



The Thranqu Express

Voice of Himalayan children



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Issue: 02

SMD (Tashiling) School

www.himalayanchildren.org

Sunday

SHOT OF THE MONTH



SMD facilitates formal education for 'Amalas' (non-teaching staff), for their own benefits to understand the world better.

THOUGHT OF THE MONTH

"If you think you are too small to make a difference, try sleeping with a mosquito." - 14th Dalai Lama

News

SMD Students observed Karmapa and Dalai Lama's Birthday



On 26th of June, His Holiness the 17th Karmapa's 32nd birthday was observed at SMD School by praying for his long life in the shrine hall. The students went to Dabsang monastery for the empowerment and cultural show. Likewise, on 6th of July, His Holiness the 14th Dalai Lama's 83rd birthday was celebrated by organizing one-day football tournament in the memory of late Jigme Gyaltzen Lama, one of the SMD's students. The grade 10 team won the tournament with the goal of 10 by 4.



Dharma Column: "Be kind to all creatures; this is true religion." - Lord Buddha

दीपप्रज्वलन सन्देश, दीप प्रज्वलनसम्बन्धी जानकारी

म यहाँ दियो वाल्दा हामीले सोच्नुपर्ने कुराहरु केके हुन् भन्ने बारेमा जानकारी गराउँदछु । हामीले दियोको कचौरा भित्रको धागो र घिउलाई, घिउ सोच्नु भएन, धागोको धागो, कचौराको कचौरा सोच्नु भएन । यदि हामीले यस्तै सोचेमा यो सामान्य व्यक्तिको विचार जस्तै हुन्छ । हामीले दियो वाल्दा कचौरा विश्व ब्रहमाण्ड, धागो अटल विश्व पहाड र घिउ अथवा तेल विश्व सागर र आगो प्रज्ञाको ज्योति सोच्नु पर्दछ । यसको गन्ती पनि एक दुई नभएर विश्वको माटोको बराबर बालेको भनेर सोच्नु पर्दछ । यसरी बत्तीको उज्यालोले बाहिरको अन्धकार हटाएर सारा वस्तुलाई छलङ्ग देखिए भैं भित्रको मैत्री दीप, करुणाको दीप, ज्ञानगुणका दीप मनन् गरेर ध्यान तपस्या गरेर यी सबैको दीपले भित्री अज्ञानताको अन्धकारलाई हटाई प्राचीनकालदेखिनै आफूसँग अटुट भएको काय, वाक, चित्ता प्रकट भई बुद्धत्व चिन्ह सकिन्छ । हामीले आफू भित्रको ज्योतिलाई चिन्तन, मनन नगरेमा भित्रको अन्धकारलाई हटाउन सम्भव हुदैन, दियो जलाउनको अर्थ हामीले आफ्नो मैत्री भावलाई प्रकट गर्नु हो ।



नाम : घोन्क्याब छेरिड कक्षा : आठ वर्ग नं. : एम् ४७

SMD alumni Colors dreams of Himalayan Children

On 31st of May, Sonam Gurung, a former student of SMD, recently graduated from Red Cross Nordic

United World College in Norway started an art class for the SMD students, after school. Sonam with his SMD alumni friends (Thinley Gymsa, Sangita Tamang and Tsewang Guyrme) has been organizing the project whereas, 'After-school Artists' are conducting the classes, 4 times a week with more than 70 students.

Actually, back in his college, Sonam purposed and won the project entitled 'Coloring the dreams of Himalayan Children' for SMD students through the well-known UWCRCN College's NGO, SaFuGe (Save

Future Generation). For more information of the NGO, visit website: www.safugenordic.org. According to Sonam, 'the main aim of the project, "Coloring the dreams of Himalayan children" is to create an environment where Himalayan children can spread in the quest for their dreams.'

SMD students are very fortunate to have the art class.

They are more than happy to have 4 good artists who are tutoring and directing them. Clearly, SMD kids are learning from the best.

Here, art students shares their opinion.

Pema Sangmo: I feel very lucky to learn art as it was my dream . So, I would like to thank all the tutors for giving your leisure time to us.

