

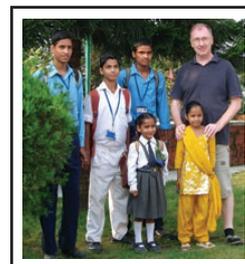
Prayers Flags (Windhorse) taking the prayers on the wind

Delivery of Supplements

& Funds For T.E.R.A.



Long term friend & supporter Corrina Field (see left), who works as a Yoga teacher, on a recent visit to India kindly included taking supplements in her luggage which she delivered to Delhi. During the trip across town under the subway she was stopped by soldiers who checked her luggage but the T.E.R.A. headed letter accompanying the supplements enabled a smooth delivery. The supplements were collected from Delhi & delivered to Tashi Jong Community, later to be distributed to the Indian & Tibetan families. Whilst teaching Yoga Corrina collected & raised £60 in donations which she kindly donated to T.E.R.A.



Left:
Treasurer
Chris
Thomas
with
T.E.R.A.
Children
in India

Welcome to another edition of T.E.R.A.'s newsletter where we will be bringing you some inspiring news from our various projects & members. Despite the difficulties we all are facing in terms of the economic situation, we are still supporting children in Nepal, India & Tibet with their schooling & health issues. The wider community also benefits from the supplements Nutri provide which is improving the future for all - so thank-you & please read on.....



Stepping Down & Stepping Up in T.E.R.A. Executive Role

Noam Livne (see above left) who has been performing the Secretary role for T.E.R.A. since 2009, has decided to step down, he will continue supporting T.E.R.A. by fund raising through his poetry. The Executive committee would like to thank Noam for his efforts. We would also like to welcome Diana Lilley (see below right) who has been voted in by the Executive committee as Acting T.E.R.A. Secretary until she can be formally voted in at the Annual General Meeting. We feel very fortunate to have such a qualified & committed person as Diana who has worked as a Psychotherapist encompassing many roles within the corporate & health sector, who will take over the Secretarial duties at the next AGM. All of the T.E.R.A. members I am sure would like to wish them both every success in their respective new roles.



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Drokpa School & Clinic Successfully Running

Due to the circumstances in Tibet with the self-immolation on the increase this year, the Chinese government has restricted access in all forms. [The self-proclaimed Tibetan government-in-exile says 41 Tibetans have died from 51 attempts at self-immolation since 2009 (38 this year).]

The part of Tibet where T.E.R.A. is giving support to the indigenous peoples, is located in an already restricted area, even, for

Tibetans visiting.

Despite these difficulties, what we have managed to hear regarding news from the Drokpa community is that the Amchi (Tibetan Doctor) is making regular visits to the medical clinic on a weekly basis & the children are studying well enjoying their classroom (shown left). The school & clinic now well established will be giving updates when it is possible to do so.



Urgent! Are you, or someone you know, travelling to Delhi or Kathmandu?

T.E.R.A.'s friend & supporter Nutri Ltd based in Derbyshire has again provided much needed nutritional supplements to support our projects in India & Nepal. The method we have employed in transporting the supplements out to our projects, is with members or friends in their luggage. Those that have kindly taken this additional luggage, have found it often presents an interesting & helpful experience meeting our representatives. Your help would bring enormous benefit to the families in our projects, who are often unable to afford nutritional foods & suffer from health problems such as T.B. Please get in contact with: Chrissie - c.coburnkrzowska@btinternet.com

Right: A family who have benefited from the donated Nutri supplements



Meditation of Mind & Body Provides for All

T.E.R.A. friend & supporter Alec Clark donated £250 earlier this year from Qi Gong & meditation workshops he has run. Alec has for many years kindly donated regularly from his workshops & a heartfelt thank-you from the many that benefit.

Conserving Family Come Together To Create Nice 'Pot' For T.E.R.A.

