



TibetanAid Foundation, Inc.

Annual Report, 2006



www.TibetanAid.org

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Ojai, California 93023

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ANNUAL REPORT – 2006

During 2006, the TAF concentrated on raising funds for the completion of the ChaZhu Valley Clinic and the Duoxi Water Project. In the January of 2006, the ChaZhu Valley Clinic opened for community service.

Current Board of Directors

Marqui Bury
Jonathan W. Lambert, Ph.D
Dorjee Tsewang, President TAF

Corinne Collins, RN, MN, FNP
Lisa Luckenbach

Robert Feiss, MD
Janice Tate

Consultants/Advisors

Arthur Braveman
David Luckenbach
Jack Samarel, CPA
Josephine Richey
Laurel Miller
Nancy McCagney

Bob & Betty Gips
Don Campbell
Joan Nicolason
Linda Lambert
Lyn Hebenstreit
Dolkar Tso



TibetanAid Foundation Board

HISTORY OF THE TIBETANAID FOUNDATION

The founders of the non-political, non-profit TibetanAid Foundation are young Tibetans who have established themselves in California. Inspired by the contrast between their current opportunities for personal growth, and conditions for those remaining in their homeland, they are determined to improve the quality of life in the communities in which they grew up. Their target is *healthcare* and *health education*. With the help of numerous American friends, they incorporated the TibetanAid Foundation in the state of California on July 13 2004. The TibetanAid Foundation became nonprofit status under the section 501(c)(3) on November 02, 2004.

OUR MISSION:

The TibetanAid Foundation, Inc., is dedicated to raising funds to develop and support sustainable health care and health education in rural Tibetan communities. We believe that our activities directly benefit new and forward-thinking ideas taking root on a community level in rural Tibet.

1. **Sustainable health care clinic:** Our first project was to fund a sustainable health care clinic in the ChaZhu valley, in northeastern Tibet. This health care clinic now serves ten villages with a population of over 3,000.

2. **Staff training:** The TibetanAid Foundation is moving towards providing funds to rural Tibetan groups for training health-care workers in modern methods of treatment. The leaders of Tibetan communities will select qualified candidates and oversee their training progress.



3. **Vocational training:** The TibetanAid Foundation will provide funding for qualified students to attend vocational training programs in specializations appropriate to their individual talents. Those qualified students will be required to return to their villages after completion of their training to work in clinics and on community water and sanitation projects. The community leaders or other consultants will determine qualification.

4. **Women's health education:** In 2006 the TibetanAid Foundation has begun funding educational programs designed to meet the needs of women in rural villages in regard to family planning, child health, prenatal care, nutrition and personal hygiene. We encourage local community groups to provide these programs in conjunction with the health clinics funded by the TibetanAid Foundation.

5. **Professional participation:** We cooperate with Tibetan community leaders to invite volunteer doctors and nurses from different countries to participate in on-site training sessions. We will cooperate with established medical assistance organizations like Doctors Without Borders, and International Red Cross, to locate qualified and willing professionals. Several professionals visited and worked at the ChaZhu Valley Clinic during 2006.

6. **Additional clinics:** After the ChaZhu valley clinic is established and staffed, we will begin to plan for the establishment of additional health care clinics in villages presenting the greatest need. This phase is projected to begin during in 2008.

