



## EDITORIAL COLUMN

### NEW EDITION, NEW THEME

*TTE team brings a new theme for every new edition.*

The Thrangu Express team always tries to bring out the best read for every edition. On every new edition, we stumble upon collecting new ideas to create a new theme to make the newsletter attractive and intriguing.

When we are working on a theme, the team sits together and collectively discusses certain topics that the SMD family can relate and connect to. We

also make sure it is relevant to the time before we decide to work on the final theme. This time, we were very certain to work on the theme of 87<sup>th</sup> birthday of V.V. Khenchen Thrangu Rinpoche. So, the team has been

preparing articles (essay, poem, wishes, messages, and a letter) for Rinpoche. Here, we have presented an opportunity for the SMD family to convey their wishes via this newsletter. We also hope that we are able to express our wishes to our Tsawe Lama through the newsletter. It has been everyone's pleasure to express their gratitude and love for our V.V Khenchen Thrangu Rinpoche. Finally, the Thrangu Express team would like to wish you a very happy birthday. May we be blessed with your compassionate presence for eternity. May your Dharma teachings flourish every corner of the world.



## SMD BRANCH SCHOOL

### Branch School wishes on the 87<sup>th</sup> Birthday of Rinpoche



**Dawa Dorje:** You are my inspiration from whom I get the motivation to be a better, the kindest human being. You are like a shadow who is always there to guide me. You have brought happiness and wisdom in my life for which I am very grateful. I am and always be your greatest admirer. Finally, I wish you many many happy returns of the day. I pray and wish that all your dreams and wishes are met. I pray that you have blissful days ahead. Happy Birthday once again.

**Pema Norbu:** I wish you a very long life with good health and happiness. I thank you for always being there to guide us through our lives. I am always grateful for showing us a way to attain a happier life i.e. through living a Buddhist way of life. I am the product of your kindness. I hope to become someone passionate and helpful as you. I don't think there is any word created yet to describe the extend of wisdom you possess. Lastly, I like to wish you a happy birthday and may you be blessed with the energy to outlive all the obstacles of life.



**Karma Tsering Lodro:** I pay my homage to my root guru with the precious word "Namo Guru". I would like to wish you a very happy birthday to my Tsawe Lama. We are living a life our root guru has presented, a life with good secular education and spiritual practices. Receiving these two aspects of education, we are growing up as a scholar with a good heart. You carry endless wisdom and a compassionate heart. This is why, you are my guide and my life tutor. You are like a shadow that never leaves, always shining like the sun in our lives. I hope you find a lot of happiness.

## KNOW ME

**Name:** Pema Gyalpo  
**Admission Number:** D16.13  
**Grade:** Three 'A'  
**Age:** 9  
**My village:** Sindupalchowk  
**My favorite color:** Blue  
**My favorite subject:** Math  
**My favorite game:** Football  
**My best teacher:** Kamala Shrestha  
**My favorite food:** Momo  
**My best friend:** Lokendra  
**My aim:** Social Worker  
**My hobby:** Reading story books



## The Half-Yearly Exam's Result Day Observed

**Immense congratulation to all the passed out examinees.**

On the 2<sup>nd</sup> of October, the half-yearly examination's result were conducted in the presence of chief guest secretary Yonten Gyamtso, the school administration team, and guardians. As usual, the class teachers announced the result, the best academic and the best effort students of their classes and the gifts were handover simultaneously. One of the best effort students, Tenzin poured,

"I am feeling very happy to receive this gift. I will try to get next time, too". The overall pass percentage of the school is 69.16%. After the result analysis, the senior administration team met up with the junior administrators, subject teachers, and hostel teachers separately for the future improvements of the academic results of the students.



## ALUMNI COLUMN

### SMD Alumni Reunited in New York

SMD Alumni Association is an organization with an aim to create a platform where former SMDers or overseas goers can stay connected and hope of giving back to SMD as much as possible in all ways. With great initiation from Lhundup Sherpa and Tsering Dorje, SMD Alumni Association was able to successfully organize its first annual gathering in New York on Sept 7th, 2019 and continue to do so annually. Tsering Namgyal, one of the SMD alumni shared his experience of reunion, "Our first annual gathering of SMD Alumni Association was great. A lot of

ex-SMDers, ex-monks from Lhaksam Tsokpa and some of our former SMD teachers were present for the event. We had a lot of fun sharing our nostalgic moments through old pictures and memories. There were dances and music for the event along with some messages from our V.V Khenchen Thrangu Rinpoche, school director, Shirley and school principle, Wangchuk. The event gave us an opportunity to bring us together once again. Hopefully, we will be able to continue this in the future".