Bhishal Thapa Magar: Art is one of my skills and I am very glad to enhance it with good tutors.

Phur Diki Sherpa: I have learned and discovered about the joy of making art. Being in the class, I've really improved my art skills and hoping it to get better.

Norzin Yonjan: It feels great to learn art. I am learning many forms of art and it will definitely help me to become better in art.

Dorje Sherpa: I am learning the basic knowledge of art. Now, I can teach art to my little brother.

Seniors/Overseas' organized Appreciation Show

The appreciation show was first started by the overseas' student of SMD as a way to show their

gratitude and appreciation to every member of the SMD family. It has been almost three years since its celebration stopped due to the huge massive earthquake on 25th April, 2015. But this year, the overseas and the seniors together organized the appreciation show which was a great success as told by Dolma Tsering, home comer. The overseas' sponsored special lunch and snacks. They also presented a gift for teachers and non-teaching staff as a token of appreciation. The dance and singing program started at around 7 pm with energetic and entertaining performances by the seniors and home comers along with a yummy ice cream in between. Dawa Sangmo from grade 7 shared, 'it was a very fantastic performance and I loved the food. Thank you very much for making us feel very special and appreciated. Thank you for your love, support and effort.'



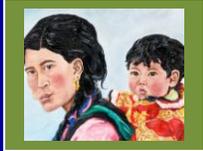
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 རྒྱུད་ཀྱི་སྐྱེ་ཆེ་རིང་བའི་སློན་ལམ་།།



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Eco-Club initiates paper year plan



Eco-Club is a SMD's environmental club, formed by the former teacher, Jabindra Kumar Subedi. The club was formed to make SMD a green, clean and peace zone. The club is extremely inspired by one of the motives of His Holiness the 17th Karmapa, to protect the world environment.

It has been almost two years that Tenzin Norbu, a teacher (Gyen) from Thrangu Monastery took an initiative in running the club with good motivation towards protecting the environment. This year, the club selected 30 new members and 2 new leaders. This time, the new members came up with a fresh and different idea. They initiate a paper year plan and their objective is to make SMD a paper free school. They collect papers from every corner of the school. Similarly, they also gather papers from the dumping site. They bind the papers and placed in the sacks. After that, they sell the papers to the industries. Hiran Rai, one of the leaders of the club shared, 'We want to make SMD, a paper free school in every possible way and we want to sell the collected papers to the industries. We like to request everyone of you to support our paper year plan.'



KNOW ME

Name: Tashi Karma B17.30
Age: Four
Grade: Nursery
My village: Phu, Manang
My favorite color: Yellow
My favorite subject: English
My favorite game: Football
My best teacher: Phurbu Lhamu
My best food: Momo
My best friend: Jigme Gyaltzen
My aim: Pilot
My hobby: Playing football!

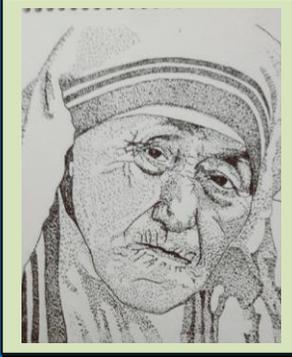


Dolma Tsering from Gorkha district, is a graduate student of SMD. She won the scholarship at International School of Asia Karuizawa (ISAK) in Japan. She just finished her grade 11 and she is pursuing in IB (International Baccalaureate) diploma. Right now, she is back at SMD for the summer break and shares a year experience.



The first few days at ISAK, I was intimidated by how smart the other kids were but after few weeks, I learned that there is no weighing on "how smart someone is". Everyone is just different and I am so grateful for SMD because I realized how special I was at ISAK because of our upbringing. It became so easy for us to become comfortable since ISAK also focuses on mindfulness, leadership and relationships which was basically what we've been doing at SMD. SMD and ISAK has similar mission which is to bring positive change in your society, community or in larger scope, world. Since, we (SMD kids) grew up thinking the same thing, to help bring positive change in our community and our country, this really made me appreciate

ART GALLERY



Art by Suman Lama, B906

Art by Sangay Lama, B809

Art Thoughts: Will ask your interpretation of arts. BE READY!