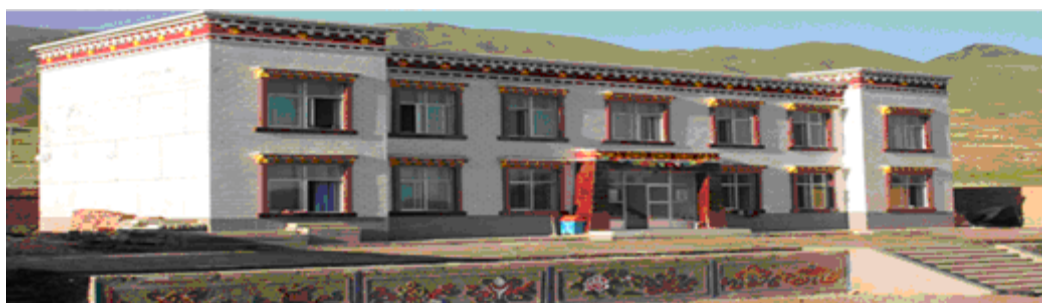
7. **Training Translators:** TAF has begun to fund scholarships for training translators, who are able to translate medical terminology in three languages (Tibetan, Chinese and English) to assist visiting western medical professionals. **Limo Dolma** graduated from one of the Tibetan/Chinese Teaching Colleges and is fluent in Tibetan & Chinese. Currently, TAF is funding her education in QingHai University English School in Xining.

The TibetanAid Foundation is a non-profit, non-political and tax exempt charitable organization under section **501(c)(3)** of the Internal Revenue Code.

TAF is a grassroots humanitarian organization, based in Ojai, CA, USA

Our Goals:

HealthCare	Education
<p>Community:</p> <ul style="list-style-type: none"> • Main Clinic Facility • Mobile Clinic • Veterinary • Household Latrines • Clean Water <p>Individual:</p> <ul style="list-style-type: none"> • Emergency Care • Pediatric • Pregnancy • Tuberculosis • Cataract/Vision • Dental • General Health Care 	<p>Community:</p> <ul style="list-style-type: none"> • Family Center • Water Conservation • Sanitation & Hygiene • Health Care Practitioner Training <p>Individual:</p> <ul style="list-style-type: none"> • Parenting Skills • Personal Health • Pre/post Natal Care <p>Corporate:</p> <ul style="list-style-type: none"> • Management Training



ChaZhu Valley Health Care Clinic – officially opened January 2006
(View pictures at: http://www.tibetanaid.org/tibetancare/new_letter/opening_ceremony.htm)

TAF President, Dorjee Tsewang and his wife Dolkar Tso visit the ChaZhu Valley Clinic in May, 2006

During May, June and July 2006 Dorjee and Dolkar, with their two children returned to Tibet for the first time in fifteen years (having received their USA “Green Cards” in March, 2006). They were met by Jigme Rinpoche (TAF’s Program Director in Tibet/China) and his daughter at a hotel in Beijing. David Luckenbach, husband of TAF Board Member Lisa, and their daughter, Lindsay, accompanied the family for the first several weeks of the trip. After some sightseeing in Beijing the group rode the new China-Tibet railway to Xining, Tibet, where Dolkar’s family lives and then on to the ChaZhu Valley and Dorjee’s home village.

David Luckenbach is a professional cameraman and he carried a video camera. He documented the entire experience and the ChaZhu Valley Health Clinic in operation. He hopes to be able to edit his seventeen hours of film into a documentary of the homecoming. It will be made available to interested parties when completed.

TAF members and some American friends visited ChaZhu Valley Clinic in July, 2006

In July 2006, TAF members and some of American friends visited the ChaZhu Valley Clinic, classrooms in the local villages and monasteries.



From right to left:

- Rozan Gacasan, Architect
- Sara Jone-Gomberg, MD, MA
- Jennifer Bury, Landscaper
- Dolkar Tso
- Dorjee Ji and daughter
- Margie Fernandez, RNP
- Jennifer Niehouse, Artist
- Corinne Collins, RNP
- Dorjee Tsewang, TAF President
- Dhondup Tsering, Driver

ChaZhu Valley Clinic Medical Equipment *-funded by the Dorothea Haus Ross Foundation-*

While in Tibet, Corrine Collins and Dorjee Tsewang spent quite a bit of time working with Dr. Sonam Ji helping to locate, choose and order the equipment and supplies necessary for the ChaZhu Valley Clinic to become fully operational. The funds for these purchases were provided by a generous grant from the Dorothea Haus Ross Foundation of Rochester, New York. The Foundation most generously has allowed the TAF to retain the monies saved by purchasing the equipment and supplies in Tibet/China (rather than in the USA) to be used for the ongoing purchasing of supplies for the Clinic. The ChaZhu Valley Community Leaders visited the clinic the day all the medical equipment was put together.