SMD Alumni Association has currently 9 to 10 board members with Tsering Dorje being the president including its 40-50 contributing members. It is a board member's goal to keep the SMD Alumni Association running and coming up with different projects for SMD back in Nepal. All the projects will be funded through SMD Alumni members with monthly contributions. SMD Alumni Association hopes to connect with more former SMDers and aims to complete bigger projects for SMD school.

### Some of the SMD Alumni shared their views about the association and the reunion event.

**Chayanga Sherpa:** Hello! Tashi Delek everyone! Personally I am very excited and happy about SMD Alumni because everyone wants to help and Alumni has created that platform. Many former SMDers traveled to New York City, the venue for the event from Toronto, Canada and other states like Minnesota and California. We were also happy to meet and greet some of our former teachers, staff, former monks of Thrangu monastery and Tara Abbey and other members of Lhaksam Tsokpa. We have formed a board member to run this association smoothly and our president is Mr. Tsering Dorje. We look forward to starting small projects and help Rinpoche.



**Phurbu Youden:** Initially, I would like to thank my root guru Very Venerable Thrangu Rinpoche for being such a great role model. I will forever be grateful for your guidance and kindness. Talking about reunion, it was a great one. I got a chance to see many SMD family members that I didn't get to see often. I think it is a great opportunity of everyone to come together and learn each other's life. Most importantly, helping my own school is great feeling! Cannot wait for our upcoming reunion meeting with purpose!



**Tsering Namgyal:** I think this is a great initiation and thoughtful organization for the SMD school. I believe that SMD Alumni members will be able to contribute a lot back to SMD school which is a second home to most and is somewhat of satisfaction that we are making some difference in someone's life. I am happy to see most of the SMD alumni in the reunion event even though everyone is busy with their life. It really gave me a feeling of unity and will love to reunite more often.



## ART GALLERY



Bishal Thapa Magar D613 Cl:10



Suman Lama B609 Cl: 8

## OVERSEA GOVER COLUMN

### SMD Alumna Tsewang shares 2 years experiences at ICSZ

I am Tsewang Dolma from Tsum. I was with SMD family for a dozen years and when I came to know that I won a scholarship at ICS, it was a miracle and I couldn't stop pondering about the next chapter of my life. I celebrated the joyous occasion with my Tibetan women's footballers because I was in India at that time for the football camp. I phoned my family but they didn't believe me for the time being until I started to work on my visa.



Ecstatic for this opportunity, I packed my bags, left friends, family, and everything familiar, and journeyed alone to study at ICS, made new friends, integrated into a new host family, and integrated into various activities besides my studies.

As an IB student, I learned that I am not recognized by my grades but my personality and also I prioritized my health by participating in numerous activities includes Inter-soccer, local basketball club, school badminton, football, basketball, softball team, pottery club, round square and also learned to give myself a break when files of work on queues.

In addition, giving a presentation about SMD school and my life story on various platforms for instance on international women's day, at FIFA headquarters, at ICS and educated other kids and mothers about female empowerment, defying enormous odds, and the invaluable gift of education by sharing my simple life story.

**Amy challenger (a member of the ICS community) shared on Zurich online news.**

*"Tsewang's story changed a part of me... she's demonstrated a tangible way to improve the future for not just one girl, but for the millions of other girls, without access to school or sports, who need a role model like Tsewang".*

Initially, when I came back home everyone asked what were the biggest challenges that I faced at the beginning well, definitely "cultural shocks". Two years spent at ICS will always count as my special and valuable life event where I was able to know myself better moreover, figuring out my strengths and weaknesses. I learned to cherish and appreciate who I am and try to fix weaknesses to be a person.

Currently, I am back to SMD School (home) again and teaching English to grade 8, 9, 10 and I stayed at Hostel which means hostel teacher as well. I was very motivated to come back after exposing to the western lifestyle because I wanted to share my knowledge and life learning experiences with SMD kids. Also, I am focusing on motivating girls to participate in sports to boost up their self-esteem and speak up for their own needs. At the same time, my university procedure is going very well and I am going to Amsterdam University to study sports science management.

