



# Tibetan Healing Fund

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Greetings and Tashi Delek ! Tibetan Healing Fund has been working in the Tibetan region of Amdo, P.R. China, since 2001, helping Tibetan women and children and their communities develop the skills and resources to create opportunities for themselves to live healthier and more fulfilling lives. The cornerstone of all Tibetan Healing Fund's projects is ensuring self-sufficiency by providing education and primary health care.

Our work is not possible without the many generous donations from individual supporters, the unselfish dedication of our in-country staff, Tibetan advisory committee, US board of directors, the many US and Tibetan friends and the guidance of our founder, Dr. Kunchok Gyaltzen.

We look forward to updating you on the many exciting and crucial projects we are working on this year. Thank you for helping us provide hope !

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

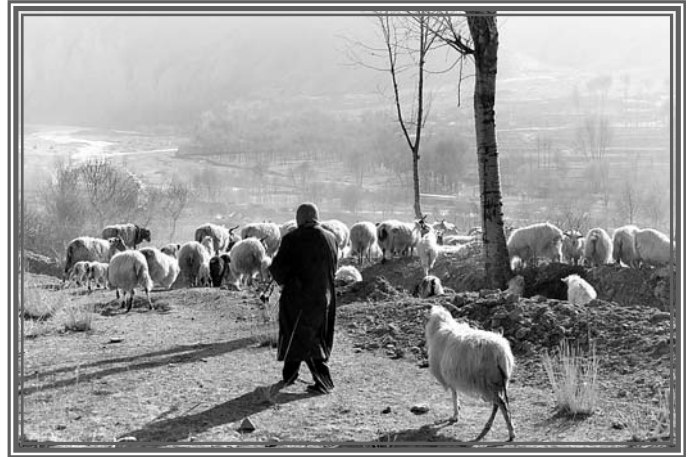
- ◆ *Tibetan Maternal and Child Health*
  - ◇ Natural Birth & Health Training Center
  - ◇ Maternal & Child Health Education Handbooks
  - ◇ Community Health Assessment
  - ◇ Community & Family Health Education
  - ◇ Community Midwives
- ◆ *Primary Education*
  - ◇ Tibetan Heritage Primer Textbooks
  - ◇ Improve Access to Quality Education

## Where We Are Working

Qinghai Province (Amdo) is located in the western part of the People's Republic of China (P.R.China) on the Qinghai-Tibetan Plateau at an average altitude of over 4,000 meters (13,000 feet). The Tibetan Autonomous Region (TAR) borders Qinghai Province to the west, Xinjiang Province to the northwest, Gansu Province to the northeast, and Sichuan Province to the south. Historically, Tibet was divided into the three cultural areas of Amdo, Kham and U-Tsang. Today, Amdo is primarily located in Qinghai Province.

Summers in Qinghai are short and dry, while winters are long and cold. The headwaters of the Yellow, Yangtze and Mekong Rivers are all located in Qinghai. According to one study conducted by the World Food Programme, Qinghai is the second poorest province in P.R.China.

Currently, Tibetan Healing Fund is working in villages that are either nomadic and/or farming and herding communities in Qinghai Province. Economic opportunities are limited to growing crops such as spring wheat, highland barley and rapeseed and raising livestock such as yak, sheep and goat. The per capita income in many Tibetan villages in Shar-lung Township (ch:Dong Gou) is 1,000 RMB (approximately US\$125). Most villages (like the one shown above) do not have access to potable drinking water or enough water for



agricultural irrigation and dung is used to heat the house. The illiteracy rate is estimated to be over 90%, including both Tibetan and Chinese languages.

Approximately 20% of children under 5 are estimated to be malnourished and/or suffer from a micronutrient deficiency. Mothers typically give birth at home (estimates range from 85%–95%), conditions are often unsanitary and if complications arise there is little hope for the mother or child. This village is typical of many rural Tibetan villages and clearly illustrates the importance of Tibetan Healing Fund's work.