Art is one of the main curriculum activities that the SMD students gives the best interest.

Art thoughts: Which forms of art, do you find interesting? Why?

Suman Lama: I find pointillism forms of art more interesting than others because its pictures are different than other. Whereas, it looks clean too. I got to know that from the art class.

both ISAK and SMD more and more. I also love how there is "family- feeling" amongst each other at ISAK like SMD. Another one is 'diversity!' At ISAK, you get to meet people from different parts of the world with different culture and learn so much from them. When I was in Nepal, I was able to respect and know about different cultures that existed around the world but at ISAK, I could embrace, empathize and have first-hand experience which I think is 'amazing'!

Right now, the biggest challenge that I am facing at ISAK is having to prioritize one thing over another. ISAK provides great ranges of clubs and activities, volunteering opportunities, attending events such as fund-raising event which are life changing experience. Most of the time, the activities that I want to participate overlaps along with my assignments and projects. I am forced to prioritize one thing over another which is so hard for me since I want to do both. But at the end, this is also teaching me "what's most important" and to take action in the face of discomfort.

I just finished grade 11 but I feel like I have learned so much and I know that I still have lot to learn. I lived my 1 year of IB just as I did at SMD because SMD and ISAK have same learning environment. Every day, I get to learn something new. And even though sometimes, it is hard because I have never been exposed to some topics that is being taught, it is definitely worth it!

For all these are possible, due to the blessings of Khenchen Thrangu Rinpoche, my mom, SMD family and ISAK family and I am very grateful to everyone of you who supported me till date. Thank you everyone!

BRANCH SCHOOL COLUMN

CERT training conducted 2nd time, up in the Namu Buddha

After the devastating earthquake of 25th April, 2015, CERT (Community Emergency Response Team) training has been conducting in different monasteries, nunneries, schools and local communities in Nepal, lead by senior instructor Dr. Behrouz Moghaddasi of Iran.

There was training of CERT in Namu Buddha in May, 2017 which was mainly focused on theory. Yet again, from 27th June to 1st July, there was another training up in the Namu Buddha of 15 trainees (monks and nuns) from different monasteries and nunneries trained by Dr. Moghaddasi with his friend/ assistant, Nirupan Dhoj.

This time, the training was more about practical and it was mostly carried out outside the class room. The training is extensively engaged in the basic medical care, first aid and emergency, awareness program on disaster management and mental preparation, rescuing the victims, and communication skills with stranger at the time of disasters and emergency.

Some of the trainees shares their experience while and after attending the training.

Yeshe Lhamo, SMD graduate nun: A few months back, we had same kind of training. In that training, we had only theory class where a lot of discussion and presentation was done among us. But this time, it was especially for practical part and a bit of revision. The training was really adventure, enjoyable and I learned a lot. I personally, developed a lot of medical skills. I also learned basic first aid and disaster management which is very useful for me to teach in my nunnery.



Chogyal Dorje, branch school student: I have learned a lot of new skills and collected many new information related to disasters management and rescue and research methods from the doctor. This sort of training truly benefit me to increase my bravery and mental thinking. I hope, I will make some contributions in the community at the time of emergency. I would like to extend my deepest heartfelt gratitude to Dr Behrouz Moghdasi for helping me to help other during emergency and



disasters .

Gompo Lhasang, Shedra student: Mainly, I learned from the training is that we should always be prepared before the disaster. Likewise, I learned a lot of new skills and information about disasters related issues. I really enjoyed the training and it is very adventurous too.



I personally feel , this training is needed in every communities to know the disaster preparedness and management. Basically, I learned from the doctor that the absolute goal of CERT training is to save life of many people in short time. Therefore, CERT trainees can save the lives of people up to 80% whereas, the professional rescuers can save life of only 5% at the time of emergency.

School Admin team implements CA System at SMD



Generally, SMD School holds three surprise tests and three terminal examinations in a year. But starting this year, the school administration team have totally changed the system and replaced CAS (Continuous Assessment System) in the school. It is an international system. The teachers holds test every week and month whereas, there are two terminal examinations in a year. Right now, this system has implemented up to grade 7. With the existence of this system, students are becoming more focused, responsible and punctual in their study.