Completion of the Duoxi Water Project - August 1, 2006

In July Duoxi villagers worked with our TAF team building a 9'x18'x9' water tank at the water source in the mountain, about 4 miles from the village. Duoxi village has 81 homes, but the stored water is enough for over 200. On July 25, 2006, Dorjee Tsewang and Dolkar Tso personally tasted the mountain spring water of the Duoxi village. It was amazing and unbelievable that over 500 people and thousands of animals now are able to drink fresh water in their own clay houses, after 500 years of having to carry water to the town.

TAF board members and some of our American friends met the spiritual leader of the Duoxi village, the Pema Rinpoche. The Rinpoche expressed his gratitude and appreciation for the Duoxi Water Project. He told us that he wished he could shake every donor's hand to tell them that their act of compassion will directly benefit village people for a long, long time. He added that, spiritually, all the donors accumulated good merits for themselves; this was a great way to practice compassion according to Buddhist practice. He was very happy to be part of this project as he oversaw its completion.



(View pictures at: http://www.tibetanaid.org/tibetancare/trip/doux_i_water.htm)

Valley to Valley Children's Exchange Program

Lindsay Luckenbach visited the ChaZhu Valley in May, 2006, and met girls of her same age group in the ChaZhu Valley. Lindsay attends Topa Topa School in Ojai, California. The Valley to Valley Children's Exchange Program generated nearly \$1000.00 from schools in Ojai during the Spring of 2006.

Dorjee and Dolkar's children, Kangchen and Norbu, and Lindsay brought gifts from children of Ojai schools in California to the ChaZhu Valley School. On May 11, 2006, Lindsay, Norbu and Kangchen presented gifts of school supplies including pens, pencils, markers and highlighters to the headmaster of the ChaZhu Valley Elementary School. Lindsay, Kangchen and Norbu were welcomed with beautiful white scarves in one of the classrooms. The children sang songs to entertain and thank them.

Because there is no pre-school in the ChaZhu Valley, children of their age have to wait until they become 7 years old to attend first grade. Their daily activities are staying home with seniors, sitting beside fields while their parents work in the field, or playing between the clay houses, often in construction sites.

TAF hopes to fund a Family Center for those children under the age of seven. We believe that such a facility will be beneficial to these children and give them an opportunity to grow to prepare for their future education.



FUTURE PLANNING: HEALTHY COMMUNITY PROJECTS:

- **LATRINE PROJECT.** The goal of this three year project is to fund installation of a *latrine system* in every household in the villages of ChaZhu Valley to prevent diseases caused by human waste. TAF has identified a system that is effective at the high altitude villages of rural Tibet and is currently seeking grant funding for this project.
- **FAMILY CENTER PROJECT.** Because there is no pre-school in the ChaZhu Valley, children have to wait until they become seven years old to attend first grade, and/or there are no children's care facilities at all. Their daily activities are staying home with seniors, sitting besides fields while their parents work in the field, or playing between the clay houses.

TAF hopes to fund a Family Center for those children under the age of seven. We think that this facility will be beneficial to these children and give them an opportunity to grow in an educational facility to prepare for their future education. Fundraising has begun towards this project.