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## Who We Are

Tibetan Healing Fund currently has an in country staff in Qinghai Province (Amdo) of three educated and experienced local ethnic Tibetans. An office is established in Siling (ch:Xinning) where the staff plan, implement, monitor and evaluate projects.

Working with the in-country staff is a group of local advisors. 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.

In the US, Tibetan Healing Fund has an active and highly experienced board based in Seattle, Los Angeles and Dallas. The board is also currently operating as a volunteer staff and is responsible for fiscal management, fundraising, strategic planning, project development & administration.

### *Profile of the US Board of Directors*

*Marge Mansfield* (LM, CPM) has been a midwife for 31 years and has trained midwives in the US for 26 years. She is a co-founder of the Seattle Midwifery School. In 2003–2004, Marge helped UW students design the Community Midwife Training program for THF and was able to conduct a follow-up assessment of their work in 2006. She helps oversee THF's fiscal management and technical program expertise.

*Julie Tokashiki* has been involved with Seattle's arts, culture, theatre and philanthropy for numerous years. In 2004, Julie traveled to Tibet and was inspired by the people and culture. Julie assists in managing THF's office and finances.

*Ellen Wilcox* has a Masters of Public Health from UW; in 2004 she designed THF's *Process Evaluation for the Community Midwife Training*. She works in conjunction with Dr. Gyaltzen as THF's program manager.

*Meredith Aikman* has a Masters of Public Health from Tulane. She met Dr. Gyaltzen while studying health development in Thailand. Meredith has been actively involved with THF since its founding in 2001 and assists with fundraising and project development.

### *Tibetan Healing Fund 2007 Board of Directors*

Dr. Kunchok Gyaltzen, Founder and President  
Marge Mansfield, Vice President  
Julie Tokashiki, Treasurer  
Ellen Wilcox, Secretary  
Meredith Aikman

## Dr. Kunchok Gyaltzen

Tibetan Healing Fund is unique in that it was founded by Dr. Kunchok Gyaltzen, a Tibetan Buddhist Monk and Tibetan Medical Doctor. He has been a monk for over 25 years and a doctor for 20 years. Dr. Gyaltzen is currently living in Los Angeles while working on a PhD in Public Health at UCLA and publishing articles on health issues in Tibet.

Like most Tibetans, Dr. Gyaltzen's parents were farmers and herders. From the time he was young until he went away to middle school, he helped herd the family yak, horse and sheep and was responsible for their care. At age 16 he joined the monastery because he was moved by the Buddhist faith and his strong desire to become more knowledgeable and to create positive change in his community. At the monastery, Dr. Gyaltzen studied Buddhism, Sanskrit, medicine, art, philosophy, astronomy/astrology. He was fortunate to study



with some of the best-known Tibetan medical practitioners in Tibet. He later studied at the Panchen Lama's school for Higher Buddhist Studies in Beijing. After coming to the US and studying English, he achieved a Masters of International and Intercultural Management from the School for International Training in Vermont and a Masters of Primary Healthcare Management from Mahidol University in Thailand.

Dr. Gyaltzen has seen first hand great suffering caused by disease and lack of access to basic education, health care and nutrition. His hope to alleviate this suffering is through the work of Tibetan Healing Fund and the dedication and compassion of the board, staff, friends and donors. Dr. Gyaltzen's life is one of learning and sharing; he is truly an ambassador for his people, for his culture and for his religion.

## In-Country Staff Reports

### Dr. Tseringyi Kyi (Birth Center Partner)

I am a Tibetan OBGYN with 20 years experience working with rural and urban Tibetan women. I live in Rebkong County with my husband and twin daughters. I met Dr. Gyaltzen more than 8 years ago at an exchange program in Thailand to study primary health care. I was inspired by Dr. Gyaltzen's knowledge of public health, community development and his passion to help our people. I soon became involved with THF as a field consultant and an advisory member working on the series of Maternal and Child Health Education Textbooks, training Community Midwives and Tibetan Medical Doctors in health education and survey techniques.