I would like to send my gratitude and a deep bow to all the people who have helped me until today.

## VOLUNTEER COLUMN

### A Volunteer shares his view on SMD School

**Theo Lindsay from Switzerland, just completed his high school at ICSZ (Inter-Community School, Zurich) and he has been volunteering at SMD since September.**

Hello, my name is Theo Lindsay, I have been volunteering at SMD for over three months teaching English to grade 8,9 and 10.



Teaching in SMD has been a fantastic experience. I have been able to help many students with the knowledge I have gained at school myself. I am very fortunate to teach with my former classmate

from ICSZ, Tsewang Dolma which I feel is beneficial to both of us and especially the students who have the familiarity and connection to Tsewang and the foreign point of view and experiences that I bring to the table.

Naturally, with both schools being in such different countries there are innumerable differences. Probably the main one that I've found is just how much closer the sense of community is in SMD, this is clearly seen by the interaction between the students. Compared to ICS this is especially apparent between the grades as the younger kids look up to the older ones as role models and the older ones treat the younger kids as younger brothers and sisters which seems to be one of the great advantages of a mostly boarding school.

Throughout my time teaching here I have seen some of the poor resources the teachers have to try to teach with. The textbooks often have mistakes and are full of unrealistic examples which the students end up learning. I would also like to complain about the lack of Kusum's Momo during school meals.

As I leave SMD and Kathmandu I will be leaving lots of friends I've made here.

### 3 SMD Girls in the 1<sup>st</sup> South Asian U16 Netball



After a lot of training and selections, 3 SMD girls; Kunsang Choden, Karma Dolma and Tashi Yangzom got selected for the under 16 Nepal National Netball team on the 2nd of October 2019. It was a proud moment for SMD School.

On 18<sup>th</sup> October 2019, the 1<sup>st</sup> South Asian U16 Netball Championship kickoff at 12:00 pm at the Army Club Complex Lagankhel, Latipur with a wonderful speech from the Sports

Minister of Nepal. It was organized by Nepal Netball Association. The Nepal team played extremely well and they tried their best in all games. The Nepali team was able to secure fourth place.

#### The 3 players share their memories of the game:

**Kunsang Choden:** I had a great time with my teammates and I learned many things from my coaches. I am very thankful to all the well-wishers and supporters of our Nepal netball team.



**Karma Dolma:** I got a wonderful opportunity to show my talent and hard work. I would like to thank the Nepal Netball Association for making it possible for me to represent my country.

**Tashi Yangzom:** I had a wonderful time with my team members and coaches. Thank you for giving us hope to become a female professional player.

### The celebrations that took place over Dashain and Tihar Break

SMD School had a 12 day break from the 3<sup>rd</sup> of October to the 13<sup>th</sup> of the same month for the Dashain festival. Usually, the students go to their home for their long break but some stay in the school. During the break, the school organizes many programs and activities at the school. This break, as usual, the school seniors organized some activities for the kids. The kids got the chance to learn new activities and enjoyed some games. Some of the highlight activities were paper crafting,



drawing, karaoke and playing indoor games.

The kids also went hiking to Nagi Gumpa Nunnery. They were also taken to the Whoopie Land Water Park and Chovar for a picnic. One of the students, TseringDiki who stayed over the break expressed, "I had a lot of fun doing activities with the seniors. The picnic and trip to Whoopie Land was very amusing and I had a great time with my friends there".

Likewise, the kids got a four daybreak for the Tihar festival. The school served delicious food to the kids. Yuna Lama, who went home shared, "Tihar was very vibrant with colors and lights everywhere. I enjoyed the holiday with my relatives".

### BOOK REVIEW



Harry Potter and the deathly hallows is the seventh and the last novel in the series of Harry Potter written by J.K Rowling. The story continues as Harry and his two friends Ron and Hermione set out on an adventure to destroy the antagonist Lord Voldemort.

Without attending their last year at Hogwarts this, the most dangerous and independent mission entrusted by Dumbledore himself. The story revolves around an unanticipated journey and is full of darkness with deathly hallows at the high stake of falling into the wrong hands.