IEWS ON CA SYSTEM

Tsering Dolker, grade 7B: This system improved my writing and creative skills but it is hard to manage time for studying all the subjects in a week.

Pasang Gyaltsen, grade 6B: Taking weekly test is far more advantage than memorizing it every month before exam. It keeps us updated and makes us ready for the exam.

Jangchup Sangmo, grade 5C: I think this system will be really easy for taking terminal exams compared to before.

Tsering Dekyi, grade 4B: It is very good for all the students but it is difficult to finish the lesson as there is weekly test.

Pema Norbu, teacher: I think this system is very good and it should be applied by all the schools because it not only encourages students to study in daily basis but also help the teachers to identify weak students and help them at the early stage.

Tsewang Gyurme Lama from Nubri, is one of the graduate students of SMD School. Recently, he finished his IB (International Baccalaureate) diploma from Inter-Community School of Zurich (ICSZ) in Switzerland. He is interested in art. In future, he wishes to pursue his further studies in art. Here, he mainly shares his learning of visual art at ICSZ.



My experienced at ICS and in Zurich was a life changing opportunity. I had learned so many things that I had never learned before in my life. At ICSZ, I had taken 6 subjects and one of my higher level courses was visual art which I love to engage in all the time. I had opportunity to investigate, experiment and compare the different art techniques with various media and exploring my perspective and concepts through visual language. Furthermore, I have investigated different artist's work to analyze and compare their objects and artifacts from different cultural contexts.

As making art is the one thing that I am most passionate about. I got to improve my talent, skills and I was able to explore various story regarding my artworks. ICSZ also taught me to share my skills in visual art by self-reflecting about my character and share an understanding of my individual culture. Now, art is another medium of language that assisted me to understand the reality of the world. It allowed me to communicate and express my personal experiences and emotion which is engaged with the universal significance. I want to become more visually reflective and want to see the world from different perspectives through visual images.

It was great platform for me to learn new challenges during this course and what I am good at. I believe that it is not enough to just tell or write what I know, but it is important for me to present what I know and what I can do. Now, my goal is to share the unique story that inspires tomorrow's creative thinkers.

Till now, it's been a great journey. For that, I would like express my gratitude to SMD family, Lindsey family and ICSZ family for everything.



Superwoman (Dedicated to Shirley Blair)

You have been doing kind deeds towards the Himalayan children,

You have become a reason for their happiness.
I wish the day you were born will never come again,
Because the more you stay,
The more lives you can change.
You are the superwoman,
You are the wonder woman,
You are the optimistic woman,
Who lightened the Himalayan region.

I wish you a very happy birthday and to the many more years to come.
May your wishes and dreams for all the sentient being come true.

We hope that each second that passes by will bring you tons of happiness.

(This poem was written on and for the 72nd birthday of the School director, Shirley Blair.)

-Pema Dekyi Lama B122 Cl:9

EDITORIAL COLUMN

Behind the making of TTE

Let's publish, better than the last edition!



Sometimes, you speak within yourself, endure to do great, till the end...like, 'I will do much better than this, tomorrow.' The same and the perfect spirit is within almost every member of TTE. Everyone of us has given a mission of own to be fulfilled, whether it is lay outing, editing, photographing, interviewing, news writing, cartooning, collecting, or distributing. The team have never dominated the freedom of writing, rather appreciates everyone's opinion of writing. As soon as, one of the TTE teams finishes the work, he or she is ready to jump up for another task. Besides, he or she is all set to finish the absent member's unfinished mission, without displeasure, instead shows curiosity to accomplish all by himself or herself. There is sparkle in every eyes of team to initiate and innovate new ideas for the edition. The team always shows a thrill and eager 'to publish the newsletter very soon, but better than the last edition.' This is what really motivates everyone of us to bring new ideas, views and opinions on the board, behind the making of TTE.

Lisa Masuda, a volunteer from ISAK, Japan shares heartfelt feedback. She has got a best experience at SMD.



It was absolutely inspiring and unforgettable to see all the hard work that happens to make education come to life for the children of the Himalayas. Although it was a short time, I was able to make countless memories and learn lessons that I will cherish for the rest of my life - this was only possible because I was surrounded by the most welcoming, humorous, and intelligent people.

