

A Message From The President of OFT (continued from page 1)

The Tibetan language was developed by translating the Buddhist canons from Sanskrit to Tibetan beginning in the 7th Century. The translation of Suttras and Trantras, which is made up of close to 330 volumes, has never been translated into any other language. There are many Buddhist canons in Chinese, but the quality is much different. The translation into the Tibetan language is word for word while the Chinese one is done by translating the meaning of the content of the original texts whether it be in Sanskrit or Pali.

The translation into the Tibetan language is so precise that scholars believe that if the original text in Sanskrit language is lost, we can retrieve its original form by translating it from Tibetan into Sanskrit. This clearly indicates the importance of the Tibetan language.

Hence there are three reasons that the Tibetan language is important. One, it is the language that is the faithful basis of Buddhist philosophy. Secondly, it is a living language that is still used in studying Buddhist sciences. Thirdly, the last surviving Tibetans use this language in dealing with their daily activities.

Due to the invasion of Tibet by the Chinese Communists in 1949, both the Tibetan language and her people are facing extinction. Tibetan refugees in various countries around the world are trying to save their language, but since all the education is based mainly in English or in other languages, the younger generation of Tibetans face hardships in keeping their rich language alive.

From this point of view OFT is hoping to set up a cooperative teamwork with reliable institutions where people can showcase the Tibetan mother tongue to raise the public profile of this beautiful language and also encourage the younger generation of Tibetans to keep their language alive.

In order to make this possible we need to create a partnership with one of the Tibetan institutions in India. This will be OFT's next project. Every year I go to Nepal to look after a monastery where much help is needed. During this period, I also hope to go to India to find a reliable institution where we can make the above mentioned idea a reality. We hope to report to our friends and donors in our next Newsletter in with specific terms regarding it's implementation.

Finally, OFT would like to give our sincere gratitude and appreciation for your kind support and friendship and we hope you will continue to be equally as kind in the days to come so that together we can make a difference to build a better future for the next generations. In addition our sincere thanks to London Community, London Ontario, Ms. Sonam of Infinite Care in Pickering On., Dr. Tenzin Kyizom from Toronto and many other individuals for their generous financial supports and friendship.

Many thanks,
Jurme Wangda

*** **Kagyur** 70, 000 pages (Buddha's words) or(Words of the Buddha). **Tengyur** 161,800 pages (Buddha's Treaties) or (Commentaries by Indian Masters), Not including volumes of texts by Tibetan high Lamas and scholars.

2013 Report on Kalimpong Seniors Home:
Contributed by Jurme Wangda

Hello dear friends and supporters of OFT. I had the opportunity to visit the Kalimpong Tara Mandala Seniors Home on June 22nd 2013 along with my younger daughter Tenzin-Tara. It was a very fulfilling visit and I want to share the experience with you here.

I decided to visit without giving them any prior notice because I wanted to see for myself what kind of environment they live in on a day to day basis. We arrived in Kalimpong late in the day. I asked the hotel manager when the Settlement Office starts their workday and he replied, "nine o'clock in the morning". The Settlement Office is responsible for running the Seniors Home as well as looking after the rest of the Tibetans living in the Kalimpong jurisdiction.

Tenzin-Tara and I arrived at the settlement office at nine the next morning. The Office was yet to open. One of the seniors living in the home told us to knock at the door of the staff residence. We waited for a few minutes until the same old man came down and knocked on the door for us. He said he was ex-army and later he looked after the Tibetan Community Centre just next to the Seniors Home. Now, he lives at Tara Mandala and considers himself very lucky to be there.

The Settlement Officer was away for a couple of weeks to see his family in South India but the Secretary was there. I met her two years ago and she is a wonderful, hard working lady. She asked me if she should tell the residents to gather together to meet me but I said no, I just wanted to see them casually to welcome them to the Home and to offer a Khathak (white scarf) to each resident. Tenzin-Tara was there as my camera lady and took a few photos while I offered residents the Khatak.