Don't forget they are on their way to destroy the greatest and the cruellest wizard of all time. Will they even be alive when they finally encounter him? Will these teenagers succeed in doing what has been impossible for even the greatest of wizards? To find out, read the final part of the amazing series of Harry Potter. Believe me; the story is not to be missed if you are looking for magical adventures. -Tsewang Gyaltzen 9B

### हर्मायि ह्याला

वदना गी हर्मायि ह्याला  
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 पल्लुनसा झुन रिक रोकै थो  
 मगलिसा झुन रिक रोकै थो  
 दे रिक रोकै थो रिक रोकै थो  
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### The famous Jazzmandu event at SMD

Jazzmandu is a musical event where musicians from all over the world gather in Kathmandu, Nepal to present the diversity of jazz music using a variety of instruments such as saxophone, trumpet, drums, bass guitar, piano and more. This year, the 17<sup>th</sup> Jazzmandu event was performed from 17<sup>th</sup> October to 23<sup>rd</sup> October. On 17<sup>th</sup> October, a few interested students and seniors of SMD were taken to the jazz music program which was held at Alliance Francaise, Jhamsikhel and the concert was for school



students. Dorje Sherpa from grade 10 opined, "I am a music lover and got a chance to listen and experience a piece of new music with my ears. It was my first time and watching the live jazz concert of foreign musicians was an inspiration for me".

On 21<sup>st</sup> October, some of the Jazzmandu musicians from Singapore visited SMD and performed jazz music for the students at the request of the school director, Shirley Blair. They introduced the musical instrument and played some music too. The students were amazed by their performance. Sangey Dolma expressed, "I was flabbergasted by their performance because I have never seen anything like it before. I love music and enjoyed it a lot".

### जन्मदिनको शुभकामना

फूल फुल्छ कहाँ कहाँ  
 बास्ना आउछ यहाँ यहाँ  
 रिन्पोछे हुनुहुन्छ कहाँ कहाँ  
 याद आउँछ यहाँ  
 उच्च रहोस् भावना  
 अटुट रहोस् सम्झना  
 दीर्घायु होस् जिन्दगी  
 पूरा होऊन चाहना  
 सफलताले पाइला चूमोस  
 यही छ मेरो रिन्पोछे हजुरजार्ड  
 जन्म दिनको धेरै  
 धेरै शुभकामना  
 -छेरिड डिकी कक्षा 7

## November News Timelines of SMD

### Primary Teacher Initiated After School Activity

**10<sup>th</sup> of November:** Norbu Angmo, the grade teacher of 1a started a dance class for any interested student after school. The class is running thrice a week for around 20 students. The



main objective of the class is to let the kids be active and energetic by giving them a platform to follow their passion for dancing. Besides, it is also to preserve cultural and traditional dances. Pasang Dickey, one of the dance members shared, "In my opinion, dance class has been providing a great platform for those who are enthusiastic about dance. Being a member, I am learning different moves and techniques of dance which is enabling me to perform with confidence. So, I am going to make sure that I learn to my utmost ability and make my tutor proud". SMD School is happy to see teachers taking initiative and running activities after school. The school wishes and is encouraging more teachers to come out and run activities after school.

### Junior Quiz Event Conducted

**22<sup>nd</sup> of November:** In the afternoon, SMD School conducted a junior quiz contest in the presence of Principal, Vice Principal, judges, and the teachers. The contest was done between the three houses; Strongsten, Sambhota and Sagarmatha. Furthermore, the quiz questions were asked in all three languages. The contest was successfully executed with the announcement of the result as Srongssten house in first place with a score of 185. Tsewang Gyaltzen, one of the winners exclaimed, "Hurray! I feel happy that my house won the contest. It was an amazing experience".



### SMD Junior Boys Won 1<sup>st</sup> Bagmati Junior Cup

**25<sup>th</sup> of November:** The first Bagmati Junior Cup of Inter-School Futsal tournament kicked off and was organized by Bagmati Boarding School and hosted in the Green Futsal. It started at 8:30 am with speeches from the Chief Guest, Dawa Lama (Coordinator of the ANFA Futsal Committee) and other sports representatives. SMD competed in the junior category with other 23 students. After winning a lot of games, the SMD junior boys team was also able to win the final game and they lifted the trophy of the 1<sup>st</sup> Bagmati Junior Cup. Sanjay Tamang of grade 7 was the highest scorer of the tournament. He expressed on winning, "I am very thankful to the organizers for giving me the platform to showcase my talent and the opportunity to represent my school". Besides, SMD coach, Umesh Tamang was also awarded as the best coach.



