



Tibetan Healing Fund

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Annual Report

2007

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Tibetan Healing Fund

Annual Report

Year 2007

Purpose – Progress – Partnership – Passion

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Supporting Rural Tibetan Children and Their Families

Tibetan Healing Fund is a non-profit organization based in Seattle Washington, USA and Qinghai Province, P.R China. Since its founding in 2001, with the guidance of Dr. Kunchok Gyaltzen, Tibetan Healing Fund's activities improve the healthcare, education and community development for rural Tibetan children and their families in the Tibetan regions of P.R. China.



MESSAGE FROM THE FOUNDER AND PRESIDENT

Greetings and Tashi Delek from Tibetan Healing Fund. On behalf of Tibetan Healing Fund, we offer sincere thanks and gratitude to the many people who support us in providing hope, financial donations and resources to Tibetans. Through your generous support and the efforts of our staff and volunteer teams in Tibet and the US, we are producing exciting and tangible results in education and health care for rural Tibetans in the Tibetans regions of Amdo, Kham and U-Tsang.

Our aspiration is to make sure that Tibetan children are healthy and educated. Nothing is as important as the future generation. Tibetan Healing Fund has been working in the Tibetan regions of P.R. China since 2001, helping Tibetan families and communities develop the skills and resources needed to create opportunities for them to live healthy and fulfilling lives. The majority of Tibetan Healing Fund's programs are designed, implemented and managed by Tibetans themselves.

We are pleased to provide you with this 2007 Annual Report and highlight some of our projects this year that are nearing completion and that, with your help, will come to fruition in 2008. I hope that as you read our 2007 Annual Report, the work of our projects and people we serve will come alive.

On behalf of the Board of Directors and the Tibetan children and their families, I want to express our deep sense of gratitude for the continued financial support that creates opportunities for hope. Thank you for helping us pave the way for a healthier and better educated Tibet.

Best Regards,

A handwritten signature in black ink, appearing to read "Tashi Delek" or similar, written in a cursive style.

Dr. Kunchok Gyaltzen, MIIM, MPH, PhD Candidate UCLA School of Public Health
Founder and President, Tibetan Healing Fund



History of Tibetan Healing Fund

In Tibet, we say that children are like small trees – if we help them to grow straight and strong then they will become the building materials, such as pillars and beams, for our community. Likewise, mothers are like the land and we need to have healthy mothers and families to produce health children.

*– Dr. Kunchok Gyaltzen
Board President and Director of Programs*



Tibetan Healing Fund (THF) works to create lasting, positive changes in the lives of Tibetan women and children. The cornerstone of all Tibetan Healing Fund's projects is ensuring self-sufficiency by providing education and primary health care and community development for rural Tibetan children and their families.

In 1994, Dr. Kunchok Gyaltzen raised money to expand the Serkya Village School from grades one to three to include grades four to six. This project was well received by the villagers,

but many students were still not able to attend the school due to lack of money. While studying in the United States, Dr. Gyaltzen was able to raise money for a scholarship program to ensure that all village children in Serkya could attend school. In 2001, this program was formalized and became the Tibetan Healing Fund.

THF is a Seattle based non-profit organization with board members and supporters throughout the US. Tibetan Healing is unique in many ways; it was founded by a Tibetan Buddhist monk, medical doctor and significantly relies on local Tibetans to implement projects.

THF promotes sustainable development using transparent and participatory methods while incorporating local and traditional knowledge. Projects address social and humanitarian needs, specifically basic education, primary health care and community development in an effort to develop holistic programs. The projects encompass vocations training and capacity building that develop skills for our in-country staff, volunteers and the members of the community we serve.

THF's In-Country team has created partnerships in the region to achieve greater synergy with individuals, communities and organizations. These partnerships include many local organizations, businesses, a Tibetan university, hospitals, education and health bureaus. Our projects are mainly in the Amdo region, but recently we have expanded to the other Tibetan regions of Kham and U-Tsang.