All of them were very grateful and so happy to be there. You can see this in the photos. They say a picture speaks a thousand words and it is evident here too. Not only the elders living at the Tara Mandala Home, but I heard from others in Kalimpong and even as far away as Darjeeling, that not only the environment, but the staff were excellent and the food they receive is of high quality. This is the best way to acquire merit for oneself and to be beneficial to others at the same time. What could be better!

The oldest resident is 94 years and youngest is 68 years old. Some may wonder what a 68 year old is doing there, but we need to realize what a strenuous life they have led, both mentally and physically. So, 68 years could be at least 86 the way we live in the west. The average age of the elders in the home is 79.4 years.

The secretary introduced me to them as a sponsor but I clarified that I am not the real sponsor, but instead working for the real sponsor. Regardless they were so happy to see us and they were truly grateful and very happy to be at the Kalimpong Tara Mandala Seniors Home. Yulo Koe pai Geso-khang is the name which was given to the home by His Holiness the Dalai Lama as requested by OFT through me.

The conclusion is that your kindness has reached the hearts of those destitute, yet amazing people. They gave me a golden opportunity to be a worthwhile person. I hope it is same for you as well because without your kind support this would never have happened. For this my gratitude goes out to all of you. Thank you very much.

Photos of the Kalimpong Seniors Home
Contributed by Tenzin-Tara Haines-Wangda



This is the clinic. As you can see it's neat and tidy and well organized



The dining room, ready for the next meal



The Main entrance, complete with the OFT logo



A view of the second floor



A view from the south west of the home. The white building with prayer flag is the Community Centre.



The kitchen, sparkling clean!!!



Tsering Dolkar, 87 years old



Lhakpa Dhondup 83 years old

Are you a Friend?

OFT is dedicated to helping disadvantaged Tibetans and Tibetan refugees, including children, the elderly and the disabled. There are two direct ways to get involved with OFT: You can become a member or become a volunteer. Details are available at OFT's website, www.oft.ca

17th Annual Benefit Dinner - A Night of Himalayan Culture

Join Ottawa Friends of Tibet for a night of food and culture.

The evening will include an Indian buffet, silent auction and performances, unique works of art, gifts and handicrafts from South East Asia as well as marvelous Tibetan hand-knotted wool carpets for sale and auction.

All proceeds will go to benefit the Tara Mandala Seniors Home in Kalimpong, India and Orphanage School in Tibet.

MC: Scott Hannant

WHERE: Helenic Banquet Centre, 1315 Prince of Wales Drive, Ottawa. Friday November 15, 2013. Doors open at 6pm

TICKETS:

- In advance: \$60
- At the door: \$75

- Seniors and Students (with valid ID): \$40

A \$20 tax receipt will be given for the \$60 and \$75 tickets

For advance tickets please contact: jurmewangda@rogers.com or call 613-738-9871.

Charitable no.: 87685 9919 RR0001

Do You Want to be a Part of Something Important?

The Ottawa Friends of Tibet (OFT) is always interested in new ideas and innovative ways to carry out its goals and objectives.

The success of our projects depends to a great extent on the ideas, time and effort of our volunteers. We gladly welcome you to become a part of our efforts. If you wish to volunteer or share your ideas, you are more than welcome to contact us. Please contact Jurme Wangda to further explore your participation in our organization.

Our annual membership fees are: \$15 Cdn for Students and Seniors; \$25 Cdn for a single membership; \$40 Cdn for a double membership.

Any questions may be sent to me at; jurmewangda@rogers.com and I look forward to you joining us in this worthwhile endeavour.

2012 Dinner Money:

Thanks to your generosity, OFT made \$9,971.00 at our 16th annual benefit dinner last year.

