

Wedding with that Loving feeling

In a wonderful gesture, Jules and Carly Kite added an extra special twist to their wedding day by asking their guests to make a donation to **T.E.R.A.** rather than buying them wedding gifts. Carly tells us all about it...

"In January 2008 Jules and I decided to have an adventure and move to Shanghai, China. At the top of a tower called Jimao, in a bar called 'cloud 9' on the 88th floor, Jules got down on one knee and proposed; with a hand made ferrero rocher ring that was skillfully put together while I went to the ladies room. How romantic. I of course said 'yes' and we ordered some pink Champagne looking at the most crazy view I'd ever seen in my life. We were so high up that it felt like we were swaying (and that was before we popped open the champagne!) The change of culture, smells, sounds, traffic, people, everything was so intense. It is quite hard to find the words to describe it. Culture shock is an experience of extreme highs and lows and now that I feel settled here I can see it all in a whole new light. At first I was horrified and now I feel inspired and hungry to learn more and more. When I was planning our wedding I had some wonderful experiences with a Chinese dress maker, Ya Cheng; she treated me like her daughter and together we produced the most beautiful dress, communicating in our improvised 'chinglish' and body language. The result was an Ivory dress with a pink and red blossom tree embroidered up the front and back, with a few butterflies thrown in, representing Jules and I meeting each other and our future babies... (It also represents an old Chinese legend of two lovers turning into butterflies.) The wedding day was more than we had dreamed .It



was a beautiful setting at a barn in the Cotswolds, relaxed, informal and an exciting atmosphere created by all. We would like to take this opportunity to say a big thank you to all our guests at our wedding who granted our wishes in donating to **T.E.R.A.**. This is what we truly wanted and we are very happy that we have been able to make a difference to the lives of the children and families that **T.E.R.A.** support.

Jules's Mother & Father were so taken by their son & daughter-in-law's generous offer & the work that **T.E.R.A.** was doing, that they organised an open day of their garden, & visitors made a donation, of which £245 was raised. The total amount came to £1390. **T.E.R.A.** would like to wish Carly & Jules all the best for the future where they are now living in the U.K. also with their recent new arrival - daughter, Maya.

Going Dutch

Sydney Leijenhorst, our Dutch Co-Ordinator, has also received donations for **T.E.R.A.**. He told us, "I have received 222 Euro's from Gerd Richter from Germany. "The money (180 EU) is from sponsorship collected when they were doing a marathon. Another 42 EU is from selling qigong booklets during a qigong seminar in Wittenberg."

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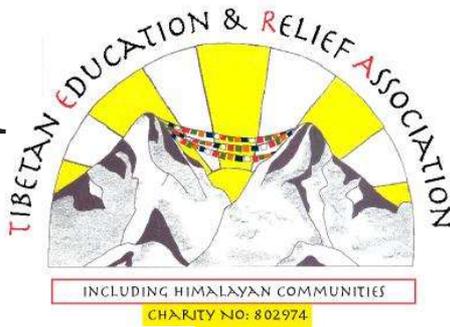
Debra Duckworth - Marketing
Manager at NUTRI & friend of

T.E.R.A.

'Debs' as she was referred to by friends & colleagues, passed away earlier this year on February 9th 2010. Our Director Chrissie Coburn-Krzowska had contact with her through her work & the relationship towards her desire to helping with **T.E.R.A.**'s activities grew from her inquisitiveness & wish to help others. We found Debs to be a warm hearted kind & interesting human being who we were looking forward to working with more. Co-worker and friend Tracey Oldham said, "We'll miss her light, warmth and positivity. She was never critical of anyone, never complained at anything life threw at her and was always so bright and happy. She was a truly unique human being, with a beautiful vibrant soul. She touched the life of everyone she met and lit up every room she entered." We at **T.E.R.A.** wanted to pass on our condolences to her family & colleagues at this sad loss. Additional to our own prayers for Debs during her illness & on her passing, prayers were arranged for her at Khampagar Monastery (Tashi Jong - India) by Lama Thapchok. Lhakpa & Ritu who had also met the staff at Nutri when they visited the U.K., arranged for prayers to be said for her, in Nepal.