Now, Tibetan Healing Fund supports primary school children in three counties, conducts teacher trainings to improve rural education

and holds countywide symposiums on bilingual education.

In addition, Tibetan Healing Fund has developed and implemented appropriate public health initiatives, trains village women to be Community Midwives, creates Tibetan-language public health education and training materials for low-literate rural women and health professionals, provides health education outreach, conducts training of trainer workshops, holds regional conferences on women's health and is building the first Tibetan Natural Birth and Health Training Center to be run by and for the Tibetan people.

❖ **Goals**

Primary Health Care: Tibetan Healing Fund improves the basic health of women and children by providing public health education and increased access to quality and essential health services.

Education: Tibetan Healing Fund provides teacher training and improved access to quality education as a way to enhance the livelihood of individuals and the community.



Losar (New Year) Celebration

Theoretical Framework for Primary Health Care in Tibet

As a response to the various health care problems in rural Tibetan communities, the Tibetan Healing Fund, with the guidance of Dr. Kunchok Gyaltzen, created a new strategy called the *Three-Level Approach*. This approach was designed to improve the health care system at the *county, community, and family levels* in order to deliver appropriate and comprehensive services to the entire population, particularly women and children.

This strategy is the guideline and backbone to Tibetan Healing Fund's maternal and child health projects. The health care system is complex, with various levels from the village to the provincial level of health services and referral systems. The objective of this new strategy is to improve the quality of health care services by including culturally appropriate, locally available, accessible, and affordable services for all. We want to concentrate on the community and family levels because the purpose of this plan is to improve the health care system for rural Tibetan areas.

The Three-Level Approach is:

- 1) to create a new health facility to strengthen current services at the county level,*
- 2) to establish capacity building to improve community health worker/ midwives and their work at the community level, and*
- 3) to provide information that will empower women to make decisions and utilize health care services at the family level.*



Highlights of the Year 2007



Activities in 2007

For 2007, Tibetan Healing Fund's activities remained focused on the priority areas of:

- ❖ Tibetan Maternal and Child Health
 - Tibetan Natural Birth & Health Training Center
 - Community Health Assessment
 - Tibetan Maternal and Child Health System Resource Textbooks
- ❖ Primary Education
 - Tibetan Heritage Primer Textbooks
 - Improved Access to Quality Education



Project Updates



Tibetan Natural Birth & Health Training Center

Tibet has one of the highest rates of maternal and child mortality and morbidity in the world; therefore improving women and children's health is critical to improve the health situation in Tibetan society overall. The Tibetan Healing Fund carries on its mission to respond with comprehensive health projects to improve the health conditions in rural Tibetan communities. The Tibetan Natural Birth and Health Training Center ("Birth Center") is the major component of such interventions.

The Tibetan Natural Birth and Health Training Center (birth center) will provide women and children in rural Tibetan villages a place for safe, affordable, linguistically and culturally appropriate health services and health education. The center will serve as a training facility for community midwives and health educators and a resource center for women to learn about personal and family health and nutrition.

Establishing the first birthing center in Rebkong County (Malho Tibetan Autonomous Prefecture, Qinghai Province) will improve and strengthen the public health infrastructure at the county level as well as provide an opportunity for advancing the health care delivery system, particularly health care for reproductive women and their children. This project is a comprehensive, multilevel health program, which deals with the county level to outreach and educate the rural village communities and individuals at the family level. The Rebkong Tibetan Natural Birth and Health Training Center is designed based on the concepts of US public health and community oriented primary care.

During the spring of 2007, we restarted construction after a long winter. The plan and preparation of the Birth Center took three years, and the building construction started in the fall of 2006. This center will be completely built by local people using regional resources. THF projected having the construction completed by December 2007, but we need to move this date to 2008. Once the building construction is completed, the inside walls are painted, and the center is equipped with the medical equipment, supplies and furniture, the Birth Center will be opened.