It was through Dr. Gyaltzen's vision of creating a health center for women that I decided to collaborate in managing the birth center. I have taken early retirement from the hospital where I worked to oversee the construction and management of the birth center. I had the opportunity to meet with numerous board members (Julie, Meredith, Marge) as well as some of THF's donors. I truly appreciate everyone in the US that has contributed with their time, money or thoughts in helping to alleviate the suffering of my people. I ask that you keep supporting us to provide health care and education to the many women and children that are in need.

### Sangjie Gyatso (THF In-Country Director)

I am privileged to be the Tibetan In-Country Director. My original involvement with THF was with the education and bilingual teaching component. From 2001-2004, I worked and learned from Dr. Kunchok Gyaltzen in the process of project design and implementation.

I have a Masters in Literature from Northwest University in P.R China. My passion also includes poetry which I have been writing and publishing since the 1980s. I aspire to be a role model for Tibetan youth in literature and poetry. Enclosed is a poem that I wrote.

This past year has been one of many partnerships. Tibetan Healing Fund is privileged to work with some of the greatest partners in Tibet and in the US from skilled Tibetan Medical Doctors from Qinghai University Tibetan Medical College that conducted health education to over 3,000 rural Tibetan women to the school teachers who wrote the Tibetan Heritage Primer Textbooks and the 13 Tibetan advisors and Kumbum Tibetan Medical Hospital that have spent years working on the series of four textbooks for Maternal and Child Health Education. The success of our projects relies on years of hard work and dedication of our partners. Thank you from all of us in Tibet. Tashi Delek !

## *THF's Model for Providing Health Care to Rural Tibetans*

As a response to the various health care problems in Qinghai Province (Amdo), Dr. Kunchok Gyaltzen, proposed a new strategy to improve the overall current health care system and to add a new health facility for women and children. Dr. Gyaltzen refers to this new strategy as the *Three-Level Approach* to improving the health care system at the *County Level*, the *Community Level* and the *Family Level* in order to deliver adequate and comprehensive services to the entire population, particularly women and children.

This strategy is the philosophy 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. We want to concentrate on the lower level because of the lack of resources and services for the rural Tibetan areas. The objectives of this new strategy are to improve the quality of health care services by including culturally appropriate, locally available, accessible, and affordable services to all.

*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 workers 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.*



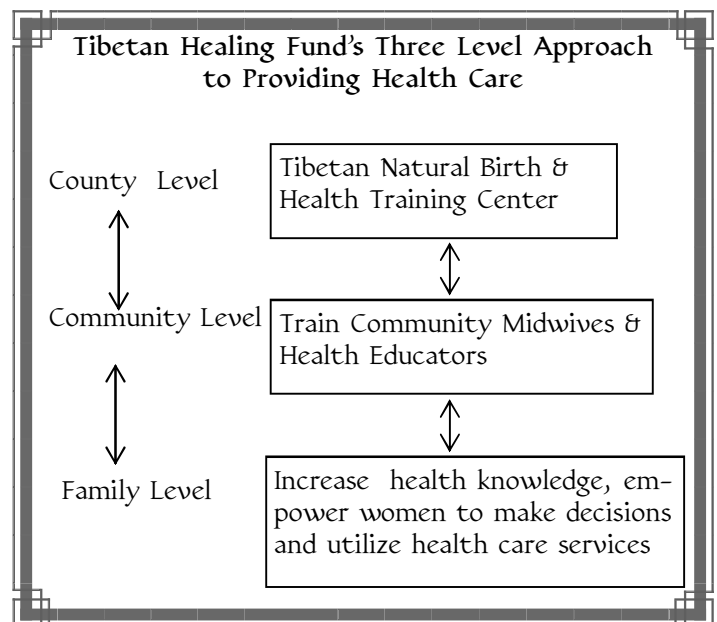
*Seattle Board Member, Marge Mansfield and Birth Center Manager, Dr. Tseringy Kyi discussing health care with a rural village woman.*