I loved my experience with the Special Juniors - they were not only fun to teach but very intelligent and were eager to learn. I saw many similarities between SMD and ISAK - both are very small communities that allow all students to be close to other students as well as the teachers, and both value leadership and support the students to grow into risk-taking leaders.

While at SMD, I learned the importance of compassion more than anything else - and that to love, respect, and give to others will benefit absolutely everyone. It is difficult to put into words how inspired I am by what every single SMD student passionately believes in - from illiterate toddlers to wild teenagers - to always have a big heart."

SING FOR JOY!

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 བོད་འབངས་སེམས་ཅན་རྒྱམས་ལ།
 བདག་ཉིད་ལས་ལ་བལ་ལོང་།
 ལོ་གཅི་ལོ་གཉིས་རྩེས་ལ།
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 ད་ཡི་རྩ་བའི་སྒྲ་མ་
 ལྷ་ལྷ་བ་བསྟན་འཛིན་ལྷ་མོ་ཚོ།
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 ལ་བདགས་བྱ་ལྷལ་འཛུལ་འཛུལ།
 རང་ལྷལ་ལྷུགས་ལ་ལོག་འགྲོ།
 ལོ་བདེ་ལོ་བྱ་ལ་བྱ།

Karma Nangsal from Gorkha district is a recent graduate student from SMD, who is currently working as a volunteer in Kopan Monastery, teaching small monks. Here, Karma shares her experience as a teacher and a volunteer.



I feel extremely fortunate being chosen as a senior. Through SMD school, I got this wonderful opportunity to volunteer in Kopan monastery for a year to teach there as the representative of Venerable Khenchen Trangu Rinpoche. There, I teach Tibetan up to grade two. At first, it was hard for me to interact with those young monks as they don't speak any other languages except their own dialect but later on I taught them Tibetan language and made sure that they were speaking too. Even though, they can't speak fluently, they are improving a lot. I am happy to see that the monks are so enthusiastic. I got many new experiences from there. Besides that, I am also learning new things and I want to make these coming days more productive and meaningful. I am doing my best.

SMD Alumni structured Graduation Day's Program

SMD alum, Sangita Tamang with her friends organized a 'Graduation Day' on 15th of July under guidance of the administration team. The program opened with the long live prayer of Thranqu



Rinpoche around 10 o' clock. The chief guests from monasteries and nunneries were present for the day. The principal delivered speech about the main aims of

Rinpoche and learning to be independent . At the program, the welcome song by grade 9 and dance by grade 10 were performed . Besides, some of the graduate students delivered speech on thankfulness, gratefulness and appreciation done by the school. Grade 10 student, Dechen Sangmo, exclaimed, 'it was a very heart touching speech by everyone.' At the end, the certificates and gifts were handover to graduate students. Sonam Gurung, SMD alum gave speech by sharing his experience after graduating from SMD and reminded the aims of 'Root Lama' which was very motivating and indispensable for everyone present there.



Tsering Choden, a graduate student expressed, 'this year's graduation day was very special as compared to before, because the program structure was very different and we were welcomed, very specially. I felt very special and appreciated. For that, I would like to thank everyone with all my heart for making this day possible'.

Teachers' Day celebrated at SMD

SMD teachers, non-teaching staff (Palas and Amalas), seniors and students celebrated teachers' day on 9th of July, organized by grade 9 students. This time, students from grade 3 and above were competed to make wall chart for the teachers' day. Grade 8 students won the prize for



the best wall chart. On the occasion, students chanted prayers for the sound health of teachers. Likewise, grade 9 students organized new games for the celebrators to entertain and special foods were served in every meals in the decorated dining hall. Gifts were also given to the teachers, non-teaching staff, seniors and overseas' students as token of love and appreciation. Most of all, there were dances and singing shows



for the celebrators in the adorned shrine hall. The performance from the students was eye-catching, amusing and entertaining. One of the teachers, Umesh Shah expressed, 'this year, the teachers' day was a quite unique, interesting and enjoyable. The amount of effort that the kids put to make this day successful is really appreciated. I like to thank all the students who work on it.'