It is the first comprehensive birthing center in rural Tibet. The work process is managed by Tibetan Healing Fund's local health project advisors and the Birth Center's Management Committee. The center is managed by local Tibetans and it will be intergraded into the Rebkong County Health System in order to sustain its long-term service for the region.

The approximate total budget for construction and medical supplies and equipment is \$70,000 (US dollars), which is raised by Tibetan Healing Fund in the USA. The Birth Center could not have been conceived or begun without the donations of time, resources, and medical equipment from local Tibetan and Chinese friends as well as the financial support of our donors.

The Tibetan Natural Birth and Health Training Center ("Birth Center") is established to be the cornerstone of health care for women and children in the Rebkong health care system. The following sections provide more details.

Goals and Objectives

The main goal of the Birth Center is to provide access to quality, safe, affordable, and linguistically and culturally appropriate health services. This includes general maternal and child health care, natural delivery, and health education to local Tibetans. The center will also serve as a training facility for community midwives and health educators, and as a resource center for women and their families to learn about health related issues in order to reduce mortality and morbidity. The goal will be accomplished by:

A. Health Services

- Increasing access to culturally and linguistically appropriate health care services for rural Tibetan women and newborns;
- Increasing the number of safe deliveries;
- Increasing the number of rural women receiving pre-natal, post-natal, and neonatal care;
- Decreasing risk of death and disability from hemorrhage, eclampsia, obstructed labor and infection;
- Providing family planning services;
- Providing delivery kits for safe home births;
- Increasing access to essential drugs of Tibetan and western medicine;
- Providing management for complications and safe transport for emergencies related to pregnancy and childbirth.

B. Health Education

- Increasing rural women's and their husband's knowledge of physiology, women's health, family health, hygiene, nutrition, infectious disease such as HIV/AIDS and TB, and disease prevention.

C. Training Services

- Increasing the number of trained village Community Midwives to assist safe delivery and arrange for emergency transport if complications arise;
- Increasing the numbers of village Health Educators.

Location

The location of the Birth Center is in the town of Rongwo, which is the prefecture seat and the center of Rebkong County in terms of location and transportation. The 75 villages and 12 townships are located in the surrounding areas with various distances to the town of Rongwo. Moreover, Rongwo is the capital town of Rebkong (Malho) Tibetan Autonomous Prefecture, which is the center of education, health, transportation, economic development, and commercial market for the prefecture. Thus, the Birth Center was strategically located in the town of Rongwo in order to reach the Rebkong population with the capacity to serve people from the other three counties within the prefecture as well.

Scope of Building

The Birth Center will be a large contemporary Tibetan style building. It is built around a center courtyard with rooms for health service activities and administration. Facilities include three home-style birth suites, pre and post natal exam rooms, pharmacy, offices, spiritual room, and a substantial educational classroom for training both Community Midwives and health workers. The total size of the buildings is 504.86 square meters with three components of one building:

- 1) Two story building with 12 rooms which is 296 square meters. This is the main building and it has major activities rooms including exam rooms, pharmacy, office room, spiritual room, and conference room.
- 2) Three home-style birth suites with 3 large rooms which is 105.75 square meters.
- 3) Utility and facility rooms including laundry room, stokehold room, kitchen, restrooms, and gate keeper room with 103.08 meters.

Permits require an outer wall and gate, as well as the infrastructure for water system, electricity, sewer system.

Medical Equipment and Supplies

Since this is a natural birth center, it will not rely on high levels of modern technology and supplies. However, the Birth Center is going to be one of the only health facilities for women and children who expect to receive comprehensive care. *Unlike US birth centers, it is one of the only health facilities for Tibetan women and children.* For this reason, we must include capable technology and skills, and be prepared to diagnose, provide health problem management, and emergency life saving services. In addition, the Birth Center will need to have essential drugs and supplements such as vitamins and iron. Also, the Birth Center will need to be stocked with Tibetan herbal medicine for assisting in deliveries, health problem management, and disease prevention.

