



Ottawa Friends of Tibet
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Les Amis du Tibet à Ottawa



Volunteer Profile – Pema Namgyal



My name is Pema Namgyal, and I was born in Kham, Tibet. I spent 9 years in India before coming to Canada. It was in Dharamsala, India, where I met Barbara Muller who was traveling throughout the region. Our journey together began at that point and soon after I immigrated to Canada to start a family. I came to learn about OFT and its projects through Jurme and Angela Wangda in 2004 when I first moved to Ottawa. Since then, I have been volunteering at the various events. I have helped to poster around the city, setting up the hall on the day of our annual fundraising dinner and helping to take all items back to the storage unit when the event was over. At the annual benefit dinner, I mainly volunteer as the official carpet sales person. This event is always fun and exciting for my family. I am very proud of the fact that OFT was the initiator for the Tara Mandala Seniors Home project in Kalimpong and raised 50% of building cost. OFT has made a difference for the people in the Tibetan community in India who need the most help.

Jurme Wangda's Message from Nepal

The recent 7.8 earthquakes in Nepal left huge scars in various parts of the country. People in remote areas were particularly hit hard where immense land slides and erosions made it impossible to rebuild their houses in the original locations. Due to limited resources and bad roads, it is difficult for relief organizations and individuals to reach the remote areas.

Here in Nepal's capital, Kathmandu, many ancient buildings were leveled to the ground or severely damaged. One of the areas that sustained the least damage was Boudhanath, where most of the monasteries and a large Tibetan community exist. Even here, most of the monasteries are damaged and some of them are in very bad shape.

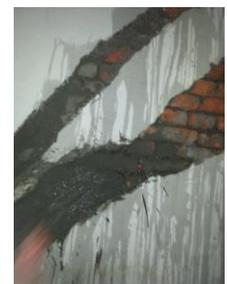
Palden Pawo monastery, where OFT is helping, is one of the lucky ones because the damage is minimal. Even so, we had to consult engineers to assess the cracks on the walls in the residential building. With the help of Pema Lama, who is a very resourceful person, we have been able to get the necessary contractors to repair the damage. We were able to start the repairs on July 20th and the work was expected to take 15 days. The estimated cost comes to about Rs.250,000 which is equivalent to CDN \$3,300. Angela Wangda kindly donated CDN \$5,000 for the restoration of the monastery. We still need to restore and restructure numerous areas to make the monastery safe to live in.

A few friends donated a couple hundred dollars for the monastery and I would like to offer my sincere thanks to all and hope that your generosity will help to finish the work that needs to be done.

Jurme Wangda, July 2015



Contractor inspecting the cracks



Work in progress

2015 Letter From the President of OFT

Charity is the foundation for making charitable work possible. Hard work has no repentance. The Ottawa Friends of Tibet's motto is to do our best so there will be no regret. This is the principle that helps us achieve our good work.

With the harmonious work between our supporters, donors and OFT staff and the dedicated workers at the Tara Mandala Seniors Home we completed the third floor and the long awaited prayer hall for the residents at the end of 2014.

Now, 22 new elders in need are ready to move in to the Tara Mandala Seniors Home, which brings us to a total of 44 seniors. The completion of the Seniors Home enables us to move to our next project.

Last November, the education minister of the Central Tibetan Administration in Dharamsala, Mr. Ngodup Tsering, came to Ottawa to receive funds from the Canadian International Development Agency. Since I was elected President of the newly formed organization, "Ottawa Tibetan Community Association", it was my duty to receive Mr. Ngodup Tsering, who is one of my old colleagues from Dharamsala. Responding to my questions about the urgent needs in terms of education for the

(Continued on next page)

Tibetan refugee children in India, he strongly requested that OFT sponsors the Tibetan students to allow them to pursue their B.A. studies in India. There are a number of bright students who wish to study further, but due to financial restraints they are unable to pursue their dreams. This has also been one of H.H. the Dalai Lama's calls to Tibetan youths, encouraging them to pursue their studies, not only to complete school, but to work towards professional careers or specialties so that they can contribute to the larger community. According to Mr. Ngodup Tsering, in order to encourage them, first they need to finish their higher studies. Therefore the education department in Dharamsala decided to launch this important project.

Since OFT's work is to support His Holiness's vision, I feel this is a great project with an urgent need and will be critical in facilitating Tibetan youths to make their dreams a reality. By providing opportunities to young and eager Tibetan youths, we will not only help them but also encourage those who follow them. Therefore, we need your continued support as we embark upon our next important project.

What could be more appropriate to start this project but the occasion of His Holiness the Dalai Lama's 80th birthday, which was celebrated in New York in July. OFT has made a commitment to sponsor three students for higher studies in India. This is a three-year program. After three years, we hope to increase it to 5 students. Much of this depends on your generosity. We are very lucky and happy to have such dedicated donors/supporters. On this special occasion, our sincere gratitude and heartfelt thank you to all. You are all amazing. Real change comes not from words but from action, and we all know that true positive action is charity.

With sincere Tashi Delek and gratitude we remain,

Jurme Wangda, President, Ottawa Friends of Tibet



Ottawa Friends of Tibet
Les Amis du Tibet à Ottawa
19th Annual Benefit Dinner
Helping Tibetans in need with your generosity

MC Mr. Scott Hannant
Entertainment by Tibetan Dance Group, Ottawa
Indian Buffet from Rinag Foods & Tibetan momo
Silent auction items. Sales Item from Himalayas
OFT Specialty hand knotted 100% Tibetan Woolen Carpets

30th October 2015
Doors open at 6 pm
Hellenic Banquet Centre
1315 Prince of Wales Drive

Tickets*
Adults \$60
Students \$40
At the Door \$75

www.of.t.ca
613-738-9871
jurmewangda@rogers.com

*\$20 Tax Receipt with Adult Ticket
Charitable No.: 87685 9919 RR0001

19th Annual OFT Benefit Dinner helping Tibetans in need with your generosity

Join OFT for a night of food and culture

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

ENTERTAINMENT

Tibetan Dance Group, Ottawa

DINNER

Indian Buffet from Rinag Foods and Tibetan momo

MC: Mr. Scott Hannant

WHERE

Hellenic Banquet Centre
1315 Prince of Wales Drive, Ottawa
Doors open at 6:00 pm

TICKETS*

In advance: \$60

At the door: \$75

Students (with valid ID): \$40

*A \$20 tax receipt will be given for the \$60 and \$75 tickets. Charitable no.: 87685 9919 RR0001

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