All the teachers really enjoyed the day with full of joy and appreciated the hard works and kindness of the students, especially grade 9 students for organizing the occasion.

Think Healthy, Be Healthy

Dehydration

Medically, dehydration usually means a person has lost enough fluid so that the body begins to lose its ability to function normally and then begins to produce symptoms related to the fluid loss. With dehydration, more water is moving out of the body than the amount of water that is taken in through drinking. Although infants and children are at highest risk for dehydration, many adults and especially the elderly have significant risk factors too. Dehydration mainly occurs in person due to intense exercise, diseases and also due to hot environmental temperature.

Prevention of dehydration:

- Drink plenty of water every day, even when you are well.
- Anyone with a fever, vomiting, or diarrhea should drink plenty of fluids.
- Avoid high-protein diets.
- Avoid alcohol, including beer and wine.
- Do not take salt tablets.
- Stop working outdoors or exercising if you feel dizzy, lightheaded, or very tired. -TTE Editor

Brainteaser

1. If a green man lives in a green house, a purple man lives in a purple house, a blue man lives in a blue house, a yellow man lives in a yellow house, a black man lives in a black house. Who lives in a White house?

2. You see a boat filled with people. You look again, but this time you don't see a single person on the boat. Why? Hint: The boat has not sunk!

3. You are driving a bus. At the first stop, two women get on. The second stop, three men get on and one woman gets off. At the third stop, three kids and their mom get on, and a man gets off. The bus is grey, and it is raining outside. What color is the bus driver's hair?

Answer(s): 1=The President, 2=All the people on the boat are married. and 3=Whatever your hair color is! Remember, you are bus driver!

Source:WWW.doriddles.com

Laugh Out Loud

'Laughing is the best medicine.'

Jimmy Fallon (TV Host) asked his viewers to tweet #IGotBusted and share the most embarrassing times they got caught.

1st Person: "I was on Facebook at work, and my boss walked up. I slammed down what I thought was my laptop screen, but it was actually my desktop monitor."

2nd Person: "I lied and told my dad school was canceled. He said, 'Let's go see a movie.' We got in the car, and he dropped me off at school."

3rd Person: "I was Facebooking in church, and the usher passed by and whispered, 'You better be texting Jesus.'"

Source: The Tonight Show with Jimmy Fallon

Twist Your Tongue

- ❖ Two tiny timid toads trying to trot to Tarrytown.
- ❖ Nine nimble noblemen nibbling nuts.

Source: www.smart-words.org

Interview with School Director & Fundraiser, Shirley Blair



"My motive is to serve Khyabje Thrangu Rinpoche and to help his aims - to help SMD kids to preserve their language, culture and the most important thing, the Buddhist way of life."

Q.1: Why did you decide to help Himalayan children although you had quality life over there?

Director: I wanted to be near Rinpoche. When I first came here, I was substituting at the American school but I would often visit SMD. Lama Pema Tsewang was the school principal then. I could see, it was difficult for a monk to raise money from overseas, but it was easier for me because I'd lived in Japan for 9 years so I knew Asian culture as well as western. Finally, Rinpoche asked me to make the school as good as possible.

Q.2: What are the challenges that you face while fundraising and finding sponsors for the SMD kids?

Director: Costs in Kathmandu are never stable, they always go up and every year, we have more children coming and we lose sponsors. After monsoon started, vegetable costs went up 66% in two weeks because the transportation has become difficult, because the roads are very bad - and the farms are outside Kathmandu.

Q.3: What are your motives and motivation to help the Himalayan Children?

Director: My motive is to serve Khyabje Thrangu Rinpoche and to help his aims - to help SMD kids to preserve their language, culture and the most important thing, the Buddhist way of life.

I'm really lucky. I could be a person selling bombs, tanks and guns. Imagine the karma! SMD kids learn Lord Buddha's teachings and I think that SMDers go forward in life to do Rinpoche's aims in order to benefit so many beings. If you are touching one person with Bodhichitta, that altruism will inspire others. It will spread everywhere! That's my motivation.