The building will be Tibetan traditional style with necessary furniture, such as tables, chairs, cabinets in exam room, pharmacy, and waiting room. The health education conference room will have a dry-erase white board, tables, and chairs. The spiritual room will be organized with Medicine Buddha's statue and *Thangkas* as well as the space to arrange a sitting area for conducting birth ceremony prayers and rituals. The three birth suites will be designed as a Tibetan home style which includes a Tibetan style warm bed and sitting places as well as a clean shower and restroom in each of the suites. The suites have the capacity to let a pregnant woman rest and stay comfortably with her husband and family members. The suites will create privacy for the family. The laundry room will have a washer and dryer machine.

The kitchen will be equipped with the necessary cooking equipment, supplies, and a stove. Stokehold is a settled stove for heating entire rooms during the winter and each room has this heating system as part of the furniture.

Finance and Sustainability

The Birth Center qualifies as a Chinese non-profit organization. Criteria of a non-profit health organization includes being supported by the government, local communities or NGOs, but also for the organization become self-sufficient via minimum service fees without a surplus fee. Thus, the government is obligated to not charge an annual tax. The Birth Center will charge a minimum fee for health care services and training programs in order to be self-reliant; however, if anyone cannot afford the fees, the services will be free of charge.

We aim to make the Birth Center a model facility and one that can be replicated in other areas of need. This will be a force to improve maternal and child health care in remote and rural areas of Tibet and we strive for it to be a major component of the health care system. We are hoping to have a positive impact in terms of increasing utilization of high quality health care services, which will reduce mortality and morbidity among women and children. As a result, this will create a model for Tibetan maternal and child health care.

The following photos are the various stages of construction for the birth center.



Community Health Assessment

Tibetan Healing Fund conducted a Community Health Assessment, Socioeconomic Status and Maternal and Child Health in Rural Tibetan Villages. Dr. Kunchok Gyaltzen led this project while working with professionals in Tibet and US including UCLA and Columbia University professors and doctoral students. The assessment was published in March 2007 in conjunction with California Center for Population Research, University of California Los Angeles.

The goal is to provide information on the lives and health status of rural Tibetans in Qinghai Province which can be used to design, evaluate and expand health, nutrition and social development programs to improve the lives of the Tibetan population. With this in mind, copies of the assessment were distributed to organizations working in Tibet; it is available online at UCLA and also on our website.

The report provides a broad overview of the socio-demographic characteristics, the health-related environment (drinking water, sanitation, hygiene, the availability of health care providers), children's health, women's health, fertility, and health-related practices (breastfeeding and immunization). We surveyed 279 Tibetan women.

The study was conducted in sites located in two Tibetan prefectures in Qinghai Province. These two prefectures have a populations of approximately 200,000 to 400,000 people of whom 70 to 90 percent are ethnically Tibetan. We chose the two prefectures because they are fairly typical of the Tibetan areas in Qinghai Province and because of our knowledge of the area.

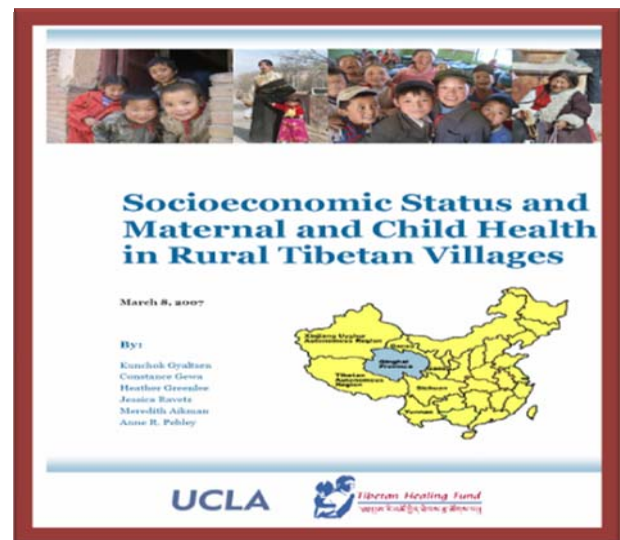
The results show that 96% of women give birth at home. 95% delivered without the assistance of a trained health personnel. 1% of respondents indicated that a Village Health Worker was present at delivery and only 4% delivered at a township

or county hospital. Of the 279 women surveyed, 0% (none) of the women knew or heard of Hepatitis B, STIs, HIV and AIDS. And none of the women know how these infections are contracted or what they could do to protect themselves against the infections. One out of the 279 women said she knew about TB.

