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Tibetan Friendship Group Australia (Inc.)

Patrons: His Holiness the Dalai Lama  
Joan M Wilson OAM

## TFG MID-YEAR NEWSLETTER 2023

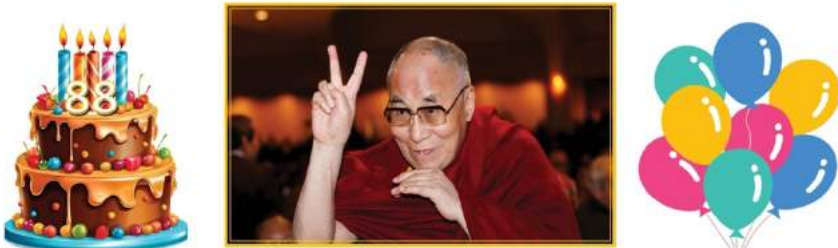


### PRESIDENT'S MESSAGE

Thanks to the generosity of those of you who make donations and those who sponsor individuals, the TFG committee continues to send funds to Tibetan Settlements in India. Many of our sponsors have been supporting TFG Settlements for several years and we are extremely grateful for their continued support!

Our TFG patron, His Holiness the Dalai Lama had his 88<sup>th</sup> birthday on 6<sup>th</sup> July. On behalf of TFG we would like to wish His Holiness a very happy 88<sup>th</sup> Birthday. May he live a very long life!

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**Happy Birthday H.H the Dalai Lama**

PO Box 1347 Dee Why 2099 NSW, Australia - <http://www.tfg.org.au> - [info@tfg.org.au](mailto:info@tfg.org.au)  
*supporting tibetan refugees in India and Nepal since 1968*

## TFG PEOPLE



### JULIA SCOTT-WAINE TFG SPONSOR

During my time living in India, we would spend the hot, summer months in the Himalaya's Kulu Valley, where the weather was much cooler. Manali, the nearest village had a large Tibetan community and monastery. There was also a wonderful Tibetan teahouse beside the river where we made many Tibetan friends, including a gorgeous furry friend - my first Tibetan dog!

The Dalai Lama came to give a week's teachings at the Gompa which we were able to attend. This was a most wonderful experience for me and my first meeting with His Holiness in person. Very special memories.

Back in Australia I joined the Tibetan Mentoring Program and have enjoyed meeting some lovely people. Recently, through TFG I started sponsoring a nun from Tilokpur Nunnery and I am so happy when I hear from her. She is quite the artist!

I love being outdoors in nature, walking with dogs, swimming in the ocean, hiking and skiing. Indoors I enjoy yoga, reading and in the winter months watching movies, playing bridge and chatting with friends. Recently my new adventures are learning to play the ukulele and metal sculpture which is very exciting!

## TFG FUND-RAISING STALL

We are planning to hold our TFG market stall in September and hope that this time the weather will be kind to us as we had to cancel last year due to torrential rain! Many thanks to all those who have donated items to sell.

### STUNNING PHOTOS OF TIBET



### FOR SALE!

We still have a few photos remaining from this collection of beautiful photos (19cm x 30cm and ready to frame), donated by Sophie Reeves, showcasing Tibetan nomads as they were in Tibet many years ago.

Anyone interested in purchasing one please contact Pam on 0439 400 622. Cost \$45.

## **TIBETAN FOOTBALL TOURNAMENT, DHARAMSALA INDIA** **by Cathy, TFG Committee Member**

The Australian Tibetan Communities of Australia Football Team recently returned from participating in the Gyalyum Chenmo Memorial (GCM) Gold Cup in Dharamshala, India. The GCM Gold Cup is a prestigious football tournament for Tibetan communities living in exile and scattered worldwide. It was first held in 1981, in loving memory of the late Great Mother (*Gyalyum Chemo*) of His Holiness the Dalai Lama. In addition to the Tibetan spectators that attend the annual tournament in India, the live telecast of matches is aired through Tibet TV and on social media and enjoyed by thousands of Tibetans worldwide, including the Tibetan communities in Australia.

Although Tibetans have lived in Australia since the early 1970s, this year was the first time the community in Australia has participated in the tournament. The 13 players aged between 16 and 30 years, live in Newcastle, Sydney, Canberra and Melbourne. Apart from one, all the players arrived in Australia as refugees in the last seven years.

The tournament was held at the Tibetan Children's Village (TCV) in upper Dharamshala where TFG sponsors many children. For the players who had been students or a teacher at the school, it was a special opportunity for them to reconnect with their house parents and teachers. Several cultural and spiritual events were also organised for the team, with the highlight being an audience with His Holiness the 14<sup>th</sup> Dalai Lama.

The Australian team quickly became a crowd favourite at the tournament, with the local Tibetans enthusiastically cheering the team with "Aussie Aussie Aussie Oi Oi Oi." The team mascot, a fighting kangaroo, was also a crowd-pleaser. Many local monks attended the games and were very eager to have photos with the players and the Australian volunteers who accompanied the team. The volunteers included a TFG management committee member. Despite having only played once as a team before departing Australia, the team reached the quarter-finals, which was an outstanding achievement.