### The first SMD Inter-House Public Speaking Event Held

**27<sup>th</sup> of November:** SMD School organized an inter-house public speaking event. Three candidates from each house spoke in Tibetan, Nepali or English. The participants were well prepared and spoke with a lot of charisma. The Sagarmatha house secured the first place in English and Nepali whereas the Strongsten house secured first place in Tibetan. Kunchok Wangmo of the yellow house shared her experience, "I am very glad that I got such a golden opportunity to participate in it. At first, I felt very nervous but when I started to speak, the nervousness slowly vanished. This new experience has helped me to enhance my confidence level". The inter-house public speaking event was a huge success as it was the first of many to come.



### Primary kids have their own computer lab

On 12<sup>th</sup> of November, the school administration team, the department of computer and the people in charge of the computer lab came with a single idea to make separate new computer lab for the primary level. Now, the junior kids have their own computer lab and they have access to LCD computers while



the seniors use the laptops in the old computer lab. This new management is making it possible for the kids to have enough practical classes. It has been paving way for kids to develop their interest in computer science. The kids are very happy as they are getting more time to learn computer skills. Dolma Sherpa of grade 4 shared, "I am so glad that I get enough practical class in a week and I am improving my computer skills day by day". Furthermore, the grade teacher of 4b, Sonika Tamang added, "I want to thank the administration team for arranging a new computer lab for the small kids. It is very helpful for the kids".

### Gratitude to My Tsawe Lama

Thrangu Rinpoche is a renowned scholar and meditation master. He is also one of the greatest Buddhist gurus who is extremely compassionate and has helped many people across the world. Rinpoche has established monasteries, nunneries and other institutions for the well being of others.

SMD School is one of the non-profit institutions established by Very Venerable Khenchen Thrangu Rinpoche and opened in 1987. He established it with a huge ambition to provide both secular and Dharma education to the kids like me who don't have access to basic needs.

In my village, I spent whole days helping my mom and dad in the field and doing household chores. I could only speak my mother tongue language and thought that the entire world was my village. Fortunately, at the age of five, I became part of the SMD family and from that moment on, I have been receiving a new ray of hope to be a human of worth to my society and be an inspiration for the young girls to embrace education.

I get my inspiration from our root lama to face the difficulties of my life. He has lightened up my life with endless blessings and wonderful teachings. All I can do is express my gratitude to our root lama and his supporters for helping him benefit people. Lastly, I would like to give a big "thank you" for making me the person I am today.

-Palsang Tsomo, grade 8

### 3 Dental Camps Organized by GDR at SMD

Every year, SMD School hosts the free dental camps organized by Global Dental Relief (GDR). Students from different schools come to have their teeth checked. Moreover, monks and nuns also come to check up their teeth. This year, SMD School has successfully hosted 3 dental camps at different times. The first camp was held from October 14<sup>th</sup> to October 20<sup>th</sup>, the second was from November 3<sup>rd</sup> to November 9<sup>th</sup> and the most recent one was held from November 13<sup>th</sup> to November 19<sup>th</sup>.



**TTE team interviewed some of the associated people of GDR during the dental camps and gathered their views and experiences. Let's read what they have to say.**

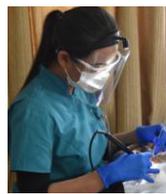
**Laurie's experiences and views:** My name is Laurie Mathews. I am a co-founder of global Dental Relief which began work at SMD School in 2001. I worked in a caver managing park and land conservation. Then, I traveled to Nepal and saw so much dental need. So many Children live with pain and infection from tooth decay.



I like to organize things, so I worked with Kim, our co-founder, to bring some dental relief and education to Nepal. Many dentists and hygienists went into this field to help heal people. They are ready to travel to join dental teams globally. We get volunteers working with local dental associations, by word of mouth, through social media and Google.