In the study population, half of the adult and almost all of the children have attended school at some point. Adults who did attend school completed an average of 5 years and children completed an average of 4 years.

While 70% of the children ages 6 to 17 can read and write in Tibetan, only 45% of adults can. Literacy in Chinese is considerably lower: only 34% of children and 13% of adults could read and write in Chinese.

Clearly our training, health education outreach and birth center are critical to improving the health of rural Tibet.



To download a copy of the assessment, visit THF's website www.TibetanHealingFund.org or the Institute for Social Science Research, California Center for Population Research, University of California, Los Angeles.

<http://repositories.cdlib.org/ccpr/olwp/CCPR-Special-07/>

Tibetan Maternal and Child Health System Resource Textbooks

In 2004 and 2006, Tibetan Healing Fund sponsored a Tibetan Maternal and Child Health Conference with the assistance of Kumbum Tibetan Medical Hospital and Qinghai University Tibetan Medical College. To our knowledge, this was a historical event as it was the first Tibetan Maternal and Child Health Conference in Tibet.

The conference explored the ideas of designing a Maternal and Child Health Public Health System and discussed the many problems, solutions and the future of women and children's health in rural Tibet. One of the main issues identified from this conference was the lack of maternal and child health care materials written in Tibetan for women and a lack of Tibetan Medicine textbooks for health care providers.

Thirty-five health professionals from across the Tibetan regions of TAR, Gansu, Sichuan and Qinghai Provinces attended the conference. Participants included Tibetan medicine trained physicians, western medicine trained physicians, village health workers, medical school professors and local midwives. Each of the health professionals had various perceptions, knowledge, expertise and experiences in health care and medicine.

One of the results of the Tibetan Maternal and Child Health Conference was the creation of a series of four complementary textbooks: ***Tibetan Maternal and Child Health System Resource Textbook: Public Health Perspectives of Maternal and Child Care in Tibetan Context*** (two volumes); ***Maternal Care and Delivery Manual*** (one volume) and the ***Maternal and Child Health Education Handbook*** (pictorial flipchart; THF published in 2005).

Content includes physiology and pathology related to pregnancy according to Tibetan and Western medicine; complete birth process

according to Tibetan and western medicine and local culture; emergency obstetrics according to western medicine; antenatal and postnatal care according to both Tibetan and Western medicine and common diseases affecting rural women and children; folk delivery, MCH methodology customs; terminology of midwifery practices in Tibetan language.

Dr. Kunchok Gyaltzen, Tibetan Healing Fund's founder and Executive Director of Kumbum Tibetan Medical Hospital and Dr. Lhusham Gya, Professor and Deputy Director of Qinghai University Tibetan Medical College were the major authors and advisors for the creation, content and design of the textbooks.

THF is also collaborating with Kumbum Tibetan Medical Hospital and Qinghai University Tibetan Medical College in Xining to write, edit, print and distribute the medical textbooks.

The final editing stage is in process and we are now ready to print. \$15,000 is needed to print, publish and distribute 3,000 copies of each of the three textbooks. THF is expecting to complete publication in 2008; once the textbooks are published, they will be recognized as an official publication in P.R. China and will be distributed in all Tibetan speaking regions. The textbooks will be utilized for Tibetan Community Midwifery trainings and as a guide for designing a curriculum for gynecology, obstetrics and pediatrics in Tibetan Medicine at Medical Colleges.