*October 2006, Birth Center construction of the outer wall.*

At the county level, local people are working with the Tibetan Healing Fund to establish an innovative health center, *Tibetan Natural Birth and Health Training Center* as a facility for women and children. This new center is a long-term collaboration to ensure self-sufficiency; the county health bureau and Tibetan Healing Fund will monitor the health care and training for rural health workers. Since the area of Rebkong County does not have a county hospital, this center will be the main health facility for a region of 250,000 people and will help save the lives of women and children by providing health services and health education at the county level. The center will also serve as a training facility for community midwives, village doctors, and health educators, as well as a resource center for women to learn about personal and family health and nutrition.

This passage is reproduced from Dr. Kunchok Gyaltzen's paper.



*With continuous financial support from our donors, THF plans to open the Tibetan Natural Birth and Health Training Center in 2007.*

# Land Construction for the Tibetan Natural Birth and Health Training Center



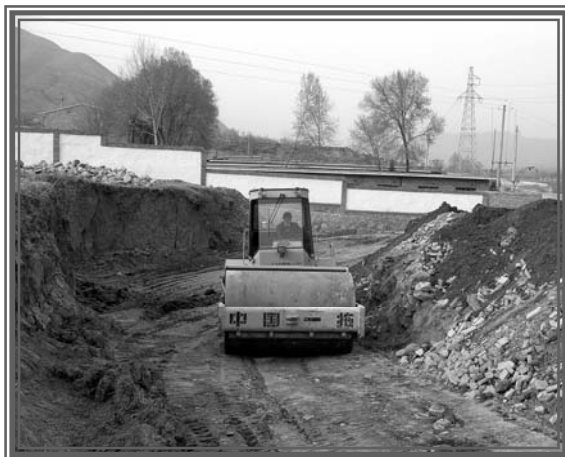
Monks conducting a prayer ceremony for the construction of the birth center.



Photo of the land before construction. Land was donated and permits secured in 2005; the design of the facility and building construction was approved in 2006 by local and prefecture authorities.



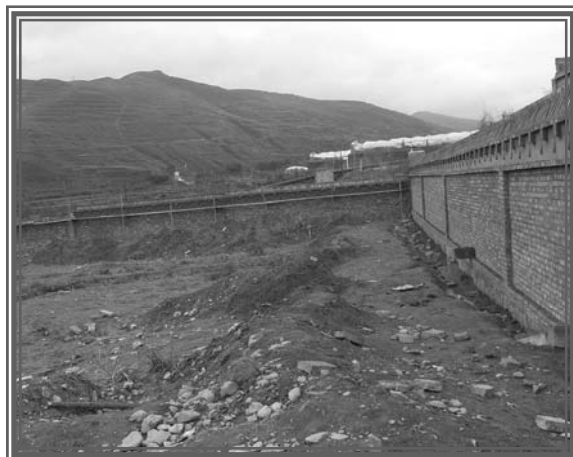
In 2006, land was broken in the construction and restarted in April 2007 after the winter season.



Heavy earth moving machinery was used to create the foundation.



Digging a hole for the ground work of the outer wall.



Outer wall was completed in October 2006.

## 2007 Project Updates

### *Tibetan Natural Birth and Health Training Center*

Maternal mortality is the leading cause of death for women of reproductive age in Tibet and one out of 10 children will die within the first 28 days. The majority of rural women have lost one or more babies in their lifetime and most villagers know at least one woman who has died from childbirth.

Because of lack of access to health care, finances, language barriers and health care infrastructure, most Tibetan women give birth in the barn where the mother lies down in hay covered with yak dung and waits. There is usually no clean water, sheets and the umbilical cord is usually cut with a dirty knife. The barn is often cold and wet; in the winter, newborns are wrapped in dung to keep warm.