T.E.R.A. supporter Sandy Auden was delighted and inspired when her mum and aunt said they wanted to do some fundraising by making some jam for T.E.R.A.. They love visiting markets around the country and on their latest trip they'd bought back some juicy local fruits that were going to go into the

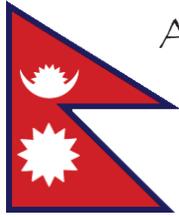


preserve-making pan. But where were they going to sell it? The answer was easy – I work in a large office so I would have no problem asking around to see who wanted a pot or two of homemade jam. "My family's efforts inspired me so I thought I would also try my hand at some homemade goodies too, then I could sell it along-side the jam and raise some more money for T.E.R.A.. Searching the internet, I found a very easy chocolate fudge recipe and set about measuring, stirring and pouring the ingredients to make several

slabs of choccy indulgence. Meanwhile, similar activities at my Aunty's house had resulted in many jars of apricot, plum and strawberry jam which I collected and took to work, with my fudge, to sell. I'd only done a bit of advertising prior to the sale day, and business was slow to start off with. So I decided to offer samples to

prospective buyers and suddenly, after a taste, people couldn't buy fast enough. The jam in particular was very well received and I had several people ask me for more jars over the next few days. "To make the donation to T.E.R.A. go even further, I applied for and received pound-for-pound matching from my employer, Barclays, which doubled our total to over £200. And we'll be raising more in the future too – our new 'customers' regularly ask when our family will be potting and pouring again".....

NEPAL



After School Tuition brings Great Success for T.E.R.A.

Children In Nepal

The running of the after school tuition class since October 2010 has brought about an overall successful pass rate with our students in Nepal. Not only this, but many have excelled & received the highest marks in class. Earlier this year a letter/email was sent on behalf of the Executive Committee Members to congratulate all the children on their success with their exams. No small part of this success would not have happened without Ritu's dedication to teaching the children at the after school class whilst ably assisted by Lhakpa. Ritu is stepping down from her T.E.R.A. position but will remain teaching the after school class voluntarily. See opposite letters & part of an essay from some of our students. It costs £20 per year for each child to attend these classes. If you would like to give the gift of knowledge and help a child greatly improve their own future & often their families.....please get in contact.



Laman
(Lhamin)
Tamang
(left) one
of our
children in
Nepal who
have
written.



Ritu
Shrestha

Importance of Education - by Lamin Tamang
Education is one of the basic needs of human beings. It is necessary to man as food, drink, clothes etc. Therefore education is considered as the birth right of human beings. It is a human right. Education is extremely useful for all human beings. It raises man above animals. A man without education is like a animal without the tails and horns. Education gives man knowledge and discretion. It provides more ability. An educated person as better opportunity of getting job. Education is very important not only to enhance human personality but also to the development of a country. The more educated people a country has, the more development of a country. Education creates skilled man power for development.

My Dear Sponors,
Regards, I am one of those fortunate girl who had been supported by you kind people since I was in Kindergarten. Now I am in class VII. I am doing good in class and want to finish school with good marks. My aim is to be Airhostess and help my parents when I grow up. They are grateful for your support, without your support I might have been working in wollen factory. Now I am capable of writing a letter and express my thought. so I am very thankful of your kindness, how you save for us. I will make sure to be useful and tell others to study hard and not to waste the support. I want to thank-you and pray for your good health on behalf of all the children. Thank-you. Bye see you in another letter.
Your lovely daughter Diki Tamang



Some of the letters from our students in Nepal

Life In Nepal - September

The state of Nepal is still without proper governance which is still prolonging the suffering of its people. With the inflation it has forced some families to return to their homes in the country due to the excessive increase in costs to their rent & fundamental basics such as rice, flour, fuel (up in price for the 5th time this year, now Nrs. 125 per litre), with the continued short supply (40 hours a week) of water & electricity.



Lhakpa with some of our students in Nepal

My Village

I am Phurpu Lama. I am from village. It is in a hilly area. It is a beautiful place surrounded by trees and many plants. we can see snow mountains. People of my village have small land for vegetables growing and mostly they have animals. The name of my village is Rosuwo. It is not very far from Kathmandu but due to bad road it takes about six hours to reach there. After the bus stop we have to walk up hill about to hours to reach my home. I have many families there. every festival holidays which is about 6 weeks we go there. I feel happy to be there as air and water is fresh, vegetables are good. During my stay I help my Father who is a trekker. Many people visit here sometime I earn money which I give to my Mummy. My Father goes for trekking when office from Kathmandu sends visitors. I don't feel going back to Kathmandu but I have to study and with your help I am going to a good school. My parents alsko sends their prayer and thank-you

Dear Sponors 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.