We are very lucky to have strong, enthused corporate sponsors who generously support care for children. We also have many individuals that sponsor schools for care. Dental camp is a basic need and many sponsors understand the need to provide care and oral health education for children. We work in Nepal, India, Cambodia, and Kenya. We can only work successfully when we have a local partner who is very organized and committed to this work. SMD is our first and beloved partner. Thank you, Shirley Blair, Principal Wangchuk Tenzin, Nelha Sangmo and all the wonderful hardworking student assistants. SMD is my favorite place to work in the world.

**Michelle's experiences and views:** My name is Michelle. I am a dental hygienist from Oxford, UK. This is the first time I volunteered at GDR. As a dental hygienist, educating my patients on the key importance of oral health is the best part of my profession. I strive to help my patients achieve their goals of having a healthy mouth and a beautiful smile. Volunteering as a dental hygienist with GDR has given me an opportunity to travel with a purpose. It is such a rewarding experience to provide dental care to children in need or with limited access to dental care. It gives me so much joy knowing that I have helped children and made them smile by treating them.



To meet the demands of dental care and share my knowledge and skills with local student volunteers. It has been an enjoyable experience being at the dental camp at SMD. Working with the student volunteers/ children of SMD has been such a pleasure. They are all good team players. Everybody at SMD is so wonderful and I would definitely love to come back again to volunteer. Volunteering for GDR was a delight. Being here in Nepal has been a wonderful experience. Nepal is a beautiful country and I am grateful for all the memories and the kindness of Nepalese people, especially at SMD. Thank you for giving me the opportunity to provide dental care in your country.

### SMD Provided New School Uniform after 2 years

On the 14<sup>th</sup> of October 2019, SMD School successfully distributed new school uniforms to the kids after getting good funding from the sponsors, donors, and supporters.



The provision of the new uniforms are done every two years for all the kids. The students were seen beaming from ear to ear after getting them.

An expression from one of the students; Mentok Sangmo said, "I am very happy and thankful to the SMD School for the new uniform". Ugren Tsomo of grade

10 added, "I was overjoyed to get the new school uniform as I desperately needed one. Everyone has a new get up and we the children are blossoming like flowers. I am really thankful towards our sponsors, supporters and to my wonderful SMD School". Finally, Bishal Thapa Magar expressed, "I am feeling very thankful for the facilities that the school is providing for us and I am getting to wear a new uniform every two years, which brings positive vibes within me".

## Think Healthy, Stay Healthy

### Season Change

Currently, we are undergoing a season change. So, it is highly possible to get sick. The days are getting colder and many people are suffering from a common cold. Thus, to prevent it, you should keep yourself warm. Especially, in the morning and in the evening, you should wear thick clothes and drink hot water. You must be careful not to share personal items with anyone as it may transfer harmful germs from the infected person at a time like this. It is a reminder that a common cold can turn up as a fatal disease if it isn't treated on time. Therefore, I suggest you rule it out before it rules you out.



### Here are some of the ways to deal with the season change:



- Embrace the power of nap.
- Exercise, always.
- Make 8-Hour sleep a priority.
- Be gentle with yourself.
- Eat with the season.
- Drinking water is a must.
- Embrace the season.
- Relax.
- Wear with the season.

-Tsering Dickey 7B

## HMG COLUMN

### HMG Leaders Visited Karkhana Mela

On Saturday, 26<sup>th</sup> of September 2019, the leaders of Himalayan Makers Guild (HMG) club went to visit Karkhana, an educational company for a 'Karkhana Mela'. In this annual event, kids from different parts of Kathmandu come to create something from their own ideas. The students are free to bring their ideas under the surveillance of professional mechanics and engineers. Every year, the students are given an opportunity to exhibit their creations to the public.



The leaders along with the clubhead went to this year's *mela* to explore the works of students who are passionate about electronics like HMG club. This field trip has given the leaders insight into the diversification of robotic creations that are formed with different ideas and creativity. One of the leaders shared, "I was awestruck to see the kids of only grades 5 and 6 presenting their creation. The level of work and creativity was visible in their product. Throughout the exhibition, I felt deeply motivated to do something with my own ideas. And, this was important for me as it presented me with a new experience and a way to socialize with fellow passionate students". According to HMG's clubhead, Gyaltzen Lama stated, "We hope and wish to present our own creation in the Karkhana Mela next year".