Tibetan Heritage Primer Textbooks

Until THF, many rural Tibetan children did not have any education materials written in their native Tibetan language, only official school textbooks written in Chinese. Tibetan Healing

Fund worked with local education bureaus, school principals and teachers to create Tibetan language texts to be used in primary and middle schools.

Content is based on both Tibet-wide folklore as well as regionally specific information such as history, legends, characters, sports, entertainment, geography, local customs, culture and art, biographies of well-known scholars, life skills, and significant historical events and sites. The Tibetan Heritage Primer

It is THF's goal to distribute and make available the Tibetan Heritage Primer Textbooks to 196 Tibetan primary schools and 26,929 children in three counties.

The textbooks are means to motivate children about their heritage locally and across the plateau and inspire young Tibetans toward further education. Tibetan Heritage Primers are the first time anything of this nature has been compiled for the Tibetan community and its children.

In February 2007, the amount of \$6289.13 from a grant went to support the process of writing, editing, graphic design and formatting for publication the textbooks. Tibetan Healing Fund needs to raise 52,000RMB or US \$7,123.00 to print and distribute the textbooks for Tibetan primary and middle schools and children from three counties (approximate calculation made with \$1 as 7.3RMB). The textbooks will be published by a publication and publishing house in Beijing and the books will be sent to Xining for distribution.



Tibetan Heritage Primer

Table of Contents for Repkong Junior Student Reading Book

Part I: Tibet

One: Tibetan Circumstances:

Introduction/Environment/Situation

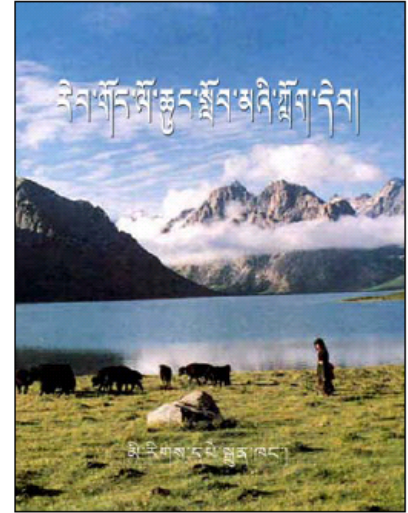
1. What is Tibet: Environment and People
2. Altitude and Weather
3. Why Do People Call Us Tibet
4. Eleven Famous Mountains and Ten Lakes
5. Introduction of Tibet Famous Rivers
6. Tibet's Natural Resources
7. Traditional Division of Tibetan Regions

Two: Tibetan common custom

1. Kata (silk scarf)
2. Darchok (prayer flag)
3. Sang (offering to the mountain, river and spirit protectors)
4. Tsasur (burning Tsampa to feed hungry ghost after a person's death)
5. Labtse (offering at the top of mountains)
6. Lunta (wind horse)
7. Tibetan Customs of Ethics and Respect
8. Tibetan Value of Environmental Protection

Three: Introduction of Well-known Tibetans

1. Founder of Bon religion (Shan Rab)
2. 1st King of Tibet (Nyatri Tsanpo)
3. 33rd King- Unified and made Buddhism the official religion of Tibet (Songtsan Gampo)
4. Groza
5. Founder of Tibetan Medical Text (Yothok Yandan Gongpo)
6. 38th King, Conquered Tibet (Trisong Detsan)
7. Triral Wachan
8. Well known scholar (Podonwa Choklinamgyal)
9. Sakya Pantrida Kunga Gyaltsen
10. Dromdonpa Gyalwi Junnlie
11. Founder of Gelupa Sect (Lama Tsong Khapa)
12. Well known engineer (Tamton Gyalbo)
13. Milerepa
14. 4th Panchen Lama (Panchen Lobsang Choegyal)
15. 5th Dalai Lama
16. Prime Minister of 5th Dalai Lama (Desen Sangjie Gyaltsso)
17. 7 wise people of Tibet



