Trans Himalayan Aid Society

Fall Newsletter ~ 2009

NEW

is the flavour of the month for TRAS this fall!
NEW beds, NEW water tank, NEW book about us,
NEW President, NEW Director, NEW Office Manager and NEW award!

FIRST THE NEW BEDS

The Canadian charity **Sleeping Children Around the World** (SCAW) followed through magnificently on their promise to help TRAS provide new beds and bedding for ALL the children at Munsel-Ling School in Spiti Valley, Northern India. Our request was right outside their normal work of providing a mat, cotton sheet, mosquito net and pyjamas to children between the ages of six and twelve, equal numbers of boys and girls, living in warmer climes.

A new bed for every child

TRAS had the 'nerve' to ask for sturdy bedframes, thick mattresses and warm quilts, at double the price. And to commemorate founder Murray Dryden's incredible delivery of 1,000 bedkits in the foothills of the Himalayas 28 years ago, SCAW decided to use funds from a bequest (added to the donations from TRAS members) to furnish every single child with a complete new bed. TRAS and Munsel-Ling School are extremely grateful for SCAW's generosity. A team of three of their volunteers made up the delivery group, paying their own way and working hard to accomplish their goal.

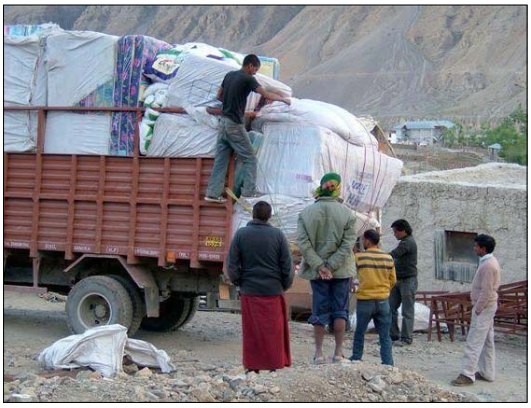
Lama Tashi, who founded the school, ordered all the components, and met the SCAW team in New Delhi. They spent a couple of days in Manali getting used to the high altitude, then it was off to Spiti. We will let them describe what happened next.

Helping Hands

Clarence Deyoung — Halifax, NS

A person without an education is like a bird without wings.

This was a quote posted on the school wall in the Munsel-Ling School in Rangrik, Spiti Valley, Northern India, where Sleeping Children Around the World [SCAW] distributed 380 beds. The quote expresses the strong belief of the school founder and director, Lama Tashi



The beds are delivered

Namgyal.
Although there is a public, government-run school in the small community of Rangrik, in

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the early 1990's only three out of the hundred students passed the final exam since a proper curriculum was not being followed and teachers often did not show up. With concern for the children's future, Lama Tashi jumped into action and in 1996 opened the Munsel-Ling School. *(TRAS has supported his efforts since the beginning – Ed)* Since then he has worked with agencies around the world to the point where from June to September each year — which is the only time of year when the road to Spiti Valley is open — the school is a beehive of activity. This year's activities included students from the Global Health Initiative Program from the University of British Columbia who are there from June to August working *(in cooperation with TRAS – Ed)* on things like:

- Water *(a storage and distribution system);*
- Building greenhouses and showing school staff how to grow vegetables;
- Working on a solar system;
- Doing medical pre-screening of all the students in the school.

Other groups came and went, giving of their expertise. Then of course our team, The Spiti Valley Three, was there to deliver the new beds to the children staying and sleeping at the school. Lama Tashi is a very humble man with only one thing in mind, education for the children of the Spiti Valley and he is making progress. We could not have pulled this off without him. There are twenty-two teachers at the school, teaching children from kindergarten to grade ten. We were pleasantly surprised at the amount of English the children could understand. This is just another example of how much can be accomplished when a group of like-minded people all work for the same cause: children and their future.
In this, our year of the millionth bedkit, thanks to TRAS for giving us a meaningful way to celebrate. Murray and Margaret Dryden would have approved 100%.

A Trip of a Lifetime

Laura Harper — Oakville, ON

The trip to Spiti Valley exceeded my wildest dreams. After fifteen hours flying time from Toronto to Delhi via London, we stayed overnight in Delhi and left the next morning for a three-night stay in Manali to get acclimatized to the altitude. Never have I travelled such winding roads and hairpin turns as we climbed up mountains and down into valleys, through passes with spectacular sights of snow-covered mountain peaks and cascading waterfalls. We passed from green forested landscapes to the barren desolate landscape of Spiti Valley where only a few willows dotted the countryside. The only other vegetation were the fields of barley, peas, and potatoes that were irrigated from the waters from the mountain streams.