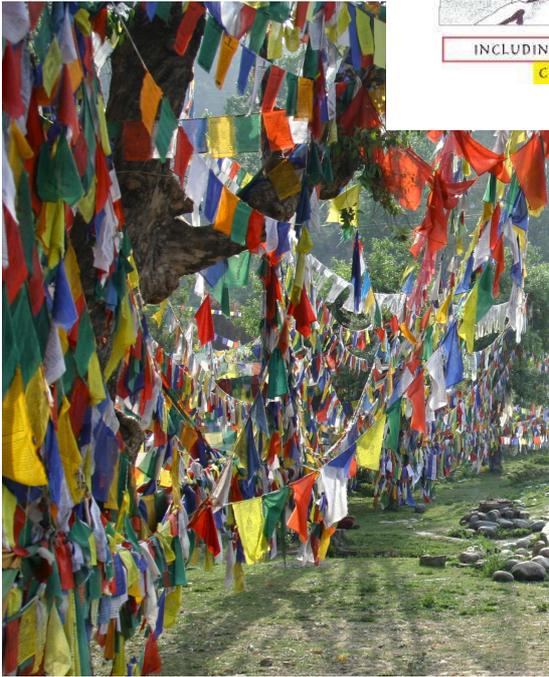
Wind

Issue 4



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June 2010



Prayers Flags (Windhorse) taking the prayers on the wind

In this edition, we have an update on many of our projects after **T.E.R.A.** volunteers visited India; and details about how some lovely people have



Indian family with their donated supplements

been fund raising on **T.E.R.A.**'s behalf over the last couple of years. Our supporters are based in the UK and Holland and include Peak District company Nutri who donate vitamins and food supplements to donate to families in India and Nepal. A lot of work goes into raising the funds for the children and we thought it was high time we thanked our kind contributors.

Support Provided for Drokpa Medical

Centre & School

In a remote region of The Autonomous Region of Tibet, **T.E.R.A.** continues to sponsor children's education by funding the building of the school (which is now functioning) with expenses for teachers, cooks, food, books, stationery etc. The nomadic (Drokpa) people in the same area have

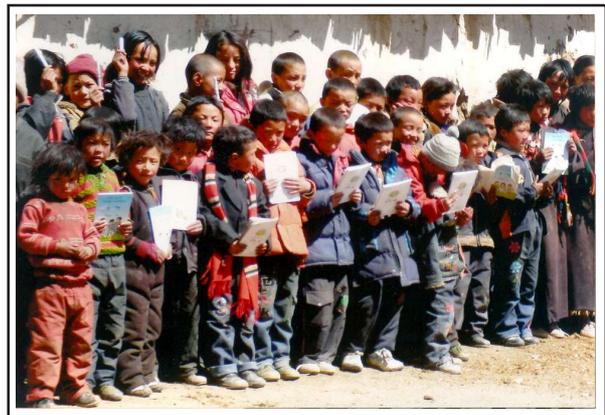


Above: Children at study in classroom with teacher

Opposite right: Group photo of Drokpa children



Opposite: Child gets to grips with Nutri pen



also asked for help with their Health Care Centre. The centre already existed but was short on supplies and staff. **T.E.R.A.** have been supplying funds to pay wages for a nurse and money to buy

medicines and medical equipment. A Tibetan Doctor (Amchi) from a nearby monastery makes regular free visits. Due to the difficulties in getting information including pictures from this area we are glad to be able to show some of the Drokpa children at study in their newly built classroom & with the donated pens from Nutri & members of **T.E.R.A.**. The children were highly delighted in receiving the pens as this was the first pen they had ever had of their own.

Supplements & Health

In 2009, two **T.E.R.A.** representatives, Fiona Forster and Carole Dyer visited Northern India to see how our projects were progressing and to distribute the supplements (vitamins and digestive aids) kindly donated to us by Nutri Ltd. Fiona and Carole, along



Fiona & Carole visiting with & distributing supplements to an Indian family.

with Thapchok, our representative in India, met with twelve families that **T.E.R.A.** are helping to support. They visited two families in their homes and the remaining families came to the clinic. Each family were assessed using kinesiology to ensure they received appropriate supplements, Thapchok helped with translations and involved the children by getting them to write everything down. During their visit, Carole and Fiona learned that some of the families in the area were not eligible for free government food vouchers because they didn't have a toilet on their property. As these families are already living in poverty, it was unlikely that they would be able to afford to have the work done so Carole and **T.E.R.A.** funded a joint project to get these toilets built. In the hills of the Kangra Valley families in need were identified and they were encouraged to help each other in the building of the toilets near to their homes. The materials for the septic tank and toilets have been purchased and delivered and the contractor has started work on the construction. More details on progress will be in the next newsletter.