Four: Culture and Art

1. Art of the Potala Palace
2. Art of Thankga and Painting
3. Tibetan Dancing
4. Tibetan Drama
5. Musical Instrument
6. The Story of Gesar Gyalbo

Five: Folk Literature

1. Folk songs and riddles
2. Children's Folk Stories
3. Duikar (like a clown – sing, play music to make people laugh)

Six: Tibetan Festivals

1. New Year
2. Monlam - Buddhist Festival after New Year
3. 3rd month Monlam – Kalachakra Festival
4. Nyummi (fast, pray)
5. 4th day of 6th month
6. 22nd of 9th month – Buddha return to earth
7. Memorial for Lama Tsong Khapa

Seven: Tibetan Athletics and Sporting Events

1. Horse Racing
2. Archery
3. Tug of War
4. Competition of Strength with Stones
5. Yak Riding Competition
6. Competition of Strength
7. Jump Rope
8. Sling Shot Competition

Board of Directors and Partners



In-Country Tibetan Volunteers and Advisors

Tibetan Healing Fund currently has an exceptional group of volunteers and advisors in Qinghai Province (Amdo) of experienced local ethnic Tibetans. This group plans, implements, monitors and evaluates projects. These Tibetans understand with intimate detail the situation in rural villages having grown up in similar circumstances. The advisory committee is in close contact with people at the village level and this information is used to assist the projects.

Mr. Sangjie Gyatso: THF In-Country Program Manager, (Former Tibetan teacher, Tibetan poet, Tibetan education expert, Manager of Tibetan Himalayan Culture Inc).

Dr. Tanpie Junnie: THF Treasure and program management volunteer, (Deputy Director of Kumbum Tibetan Medical Hospital, Qinghai Province).

Dr. Lusham Gyal: THF Health advisor and volunteer, (Tibetan Medical Doctor, Tibetan Medical Professor, Associate Dean of Tibetan Medical Department, Qinghai University Tibetan Medical College, Qinghai Province).

Dr. Tsering Kyi: Birth Center Director, (Former Medical Doctor at Rebkong Prefecture Maternal and Child Health Hospital, Qinghai Province).

Dr. Yangkyab Tsering: Birth Center Management member, (Tibetan Medical Doctor at Rebkong Prefecture Tibetan Medical Hospital, Qinghai Province).

Dr. Dronkar Kyab: Birth Center Management member, (Deputy Director of Rebkong Tibetan Prefecture Health Bureau, Qinghai Province).

Tibetan Healing Fund collaborates with Qinghai University Tibetan Medical College and Kumbum Tibetan Medical Hospital and other health care facilities and organizations in the region in order to incorporate the latest health information and scientific discoveries for Tibetan maternal and child health care.

US Board of Directors (September 2007)

In the US, Tibetan Healing Fund has an active and highly experienced board based in Seattle, Los Angeles and Dallas. In 2007, Tibetan Healing Fund transformed from a two paid staff in Seattle to the Board of Directors operating as a volunteer team and is responsible for fiscal management, fundraising, strategic planning, project development & administration.

President: Dr. Kunchok Gyaltzen, MIIM, MPH, PhD candidate UCLA School of Public Health.

Co-Vice President: Thinley Gyatso.

Co-Vice President: Marge Mansfield, LM, CPM.

Treasurer: Tenzing Thinley, PE.

Secretary: Meredith Aikman, MPH.

Board Member: Julie Tokashiki.

Friends of Tibetan Healing Fund

Tibetan Healing Fund relies on the generosity and support of volunteers in the US.

Fundraising Coordinator: Nortso Gyaltson.

Fundraising Volunteer: Gyaltzen Sangpo Druknya.

Office & Grants Volunteer: Carol Roach.

Fundraising & Non Profit Advisor: Jackie Koney.

Acknowledgments

Tibetan Healing Fund would like to extend our deepest thanks to our departed board member, Ellen Wilcox, for her tireless support and generosity as a board member from 2006 -2007.