## ☺ Laugh Out Loud ☺

'Laughing is the best medicine.'

Source: [www.rd.com/jokes](http://www.rd.com/jokes)



When I was born I was so surprised, I didn't talk for a year and a half.

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It's my wife's birthday tomorrow. Last week, I asked her what she wanted as a present.

"Oh, I don't know," she said. "Just give me something with diamonds." That's why I'm giving her a pack of playing cards.

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Rock stars used to say, "Don't trust anyone over 30!" Now that many are over 50 they say, "Oops, we didn't mean us."

Please if you have any feedback, suggestion, ideas, and contribution, connect us via:

[thetranguexpress@gmail.com](mailto:thetranguexpress@gmail.com)

## An Interview with the Khenpo Chonyi Randrol, the former principal of SMD School/An abbot of Thrangu Tara Abbey

**"When Rinpoche went overseas, he used to personally bring small toys for us. He is very caring, compassionate and kind teacher. He is real Bodhisattva."**

-Khenpo Randrol



**TTE: Can you introduce yourself in a few words?**

Khenpo: My name is Khenpo Chonyi Rangdrol. I'm a monk at the Thrangu Monastery. I've been a monk at the Thrangu Monastery for over 30 years. I finished my Shedra (monastic college for higher studies of Buddhist philosophies) in 1997. I also gave service at SMD School for about 7 years as the school's principal. Now, I am here in Thrangu Tara Abbey as an abbot since 2011.

**TTE: What is your regular Dharma practice routine?**

Khenpo: As a Buddhist and especially being a monk, I normally wake up at 5:30 am and sometimes at 6 o'clock. After waking up, I regularly do my morning prayer for one and a half hours. Then, I involve myself in the Dharma practice of White Tara and Medicine Buddha from 8 to 10 am. After that, I usually do my official work. In the afternoon, I meet with different people and discuss about many different issues including the Dharma. When I am free, I read Dharma books and do some studies. In the evening, I do the practice of Mahakala and do other prayers for one and a half hours and teach sometimes. Finally, before going to bed, I do meditate.

**TTE: How do you feel to be one of the Thrangu Khenpos and a student of Rinpoche?**

Khenpo: I feel extremely fortunate to be the student of V.V Khenchen Thrangu Rinpoche. It really gives me great joy and peace to be his student and serve the monastery as being *Khenpo*.

**TTE: What is your most memorable moment with the V.V Khenchen Thrangu Rinpoche?**

Khenpo: The most memorable moment was that when I got an opportunity to travel overseas with Khenchen Thrangu Rinpoche. During that time, I was able to work as a traveling secretary as well as a translator for Rinpoche. It was a very memorable moment that I will always cherish. I also got many direct teachings and a lot of empowerments which was tremendously special for me.

**TTE: What is one thing that you have learned from Rinpoche that will always stay with you?**

Khenpo: I have learned a lot from Rinpoche. Especially, how to develop good heart but besides Dharma, I learnt to smile at others. As being a student of Rinpoche, you guys should never forget to smile. Okay...?

**TTE: How well, do you know Rinpoche personally? How will you describe Rinpoche?**

Khenpo: He is more than a parent to me for over 30 years. He had been very kind to me since I was 6 years old. When Rinpoche went overseas, he used to personally bring small toys for us. From that young age, I have known Rinpoche very well. He is very caring, compassionate and kind teacher. He is real *Bodhisattva*.

**TTE: What would you like to do to keep Dharma Teachings of Rinpoche alive in the future?**

Khenpo: As Rinpoche is getting older, he gathered a few of us *Khenpos*, a few years ago and told us to work continuously in the Dharma field. So, as for that, I will try to introduce Dharma to people who don't know it because it is the only tool or medicine that will free all of us from the sufferings of *Samsara*. I will always follow the Dharma and I will try to express and share it with other as much as possible for their well being.

**TTE: What is your advice to SMD kids on the behalf of Thrangu Rinpoche?**

Khenpo: My advice to SMD School students is to never forget who you are & always remember Rinpoche's aim i.e. to preserve Himalayan culture and language, always follow the kind and compassionate way of life and learn to stand on your feet and help others.