### **HAPPY TEAM MEMBERS WITH THEIR MASCOT!**



## SETTLEMENT NEWS

### TIBETAN CHILDREN'S VILLAGE (TCV)



Children from the Tibetan Children's Village welcoming His Holiness the Dalai Lama

### TIBETAN HOMES FOUNDATION

Tibetan Homes Foundation often has open days for sponsors and the local community.

Here the children are serving lunch to the elders of the community.



## TILOKPUR NUNNERIES



This photo shows the nuns debating.

Debating is usually held in an outside court-yard area

Monastic debate is of critical importance in traditional Tibetan Buddhist learning. The practice of debate takes many years to master fully and is critical to the nuns' ability to assume roles as fully qualified teachers of their tradition.

Through debate, nuns test and consolidate their classroom learning. Without training and practice in debate they are unable to attain higher academic degrees. Until recently, Tibetan nuns did not have the opportunity to fully study and practise Tibetan Buddhist debate, a process that uses logical enquiry to build a deeper understanding of Buddhist philosophy. The Tibetan Nuns Project has worked hard to make this opportunity available to nuns by including debate as a core part of their education, which enables them to extend their use of logic and deepen their understanding of the arguments asserted in the texts they are studying and obtain academic degrees such as the Geshema degree.



### DEBATING CHAMPIONSHIP!

"Opening up education to the women, particularly in conjunction with training in debate, has been transformative for the nuns," says [Dr. Elizabeth Napper](#), US Founder and Board Chair of the Tibetan Nuns Project. "Not only have they been given access to the full intellectual richness of their Buddhist tradition but also, through debate, they have been trained to actively engage with it in a way that gives them confidence in their knowledge. Their body language changes from the traditional meekness of nuns to that of women who occupy space with confidence in their right to do so."

## DELEK HOSPITAL

A lovely quote from from Dasel Doctor of Delek Hospital

“The special thing about Delek is the culture. I call it Delek Culture. Delek is a very special place. The nurses and staff are so dedicated, so compassionate. They will try their best to give you not only the medical care – they also give psychosocial, emotional, every possible care. Some of their patients have no help, no family so nurses will cook for them. If someone is not able to take solid food, they will make porridge. It is not asked by someone or told by someone or told by someone or discussed during morning rounds. It is spontaneous.”

### STAFF PHOTO

This photo shows the devoted staff of Delek Hospital



## YONGLING CRECHE



### OUTSIDE LESSON!

These littlies love to be outside! Here the teacher holds a lesson outdoors at Yongling Creche and Kindergarten

## TIBETAN INSTITUTE OF PERFORMING ARTS (TIPA)



### TIPA HELPS CELEBRATE!

On the 88<sup>th</sup> birthday celebration of His Holiness the Dalai Lama, the Central Tibetan Administration hosted a cultural show and dinner party for 200 guests. Sikyong Penpa Tsering addressed the gathering before the show. He was accompanied by his cabinet ministers and other dignitaries from the three organs of the CTA. The audience appreciated the high-octane performance the artists gave at the auspicious event.

## RARE HONOUR FOR TIPA ARTISTS IN HUNGARY FOR THE NATIONAL THEATRE OLYMPICS

The Tibetan Institute of Performing Arts (TIPA), with 22 tour members led by director Dhondup Tsering and artistic director Tenzin Phuntsok, participated in the 10th National Theatre Olympics, Budapest, Hungary at their invitation.

Soon after the opening ceremony, TIPA played the condensed version of the opera Nangsa Obum to suit the event's format. Subtitles in English and Hungarian were provided for the convenience of the international audience. The theatre was full to its capacity of over 600 people who sat through the show spellbound in profound silence and deep fascination. At the end of the show, the entire audience, save none, gave a standing and thundering applause. The audience was appreciative of Tibetan Opera as it had a strong moral of cultivating love and compassion which the world needs at this juncture. The play was live broadcast and thousands enjoyed it virtually from across the world.

This was a rare honour and privilege for TIPA to showcase the rich tradition to an international audience and spread the message of world peace as advocated by His Holiness the Dalai Lama.



## **AN APPEAL FOR MORE SPONSORS**

Our TFG settlements in India are always in desperate need of more sponsors for nuns, children and elderly Tibetans. If you have family or friends who are interested, please ask them to contact us. Here are several ways you can help.:

### **One Time Donation**

Make a "once off" donation to a TFG program in need of funds.

### **Regular Donations**

Make a regular monthly, quarterly or yearly donation to a TFG program of your choice.

### **Sponsorships**

Sponsor an older person or nun for \$25 per month or a school student for \$30 a month.

### **A Donation in Celebration**

Celebrate a special occasion by making a donation or ask family and friends to make a donation on your birthday rather than buy a gift.

### **A Donation in Memory**

Make a donation in memory of a loved one. TFG can send a card acknowledging your gift to their partner or family.

### **Bequest**

Leave a gift to TFG in your will. Your generosity will enable us to continue our programs in the future.

## **PAYMENT OPTIONS FOR DONATIONS**

CHEQUE: PAYABLE TO TIBETAN FRIENDSHIP GROUP AUSTRALIA (INC)

DIRECT DEPOSIT: CBA BSB: 062 173 ACCOUNT NO: 2802 0627

PAYPAL: VIA WEBSITE

## **CONTACT DETAILS**

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**From all of us at TFG we thank you for your support!**