Q.4: What do you like about SMD kids? What would you like to recommend for their better performance?

Director: SMD kids are very kind because they know the teachings of Lord Buddha. I really appreciate that! My advice to SMD kids is always remember our Rinpoche and his aims. He has inspired so many people to help you Himalayan kids. Please visit Rinpoche's website: www.rinpoche.com and follow the links and you will see how much Rinpoche does for all beings. When you see how Rinpoche does help beings, it will definitely inspire you.

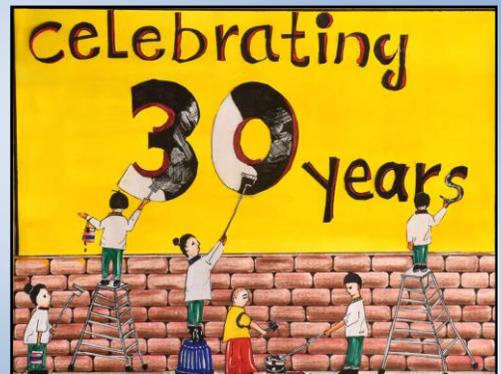
Q.5: How did you get inspired by the Buddha Dharma?

Director: When I was in my thirties, I was rich but unhappy. Then, I heard the Buddha Dharma. I feel very lucky as a foreigner as I have been able to hear Dharma from many teachers. I could understand that it is up to me about how my mind works and I can make my own choices. As years passed, I got to hear Thrangu Rinpoche's teaching. Actually, I am quite stupid as it took me long time to understand, what a great Lama, he is! He is a tremendous inspiration.

Q.6: Any message to the readers.

Director: Right now, we have 64 kids who don't have sponsors. Please write to me, if you want to change their lives. Thank you everyone for helping Himalayan kids! Please, do visit the school website: www.himalayanchildren.org for more information.

CARTOON OF THE MONTH



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The Thrangu Express

Voice of Himalayan children



SMD SCHOOL CELEBRATING ITS 30 YEARS!

Shree Mangal Dvip Boarding School is a non-profit school, founded by Very Venerable Khenchen Thrangu Rinpoche in 1987AD. The mission of the school is to **preserve the culture, language and Buddhist way of life of the Himalayas, and to give Himalayan children the tools to build a better future, so they can help their own people when they grow up.** The school has been running successfully with the blessing of Khenchen Thrangu Rinpoche. The school has more than 500 Himalayan children; studying, living and practicing Buddhist way of life. The school is also a home to children from various parts of Nepal.

Within these 30 years of its establishment, SMD school has gone through many ups and downs. SMD has changed the life of many children. The students have got the opportunities that neither their parents nor the government could provide. There have been many positive changes among the students, in the way of life and to be able to bring changes in other peoples' life. Moreover, the students are able to

generate kindness for everyone. More than 80 students have got scholarship for higher education in abroad countries. Likewise, SMD has also supported many students for ongoing education within Nepal. The graduated students are involved in social work, paramedic health assistants, teachers, fund raiser and so on within Nepal. SMD has provided tools for many children to build a better future of their own which is one of the main missions of the school.

SMD have gone through bad times too. The political instability in the nation has hampered SMD School time and again. In addition, the massive earthquake of 7.8 magnitude on 25th of April, 2015 affected the nation to a great extent. There were more than a thousand aftershocks. Fortunately, none of the SMD family were hurt. However, the school buildings were damaged and the school had to be closed for some time for safety purposes. The students had

to eat meals outside and attend classes in the temporary classrooms for almost 2 years.

According to the school website: www.himalayanchildren.org, the school is planning to move the school outside the Kathmandu valley. The main purpose of moving the school is to minimize the earthquake damage, access to clean drinking water and peaceful environment. The interested people who would like to contribute fund for construction of the new school can visit the school website. SMD school will highly appreciate the contributions. The whole SMD family is truly grateful to all sponsors, supporters, donors and well-wishers around the world. Because of these generous contributions, the school has been able to operate smoothly.

SMD school would like to invite every one of you to celebrate its 30th anniversary on by donations, sponsoring kids or contributing any amount of funds.

Thank you all!!!
Happy 30th Anniversary!

