run by Ritu & Lhakpa continue to improve the skills of our children in lots of different ways. The main aspect is the quality of life for all of our children that have been working hard towards getting excellent exam results. This in turn is giving a much needed confidence boost to their general outlook as to what might be possible for them to achieve. So with everyone's efforts within T.E.R.A. , the children in Nepal & with the help of Lhakpa, Ritu, sponsors & supporters who are enabling a brighter future - Hooray & WELL DONE!.



INDIA



Indian Children Still Benefitting With T.E.R.A.



(Below & right) one of our Indian students with their families



Lama Thapchok Kunchab our co-ordinator in India, as described in previous newsletter's is a Lama of many talents which are often called upon, which included recently helping with the task of helping with the arrangements in Tashi Jong monastery for the Garcham (Guru Rinpoche Puja). A highly regarded centuries un-broken practice from Tibet for the benefit of all sentient beings. However he still informed us, that the children are doing well with their schooling. Through the support of T.E.R.A. the children have gained in confidence, the families have benefitted from there funded toilets & access to food coupons. Chrissie & David are intending to visit later this year where they intend to visit all of the families, & check if there are any other issues that need to be addressed.

(Right) Lama Dancer performing the Guru Rinpoche Puja (Ceremony)

Replenishing Funds

In the past Chrissie & David have travelled to India or Nepal regularly to work with the T.E.R.A. projects. The impact of the global recession has reduced the amount of sponsorship / funding, supporting these causes. Another factor is the increase in prices & expenses, which continue to rise in India & particularly in Nepal.

With this in mind (having consulted with Lhakpa & Lama Thapchok several years ago), rather than use the money for travel expenses, Chrissie has stayed in the U.K. & has donated each year £1000 to T.E.R.A. funds. The reserve funds which had been built up primarily from fundraising events (put on by Chrissie in previous years) have depleted due to covering the shortfall in the sponsorship/funding.

T.E.R.A. would like to maintain the projects it has supported for many years, & requires a fresh input of fundraising initiatives & donations. Chrissie is available to teach Qi Gong, Meditation etc, to raise more funds with all profits given to T.E.R.A.. For fundraising idea's or help, please contact Fiona Forster. For your kind donations, Treasurer - Chris Thomas.

TIBET



Drukpa School Still Working Well

Although it is still difficult to receive any information from Tibet, due to restrictive access to the area, the Drokpa children (above) are apparently doing very well with their studies. Chrissie & David are hoping to get some more information when they next travel to India where it may be possible to have access to more details.

Bumper Crop Adds to Funds

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produce. I began to ask friends, neighbours, relatives and patients if they would like to make a donation for a healthy selection of organically grown vegetables and started harvesting. At the end of term the college plots were left to their own devices so student friends let me pick and dig anything remaining to add into the vegetable bags.

It seemed to me a win win outcome, I loved growing the produce, people loved eating it and in the end a total of nearly £80 was donated and still in store vegetables, for a future fundraising soup lunch!



LOSAR TIBETAN YEAR OF MALE WOOD HORSE



Tibetan Education & Relief Association Executive Committee Members would like to wish all our students in Nepal, India & Tibet every success in their studies, & with up-coming exams.

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TERA's Spiritual Inspiration

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Tibetan Education & Relief Association. (including the Himalayan communities) would like to express their thanks & gratitude to one & all, for your continued financial & physical support.