Dear Sponors,

We are three friends who are studying together since we were little boy in class K.G. Now we are in class V but we are still good friends we help each other in study and go to tuition together we are studying hard we wont waste the support given by you kind people we together want to say. Thank-you very much.

Yours Arakash Chaudhouri,

Pasang Dukpa Sherpa and Prakash Rana Magar

If you are travelling to Nepal & could carry some supplements in your luggage.....
PLEASE Contact Chrissie: c.coburnkrzowska@btinternet.com

INDIA



Below: Some of the Tashi Jong Community taking part in traditional Tibetan folk dancing



T.E.R.A. Treasurer Arrives To Receive Blessings from Tashi Jong Celebration

Chris Thomas meeting up with Togden Achoue (centre) along with Lama Thapchok

Chris Thomas, who visited Tashi Jong ("Auspicious Valley") Monastery in late 2011 with a Chinese colleague at a time when Lama Thapchok Kunchab was along with the rest of the community practising Yarne. This retreat established by the Buddha, was considered not appropriate to travel with the increased likelihood of walking on insects during the rains. This particular retreat is practised for 1½ months where all the monks are committed to keeping within the boundaries of the monastery during this retreat. Chris did, however, get to meet some of our sponsored Indian children now looking extremely smart in their school uniforms & met the Head of the monastery - Khamtrule Rinpoche, the Venerated Yogi Achoue (T.E.R.A.'s Spiritual Inspiration). Lama Thapchok said of the visit "He



Lhayang & Urgyen, Lama Thapchok's parents with Chris

thought it was a good visit, with good karma of people coming from different cultures with good minds who wished to help people who they did not know". Despite the 'boundary exclusion' Lama Thapchok & Chris were able to take part in a T.E.R.A. Executive meeting via Skype, which was a great way for all concerned to be able to have valuable input from Chris & Lama Thapchok who said "to have a live meeting with Chris.....technology is amazing to be able to do this".

In conclusion Chris said, "My visit to Tashijong certainly helped me to get a clearer idea of the end result of my work with T.E.R.A..".

Dear TERA sponsored,
I am Magni Ram for says you. I am Magni Ram read in + 2 Class. The + 2 Class exam to March 2012. The + 2 Class was subject in five. Subject name 1. English 2. History 3. Sociology 4. Hindi 5. Political Science. Pol Science supplementary in this subject. And supplementary exam coming Sept. 2012. That result comes October or November. And often result will be ok pass. If I am go to next class B.A. 1st year. If I am re sit this class one chance me March again exam. If March resit this subject. I am comes to back + 2 class. I am know I am pass in first chance and study in B.A. 1st year. Thanks



Magni Ram

your scam started to 2009-2012 to continued still how the feature. You giving much so facility books, bags, uniform etc. My Father is very poor man. If you not give me this facility I am not study in next class. thanks
I shall be thankful to you for this
I am close this letter and good by thanku - from your student Magni Ram



Kulbhushan Kuma

Dear TERA sponsored,
This scam started to year 2009 and continue to 2010 and 11 and 2012 and still now the feature I am study to B.A. 1st year to this year (2012). I am study 2010 to 10th Class 2011 to 11 class and 2012 to 12th Class (Clear). But I am not the fee to school but my family is a very large family my 2 sister and study the 10 and 11 Class so very difficult to pay my school and my sister. My father expire to year of 2009 but my Mother very critical situation to pay my school fee. So I am very happy to you started this scam and help the poor children (thankyou). So I am close the letter and good by. Many thanks from your student Kulbhushan Kuma



Measuring Up Made A Little Easier

This August Lama Thapchok has again been organising the arrangements for school uniforms for the children (as reported in WindHorse June 2010). Last year he started a trial in purchasing directly from wholesalers three sizes of uniform, which he again did this year with great success with all the families concerned happy with the arrangements. The costs for T.E.R.A. have been greatly reduced by this effort by Lama Thapchok, with the added benefit of being less complicated, safer for the children & families, as the town can be busy with traffic. At present T.E.R.A. is supporting 12 Indian children to provide school uniforms, satchels, books & pens etc for them to attend school which they would not have the means to be able to accomplish without the support of T.E.R.A. sponsors/donors - Thank-you!

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