To help raise funds for the birth center and maternal and child health projects, Marjorie Sargent, Angie Daniel and Gyaltzen Sangpo Druknya and our Tibetan friends in Charlottesville Virginia organized a wonderful fundraising dinner and reception "Crossing the Himalayas, Bringing Great Hearts and Minds Together to Raise Funds for the Tibetan Healing Fund" at the Boar's Head Inn in Charlottesville Virginia. After deducting expenses, the event raised \$7,139.15 for the birth center and maternal and child health.

Donors

Tibetan Healing Fund would like to thank the many individual supporters, foundations and businesses who have generously supported our work for rural Tibetans in P.R. China

Thanks to the specials Patrons

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Thanks to our many Friends and Contributors

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Thanks to the Volunteers and Professionals who donated time and services

Dr. Anne Pebley - Constance Gewa - Gyaltsen Sangpo Druknya - Kitty Liu - Nortso Gyaltsong - Carol Roach - Ellen Wilcox - Jennie Quan - Friends in Charlottesville Virginia - Chris Moore - Douglas Gilson - Kunchyo & Dekey Gyaltsong

Thanks to the Corporations, Businesses and Institutions that support our efforts

Thubten Shargye Ling, California - Sakya Monastery in Seattle - Salon Duknya - Center for Pronic Healing - GlobalGiving - Foundation for American Heritage Voices - The Darden School of Business, University of Virginia - The Rose Group for Cross Cultural Understanding - Virginia Foundation for the Humanities - The Boar's Head Inn - UCLA School of Public Health - The Y Catalog - Sir Alister Rai - Seattle School of Midwifery - Charity USA - United Way - State of Washington Employee Giving Program - Microsoft Employee Giving - Seattle Foundation - ProCamp - Quellos Group LLC - Creative Carpentry - Legacy of Life Entertainment Inc - Sravasti Abbey - Café Solstice - E-dustry, inc - PCC Natural Market - BOLD Birth Play - Café Arosa.

Financial Report



Funding

For 2007, Tibetan Healing Fund's sources of support included one grant, foundation contributions, individual donations, employee matching gift program, earned income, in-kind support and volunteer service.

STATEMENTS OF FINANCIAL ACTIVITIES JANUARY 1, 2007 TO DECEMBER 31, 2007

	<u>Totals</u>
REVENUE, GAINS AND OTHER SUPPORT	
Contributions	55,831.29
Loan	35,000.00
Grant	6,289.13
In Kind Donations	10,420.90
Other Income	<u>0.69</u>
Total revenue	<u>107,542.01</u>
EXPENSES	
Employee Salary	(4,267.08)
In Kind Donation Expense	(10,420.90)
Administration	(10,191.41)
Fundraising	(3,005.01)
Loan Payment	(10,000.00)
Programs (In Country)	(59,664.13)
Misc Expenses(transfer between accounts)	<u>(958.50)</u>
Total Expenses	<u>(98,507.03)</u>
NET CHANGE IN NET ASSETS	<u>9,034.98</u>
NET ASSETS, BEGINNING OF THE YEAR	<u>11,371.59</u>
NET ASSETS, END OF THE YEAR	<u>\$20,406.57</u>

*Give the Tibetan people something they really need –
the gift of a healthier and better educated future.*

Rural Tibetans depend on us, and we depend on you. With your continued financial support, the Tibetan Natural Birth and Health Training Center will soon open its doors and we will be able to print and distribute the health and education textbooks and materials critical to improving the health and education of rural Tibetan women and children. Thank you for your continued support.

THF has a new Seattle office !

819 North 49th Street #105
Seattle, WA 98103
Phone: 206.624.7966
Email: Info@TibetanHealingFund.org
www.TibetanHealingFund.org

New Tibetan office!

In January 2008, Tibetan Healing Fund moved our Tibetan office to Kumbum Tibetan Medical Hospital, Qinghai Province, P.R. China.