Credit		Expenses	
Sales Table	\$802.00	Sales Table cost	\$267.00
Jewelry	\$602.00	Jewelry cost	\$200.00
Tickets	\$8,594.00	Hall rental	\$3230.00
Silent Auction	\$3,455.00	Silent Auction cost	\$345.00
Carpets (2)	\$,250.00	Carpet cost	\$417.00
Carpet raffle	\$920.00	Raffle cost	\$150.00
Donations	\$1,893.00	Food cost	\$2209.00
Membership	\$125.00	Advertising cost	\$256.00
Leftover Foods	\$85.00	Audio/sound system	\$350.00
Total:	\$17,727.00	Ticket printing	\$158.00
		Supplies	\$48.00
		Credit card charges	\$126.00
		Total:	\$7,756.00
Total net profit:	\$9,971.00		

Join OFT on



Ottawa Friends of Tibet now has a page on Facebook. Check out our events, wall posts, and discussions for the most up to date news from OFT.

Upcoming Events

Please check our website for events coming up later in the year.

Ottawa Friends of Tibet

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Jurme and Angela Wangda
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Bettina Campbell
Lesley Pellerin
Barbara Brown

For their contributions to this edition of OFT's newsletter



Ottawa Friends of Tibet
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Les Amis du Tibet à Ottawa

Volunteer Profile: Angela Wangda

I first became aware of the Tibetan situation by meeting Tibetan refugees in Nepal. I went to Nepal in 1987 to teach a physiotherapy program at Tribhuvan University. I planned on staying 18 months but ended up spending over 5 years in Nepal, both at the university and also with a Swiss Non government organization (NGO) heading a PT program at a children's hospital. As much as I was able to give to the program I also learned and gained from this opportunity and was able to see students from the university take over my job as head PT as I left Nepal in 1991.

I left Nepal with another surprise, a Tibetan husband, Jurme Wangda, and a four month old daughter Lodoie Laura. It was an adjustment for all of us to return to Canada. I went from third world medicine to ICU PT with all the newest bells and whistles. Jurme and Lodoie had to adapt to a new country which was made easier with the support of my parents Marion and Eric Haines. Jurme needed to find a place in his new homeland. We felt so fortunate to have so much; a home, free movements and free speech. We wanted to use these for the betterment of those who do not have such freedoms and so Ottawa Friends of Tibet was born.



The first meetings were at our house so I could take minutes and put the our two children to bed. This actually became a norm as the years went on. We are thankful for the patience all our volunteers had with our family over the years of juggling work, family and OFT. Jurme took a post in Japan for four years which left us with a long distance Captain but still we managed to put on our annual dinner and some events at Losar (Tibetan New Year) as well as other fundraising events.

Now as we come to our 17th annual dinner, I am humbled by all the support and work that has been done by our volunteers. Together we have made a difference in so many lives. We have an amazing seniors residence in Kalimpong, we have supported monks in Nepal via a bakery, we have supported two projects for Tibetans in Delhi and in Tibet itself. We are in the final stages of constructing last floor of the Kalimpong home. We are setting goals for some new fundraising projects and I look forward to the next phase of OFT and hope new and active members will join our meetings (babies welcome). Thank you everyone for your continued support, we could not have done these amazing projects with out you. I hope to go to Kalimpong next year to see the finished home and meet the people who are living there. Anyone else want to come along?.....

Message from the President of OFT

My sincere Tashi Delek to all our friends and supporters.

With regards to OFT, we are happy indeed that the Tara Mandala Seniors Home in Kalimpong is running well. The Orphanage school in Tibet and Maitreya Foundation in Delhi and Phuntsok Choeling Monastery in Nepal are doing their best too.

Today our commitment is to preserve the Tibetan language. This is not only important for Tibetan civilization, but it is also critical on its own to preserve this rich language which has the potential to bring peace and harmony.

Western scientists are beginning to advance compelling scientific research regarding the functions of our emotions and feelings, where they come from and how they work. This is being advanced as a result of the three decade dialogue between the Buddhist science of mind and western scientists.

The Tibetan language plays a very important role in explaining the relationship between people's emotions and the working of our mind. The science of mind (or science of emotion), needs to be explained. There is no conclusive knowledge other than what has been taught in Buddhism. As such scientists who conduct research on mental activities or those who research how the brain functions are taking a keen interest in how Tibetan Buddhism explains the working of our mind. They have begun to discover amazing findings regarding the interaction between inner and outer dialogues.

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