**TTE: Since we are publishing this interview on the occasion of the 87<sup>th</sup> birthday of Rinpoche. Would you like to express anything?**

Khenpo: Of course, as a student of Khenchen Thrangu Rinpoche, we should all pray that Rinpoche has a long life for the benefit every sentient being. I would personally like to wish a very happy birthday to my guru and may you live longer for everyone's benefit.

**TTE: Any message to the readers.**

Khenpo: Oh! Yes, I would like to congratulate the Thrangu Express team because it has been running for a long time since the time when I was principal at SMD. I would request you all to continue this wonderful newsletter.

For the readers, when you read, try to get one good article from Thrangu express news and practice it wisely in your daily life, thank you all : ).

## CARTOON OF THE MONTH



**"A VERY HAPPY BIRTHDAY RINPOCHELA..."  
LONG LIVE THE TSAWE LAMA! LAMA KHENNO!**



# The Thrangu Express

## Voice of Himalayan children



།ཨོཾ་ཧཱུྃ་།  
འཇམ་མཉམས་ལྷོ་གླིང་སྐྱེ་བའི་མཆོག་ལ་སྐྱེ་བའི་བུ་ལྷུ་ག་དག་གི་རེ་བའི་

### SPECIAL BIRTHDAY WISHES FROM SMD FAMILY ON THE AUSPICIOUS 87<sup>TH</sup> BIRTHDAY OF V.V. KHENCHEN THRANGU RINPOCHE.

Wishing you a happy, healthy 87th year, Kyabje Thrangu Rinpoche. May all your wishes be realized and may your blessings continue to rain upon all in your care at Mangal Dvip School.  
- School Director/Fundraiser, Shirley Blair



ཉམས་ཐག་གངས་མེའི་བུ་ལྷུ་ག་དག་གི་རེ་བའི་  
འོད་སྟོང་འཕྲོ་  
ལྷོ་སྐྱེ་བའི་བསྐྱེད་པ་བརྒྱུད་ཀྱིས་ལོ་ལོ་ལོ་ལོ་བ་  
སྐྱོན་ལས་གངས་མེད་ལྷུ་  
འབྱུངས་སྐྱེད་པ་ལྷུ་ལྷུ་བའི་ལོ་ལོ་  
- སྐོབ་གཤིས་སྐོབ་ཇི་  
མ་ཅེ་ཡི་དབང་ལྷུ་བརྟན་འཛིན་



On your 87<sup>th</sup> Birthday, I supplicate to triple Gem for your long and healthy life. May we always get your blessing and teaching. Happy Birthday Kyabje Rinpoche.  
-Vice principal, LopenTenzin Norbu



Dear Thrangu Rinpoche, I wish you a very warm Namaste and Tashi Delek on your birthday. I am very fortunate to be teaching in your school where I am having an amazing time. Thank you for all that you have done for the children in this school.  
- SMD Volunteer, Theo Lindsay



हिमाली भेगका बालबालिकाका पालक ठाङ्गु रिन्पोछे गुरुको जन्मदिनको अवसरमा गुरुको दीर्घ जीवन, सुस्वास्थ्य शुभ मङ्गलको हार्दिक मङ्गलमय शुभकामना व्यक्त गर्दछौं।  
-श्रीलानाथ सुवेदी तथा नेपाली शिक्षा विभाग परिवार

I wish you a very happy birthday from the depth of my heart. You are the kindest one in millions and I hope your hard work pays off and the Dharma spreads to every corner of the world. Once again, happy birthday and may you flourish forever.  
-Pema Tsewang, 7B



I have been working in SMD for 17 years. It's no wonder that I have found a bigger family for which I am extremely grateful. I would like to thank you for creating this family and I wish you all the luck in spreading Dharma. Finally, happy birthday to you, my Tsawe Lama.  
-Anjali Tamang, Head Amala



Happy Birthday my dear Tsawe Lama. You are the only reason that I'm getting education. Thank you so much for everything. I hope all your wishes come true.  
-Tenzin Palmo, 2A



If I am happy today  
It is because of my Tsawe Lama  
If I am a good person  
he inspired me to be one.  
My Tsawe Lama is my teacher  
So, is my inspiration and hero  
Nobody needs to ask  
Nobody needs to search  
For he is clearly a man  
Of big heart.  
-Sangay Rinchen,  
SMD Branch School



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