Women's Organisation Has Fun Raising Funds for **T.E.R.A.**

Soroptimists International was founded in Oakland California in 1921 and is a worldwide organisation for business women. Tish Hill, the 2009 President for the Wolverhampton Group, tells us about their fund raising activities for **T.E.R.A.**: Over the last few years we've run four major events which raised funds which were split between **T.E.R.A.** and a number of other charities. We started with a skittles event in a pub, where we had a basket meal, played skittles and of course ran a raffle. Then we had a Treasure Hunt in a local park and afterwards we went on to someone's house and had a meal. It was the best evening of the year for weather so we were able to sit outside and play garden games. Then we had a Halloween fancy dress party. A lot of the members dressed up (and a prize was awarded) and we had apple bobbing games. The last event was at a restaurant where the owner allowed us to take over his place and we had a taster evening of Asian food which brought in quite a lot of non-members too. As a result the Soroptimists



*Wolverhampton Group President Tish Hill (left) hands over the Soroptimists' generous cheque to **T.E.R.A.** representative Sandy Auden.*

donated a wonderful £1179 to TERA. You can find out more about them at: www.soroptimistinternational.org

CAN YOU HELP?

Do you know anyone who travels regularly to: Kathmandu, Nepal or Delhi, India, who would be willing to take vitamins and supplements with them to support under-nourished children? While Nutri Ltd supports **T.E.R.A.** with considerable donations of their products we need to get them distributed where they are needed most.

Please contact Chrissie if you can help, or know someone who would be interested in helping. INDIA: There are also forty-nine young Lama's who are from very poor families in Nepal & are desperately in need of health care support. Could you spare even a small amount to improve their lives? Contact Popa Rinpoche: tulkupopa@fnm.in

THANK-YOU!

News For Next Newsletter

Sorry for the delay in getting this edition out to you due to un-foreseen circumstances of illness, family deaths & computer problems of members, however we have been dealing with more projects, which means we are also providing much more help. A further report on conditions in Nepal will be included in the next newsletter as more support is needed because of the increased costs of sponsoring the children due to galloping inflation & the continued lack of a working government in Nepal, along with the world-wide recession.

We'll have further details of Carole & Fiona's visit to India (early 2009), along with Chrissie & David's visit (late 2009) to check on the work to complete the 'toilet project'. Chrissie & David will be visiting Nepal in August 2010 to visit the children sponsored by T.E.R.A., where they will also attend the 15 schools in & around KTM. They will be offering health support for the children & sometimes their families, and discussing future projects in KTM with Lhakpa & Ritu. They will plan to meet Lama Thapchok in Delhi where they will be able to pass on supplements for Tashi Jong.

Departing With Thanks

Two special people stood down from the committee at the last AGM. Liz Foster-Hall (retiring after many years of support) who brought together Chrissie Coburn-Krzowska founder of Happy Home Boarding School (sponsoring Tibetan refugees), & Julia Warner founder of TERA.



Liz Foster-Hall

This meeting led to the amalgamation of Happy Home into TERA & allowed Julia to pass on what she had started knowing that there would be continuation of support to provide help to those less fortunate. Safia Nelson has also had to stand down due to health problems. Our heartfelt thanks and best wishes go to them both for their support.

Valued Addition to T.E.R.A.



Ritu Shrestha

Due to the increase of children being brought into the sponsorship program in Nepal, & the departure of Chokyi Bhuti - presently studying in U.S.A., (Lhakpa's former

assistant) Ritu his wife, has formally been employed by T.E.R.A. to become Lhakpa's new assistant. We welcome this wonderful addition as Ritu had long been a 'quiet' supporter of T.E.R.A. & Lhakpa's work since he became a member & co-ordinator of the sponsorship program in Nepal. Ritu is Head of an English Department at a well respected school in KTM & has invaluable experience working with children as she is academically qualified & of great help to our sponsored children.

Soup For The Soul

Bowen therapist Fiona Forster (pictured page 2) has been running soup mornings on T.E.R.A.'s behalf for some time now. "I did two mornings last winter for T.E.R.A. I held them in the house I used as a clinic. I invite patients, friends, and family along for a soup lunch between 12 noon and 2pm. I charge £5 a head and people arrive as and when, eat and 'mingle'. I cook usually four different soups and lay on nice breads, a variety of hot drinks and flapjack. And set up as many tables and chairs as I can beg and borrow."

Fiona enjoys putting on the mornings: "Afterwards I feel fulfilled and satisfied. They're such sociable, homely events, some different people came each time, (I also did one for St Luke's Hospice in Winsford), and there were always connections between people that I was unaware of previously."

Indian Children Measure Up For School

Lama Thapchok (opposite with sponsored children) with the help of a local & respected Indian friend, had taken a taxi trip with the children of the families from the Northern Indian community around Tashi Jong. A family member also assisted in getting them measured for their school uniforms which T.E.R.A. paid for. By all accounts it was an eventful trip for Lama Thapchok, as he needed 'many more eyes & hands to keep everyone



together'. All the children are at school now and funds have been placed with T.E.R.A. representatives to support the children's needs later in the year i.e. replacing worn uniforms, footwear, stationery, pens etc.