- **CHAZHU VALLEY CLEAN WATER PROJECT.** The goal of this three year project is to work with families in each village to have clean mountain spring water piped to their home.
- **TRAIN LOCAL HEALTH CARE WORKERS.**
 - *Training of a medical translator* fluent in Tibetan, Chinese and English (begun fall 2006)
 - **Training a person to be part of the clinic staff to install and maintain a clean water system** for the valley.
 - *Train one Maternal-Child Health Worker* in each village.
 - *Train one nurse* to become an assistant to Dr. Sonam Ji. This candidate will be trained in a large hospital or vocational training facility.
- **TUBERCULOSIS CONTROL & TREATMENT PROGRAM.** Tuberculosis (TB) is a contagious disease rampant throughout the Tibetan Plateau; the World Health Organization (WHO) has stated that the incidence among Tibetan rug-weavers is the highest in the world. The disease is found throughout the ChaZhu Valley where the Health Clinic sponsored by the TibetanAid Foundation (TAF) is located. The TAF plans to work diligently with the Chinese Government to address this manifest health problem.
- **SOLAR ENERGY.** The use of clean energy resources, such as solar energy, will make a positive impact on traditional Tibetan life and protect the local environment.
 - *Solar panels* installed in the ChaZhu Valley clinic will be sufficient to provide electricity for all the appliances and equipment in the clinic, including refrigeration for medicines and sterilization of medical utensils.
 - *Solar Water Heat System* will provide sufficient warm/hot water for use at the clinic and for a bathing and a laundry facility for the community.
 - *Solar Cookers* can replace the traditional burning of yak dung, hay and firewood to cook food and boil water.
 - *Solar Greenhouse.* can utilize solar energy to grow medicinal herbs and nutritious vegetables in the clinic's demonstration garden/greenhouse.
- **MOBILE CLINIC.** Vehicles, equipped with basic medical equipment, medicine and a trained staff member, will be created to travel to rural and nomadic areas of Tibet year around.

Three Year Income/Expenditures

	2006	2005	2004	Total
Individual and Group Contributions	\$28,309	\$31,464	\$8,740	\$96,701
Grant Income	\$16,808	\$4,500		
INCOME TOTAL:	\$45,117	\$35,964	\$8,740	
Expenses- Tibet Programs	\$36,500	\$21,800		\$58,300
USA Operating Expenses	\$3,264	\$2,075	\$1,079	\$6,482
EXPENSES TOTAL;	\$39,764	\$23,875	\$1,079	
End of Year Bank Balance:	\$25,103	\$19,750	\$7,661	

Expenditures - detail

		Proposed 2007	Variance	2006	Variance	2005	3 year Total	
PROGRAMS IN TIBET	Admin. Expenses	Legal/Government Fees	\$2,000	\$500	\$1,500	\$1,000	\$500	\$4,000
		Staff Salary						
	HealthCare ChaZhu Valley Health Care Clinic	Facility/Construction	\$10,000	\$0	\$10,000	-\$11,300	\$21,300	\$41,300
		Medical Equipment & Supplies	\$1,000	-\$13,527	\$14,527	\$14,527		\$15,527
		Medical Staff Salary	\$3,000	\$3,000				\$3,000
	Water Project	DouXi Village	\$1,000	-\$8,473	\$9,473	\$9,473		\$9,473
		ChaZhu Valley Water Project*	\$15,000	\$15,000				\$15,000
	Latrine Project	ChaZhu Valley Composting Outhouses*	\$65,000	\$65,000				\$65,000
	Education Fund	Staff Training	\$1,000	\$0	\$1,000			\$2,000
		Health Education	\$2,000	\$2,000				\$2,000
		ChaZhu Family Center*	\$15,000	\$15,000				\$15,000
	Sub Totals:		\$115,000	\$78,500	\$36,500	\$13,700	\$21,800	\$173,300
OPERATING EXPENSES	Office Expenses	\$1,000	-\$976	\$1,976	\$916	\$1,060	\$4,036	
	Printing/Reproduction	\$600	\$185	\$415	-\$166	\$581	\$1,596	
	Postage and Delivery	\$300	\$133	\$167	\$5	\$162	\$629	
	Rent			\$370	\$370		\$370	
	Fees & Permits	\$100	\$45	\$55	\$55		\$155	
	Bank Service Fees	\$150	\$64	\$86	-\$66	\$152	\$388	
	Grants Expenses				\$120	\$120	\$120	
	Fundraising	\$500	\$500				\$500	
	Miscellaneous			\$195	\$195		0	
	Sub Totals		\$2,650	-\$49	\$3,264	\$1,428	\$2,075	\$7,794
	TOTALS:		\$117,650	\$78,451	\$39,764	\$15,128	\$23,875	\$181,094

(\$95,000 proposed funding) *

\$23,264

Homeward-looking angels

Ojai couple returns to homeland after decades of exile

Nao Braverman
nao@ojavalleynews.com

Dorjee and Dolkar Tsewang, of Ojai, have built a comfortable life for themselves in the United States but they never forgot where they came from.