*Tibetan Natural Birth and Health Training Center* will be the first center of its kind in all of Tibet, operated by and for Tibetan people, in their language. Tibetans will have access to pre-natal, delivery and post-natal care; delivery kits for safe home births; community midwife and health educator training; family health education training; essential Tibetan and Western medicines. The birth center fees will be based on a sliding scale and no woman or family will be turned away because of lack of resources.

### *Maternal and Child Health Education Textbooks*

Funding is needed to print the final two books in the series of four complementary textbooks. Series include: Tibetan Maternal and Family Health System theoretical text, Tibetan Midwifery practical text and pictorial texts, and a Community Midwife training manual. And, with your continued support we can complete this series of texts for use in the rural communities of Tibet for training of future clinicians and community health workers and midwives.



*A meeting of authors and advisors to edit the Maternal and Child Health Textbooks, May 2006.*

### *Community Midwife Training*

In 2006, Marge Mansfield (a Seattle Midwife and board member) traveled to Tibet and was able to conduct follow-up interviews to the majority of Community Midwives trained by local partner and OBGYN Dr. Tsering Kyi to determine the efficacy of the Community Midwife training program.

Her qualitative findings indicated that indeed these women were being used by their communities, they were capable of recognizing

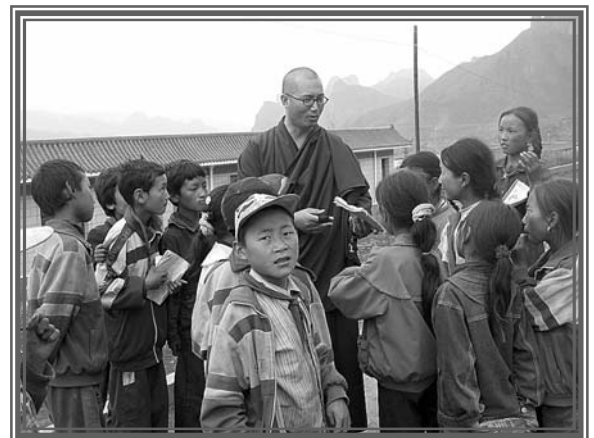
higher risk situations, providing care during birth when summoned and treating particular complications which can otherwise be life-threatening. The midwives universally and enthusiastically expressed the desire for additional training, and we sincerely hope to provide that on an ongoing basis, as well as identifying and training women from other villages in need.



*Community Midwife trained by THF.*

### *Tibetan Heritage Primer Textbooks*

Tibetan Heritage Primer Textbooks were distributed for the Spring Semester 2007 and are available to 196 Tibetan primary schools and 26,929 children! These books are children's supplemental reading texts written in Tibetan. Content of the books is based on both Tibet-wide folklore as well as regionally specific information such as geography, local customs, culture and art, biographies of well-known scholars, life skills, and significant historical events and sites. *The Tibetan Heritage Primers are the first time anything of this nature has been compiled for the Tibetan community and its children.*



*Dr. Gyaltzen greeting students.*

## Poem

### The Karma of The Dog

In the Time of Darkness  
I keep watch.  
I am the keeper of the door,  
the protector of my family.

The Time of Darkness is when I am awake  
and I work, keeping watch over  
and protecting my family.

They have given me this honor  
and I must do my duty  
as their guardian, the door keeper.

I am awake in the Time of Darkness.  
I work in the darkness.

The Time of Darkness,  
when the daylight ends and the darkness  
comes, is a very frightful time.  
The night is alive with activity.  
I hear movement in the darkness.  
I hear the sound of birds fluttering on the edge of the night,  
In the dark of night I can hear many animals,  
I hear the tigers and the wolves growling and moving  
about...

In the Time of Darkness  
many animals are waking and becoming active  
the night is alive with motion.  
The Time of Darkness is a scary time.  
outside is so much activity.

While inside, my family sleeps in a deep sleep,  
their animals sleep in a deep sleep,  
And the farmland, too, all around me is in a deep  
sleep.

But I must stay awake, for I am the door keeper,  
the guardian of the night.  
I must be alert and vigilant  
while my family is in a deep sleep.

I cannot sleep  
for I am the door keeper.  
I will keep my watch  
until I see the first rays of the sun...

And when I see the first rays of the morning sun  
only then, will I let out a loud bark  
to wake my family  
to wake my family  
to the new dawn.

By **Kang Shing** (Sangjie Gyatso, THF In-Country Director)  
Translation by Dr. Kunchok Gyaltzen and Angela Vuagniaux

## Images from Tibet



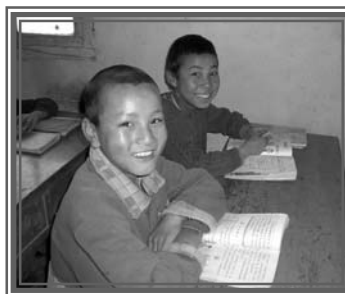
*Drs. Gyaltzen and Tseringy Kyi collecting data on child malnutrition, health and development. Measuring for child growth; anthropometric evaluation.*



*In-Country Director, Sangjie (far left standing) reviewing the newly written Tibetan Heritage Primers with the local committee of teachers who authored the textbooks.*



*Previously students had access to one official textbook for all subjects which is written in Chinese.*





**Tibetan Healing Fund**

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*Supporting rural Tibetan women and children*

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*Tibetan Healing Fund is a not-for-profit humanitarian organization established to improve primary healthcare and basic education for rural Tibetan women and children in Qinghai Province (Amdo), P.R.China.*

### **Upcoming Events**

**Volunteer and Culture Nights** • Join Tibetan Healing Fund for a Volunteer Night or Culture Night at our downtown Seattle office. This is a great opportunity to meet the board, get more involved and learn more about this amazing culture.

**Crossing the Himalayas** • Join us for an evening of Tibetan cultural, singing, dancing and dining on Thursday, May 24, 2007 at the famous Boar's Head Inn in Charlottesville Virginia. The event will benefit Tibetan Healing Fund and is sponsored by Salon Druknya, Boar's Head Inn, University of Virginia Darden School, Foundation for Humanities and The Rose Group.

**Dr. Kunchok Gyaltzen to visit Seattle, July 2007** •

Dr. Kunchok Gyaltzen will be in Seattle for the month of July and we plan to have numerous events; please let us know if you are interested in hosting a speaking event. He has presented at numerous venues, conferences, museums and schools in the US and overseas. Topics include: Tibetan medicine, Tibetan Buddhism, meditation, calligraphy or the health and education situation in ethnic Tibetan regions of P.R.China.

**Outreach Events** • Please contact us if you are interested in hosting a house party, cultural night or displaying our photo and calligraphy exhibition in your favorite venue.

### **Buy a Piece of History Be a Piece of History!**

Help pave the way for a healthier Tibetan future and leave your permanent mark at the Tibetan Natural Birth and Health Training Center. Please sponsor the campaign by buying a brick for \$50.00 or donate to building the delivery suite, education and training room, kitchen suite and leave a lasting legacy for yourself or family members. Your name will be prominently displayed at the birth center for years to come and for generations to see. You will be sent a special certificate recognizing your donation and acknowledging your commitment and support for our appeal. Should you wish to donate on behalf of someone else, perhaps as a birthday gift, the certificate can be personalized on request.

Tibetan Healing Fund is an independent, 501(c)3, non-profit organization registered with the Secretary of State, State of Washington. Contributions are tax-deductible to the full extent of the law. Federal Tax ID is available upon request.

**Please send contributions to:**

Tibetan Healing Fund  
619 Western Avenue #22  
Seattle, WA 98104