This summer the Tibetan couple traveled back to their homeland for the first time in 14 years.

"It was like a dream come true," said Dorjee. "We left the country without telling our families where we were going, without knowing when we would see them again. Everyone was in tears."

In early May, Dorjee, Dolkar and their two children, Tsering and Norbu, flew out of LAX and landed in Beijing



Photo submitted

The Tsewang family poses in front of the medical aid clinic they helped build in the Chazhu Valley of Tibet.

From there they traveled to Xining in Tibet. Dolkar noted the many changes that had taken place since they'd left 14 years

ago. What had once been a couple of grocery stores among

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Tibet:

(Continued from Page A-1)

open air markets and vegetable stands was now a bustling modern city, the largest in Tibet.

But as they descended into the Chazhu Valley, the expansive fields of wildflowers came into view. Dorjee saw the yaks, the sheep grazing in the open fields and he knew that little had changed in the Tibetan countryside.

The couple was there to see family and take a vacation, but they paid the Chazhu Valley more than just a visit.

For the past couple of years, the Tsewangs have been raising funds for the TibetanAid Foundation, an organization which they started with several Taormina neighbors in 2004. Since then the homegrown non-profit has taken on a variety of tasks to work toward improving the quality of life in the Chazhu Valley, all from its distant home in Ojai. Its most recent project was constructing a medical clinic that serves 3,000 people in rural Tibet.

During their trip Dorjee and Dolkar were able to finally see the fruits of their labor. They examined the clinic building which was constructed in October of 2005, a traditional Tibetan architectural style structure. It was opened in January this year and already has two Tibetan doctors, one who

specializes in traditional Tibetan medicine and another who specializes in Chinese and Western medicine. During their trip this summer, Dorjee and Dolkar added the final touches. They bought medical equipment and cemented the clinic floors.

The couple also installed water pipes that brought mountain spring water to the homes of 80 families in the valley. Before the pipes were installed, most of the children would have to walk an hour to fetch water. Each family also had an average of 30 to 40 animals they would have to drive to the river each day to drink, said Dorjee.

"We thought we were going to have a relaxing summer but it became three months of work instead," said Dorjee.

Dorjee and Dolkar are accustomed to hard work.

Both have lived through a grueling trek across the Himalayas. The couple met in India where they were living separately as refugees.

Together they came to Ojai, and secured visas. Their jobs at the Ojai Valley Inn & Spa have bought them and their children a comfortable life in their home on Taormina Lane.

But alongside working and raising children the couple has managed to make time for the TibetanAid Foundation.

"We have found good jobs in this country, we have been very lucky," said Dorjee, who was recently promoted to a banquet



Dorjee and Dolkar Tsewang drink while overlooking the Chazhu Valley.

manager at the inn. "It is important for us to share our success with those who are less fortunate," he said.

Dorjee wants to make small improvements in Chazhu so that people are able to have an easier life. He wants the children have time to get on education. He is not however, interested in putting in paved floors or developing it into a modern city, he said.

Aside from work, the trip was an opportunity for Dorjee and Dolkar's families to meet. The couple met after leaving Tibet and married in Ventura, neither had been back since.

"it was a wonderful reunion of

about 60 people," said Dolkar. "Our parents saw our children for the first time."

Neither Dorjee or Dolkar wanted to leave but they already have a number of foundation projects lined up for their return next year. Among them are an expanded water system, a healthy latrine project and possibly opening a preschool.

"So many people were thankful for what we've done, but they immediately gave us more ideas for new projects," said Dorjee.

For more information on how to contribute to the TibetanAid Foundation, see their web site at www.tibetanaid.org.