Happy girls

Although geopolitically part of India, Spiti Valley is culturally part of Tibet. Life there is much like it has been for the last thousand years. I suspect it is changing since tourists have been allowed to visit since 1995. Monasteries dominate village life and influence all life and culture. The first four days we were in Spiti Valley the Dalai Lama was in Kaza, a town six kilometers from the school where we stayed in Rangrik. Thousands of people from surrounding areas flocked to witness his arrival by helicopter and lined the streets up to the temple for his formal reception. His Holiness held teachings for the next three days and we attended one morning. Unfortunately our radios could not pick up the English translations but it was exciting to be part of the crowd.

On the return journey to Delhi we encountered rain and mudslides which added to the thrill of travel. I can only express my heartfelt gratitude for the superb driving skills of our two drivers. What a privilege it has been to be one of the Spiti Valley Three.

A Special Distribution

Milton van der Veen — Owen Sound, ON

This was a one-time special distribution to help us celebrate 2009, the Year of the Millionth Bedkit. It commemorated a trip that SCAW founder Murray Dryden made to the Himalayas in 1981. Murray delivered a thousand beds (approximately 10 tons) to four remote villages. Murray's trip required twenty-six porters who carried the beds up into the mountains two weeks before Murray and his group arrived. He said, "It was an adventure I will not soon forget."

Old bedframes become shelves

Snow shuts off road traffic to Spiti Valley each November. The beds for the Munsel-Ling School were delivered by truck early in June — just after the roads through the Rohtang Pass re-opened for the summer. When we arrived, there was a lot of excitement as the Dalai Lama was visiting the area and the students all went to Kaza to welcome him. The next three days, most of the children also went with their parents to his teachings at the Sakya Monastery. While the children were away, we took the opportunity to remove the old beds and bedding.

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A Trip of a Lifetime cont'd from previous page

Then the dorm rooms were cleaned and the new beds and mattresses were installed.

We took our photos the last two days we were there. Lama Tashi is planning to reuse the iron from the old beds to make tables and bookshelves for the school. Nothing is wasted. Luckily we had help from the other volunteers at the school, as Clarence mentioned.

As on all Sleeping Children distributions we had to be flexible and ready for anything. *(The UBC students were impressed with the efficient, organized way the SCAW team operated – Ed).* When Murray first started distributing bedkits he would photograph the children asleep in beds, so we thought it fitting to do the same on this distribution in memory of his trip to the Himalayas in 1981. Around ten that evening we went to see the results of our distribution. The sounds of quiet breathing were all we heard and the photo on the left shows what we saw—children sleeping peacefully, just the way Murray would have wanted it.

To read their full reports, go to www.scaw.org and click on Trip Reports. See http://www.youtube.com/user/scawweb for some amazing videos of the trip and the bed delivery.

A NEW WATER TANK

We said there was a new water tank – well, there almost nearly is! When the UBC Global Health Initiative students left in August, it was not quite complete. The water supply to the Munsel-Ling School in the Spiti Valley is spas-

modic and unreliable, and Lama Tashi had asked TRAS to help him build a large water tank and supply system so that the school can depend on a regular supply of this vital resource.

Thanks to TRAS members Doug Eaton and Joan Cockell, we were able to tell Lama Tashi to go ahead.

The building season in Spiti is extremely short, but the tank was well on the way to completion by August. In the meantime, the UBC GHI students tested the water source for the tank, and also the water in the school's well. They found the well water to be free from E. Coli contamination, but the source water for the storage tank was very contaminated. The kids have been instructed to use the hand pump for drinking water for now, and Lama Tashi is using the results of the water analysis, along with photos of the problems with the water delivery system, to pressure the government

Q & A

An interview with the UBC GHI team leaders, Laura Chng and Steve Skitch

Q: Was there any noticeable improvement in the kids' health compared to last year?

A: There was a modest improvement in levels of haemoglobin among the kids, and there seems to be less scabies–a significant decrease. We didn't see too many bed bug bites this year, though lice are still common–difficult to eliminate.

Q: Do you think the new bedding will make a difference to their health?

A: Yes – they will be more comfortable, warmer and there is more space to sleep. This should reduce the spread of skin infections, and as we all know, well-rested kids are able to function at a higher level in school. The new bedding emphasizes to everyone the importance of sleep. The old pillows were like bricks – so filthy and black. Ear infections are common. I am sure the clean pillows will help.

Q: Has the nutrition improved?

A: The greenhouses are up and running, and the vegetables (mainly spinach) were harvested a few times while we were there. The spinach was quite good! It was fun to see the little green plants growing – they now have to deal with an aphid problem, though. The kids were eating their veggies, and at mealtimes they were able to take as much food as they wanted, which I heard was an improvement from before, so that is a good sign!

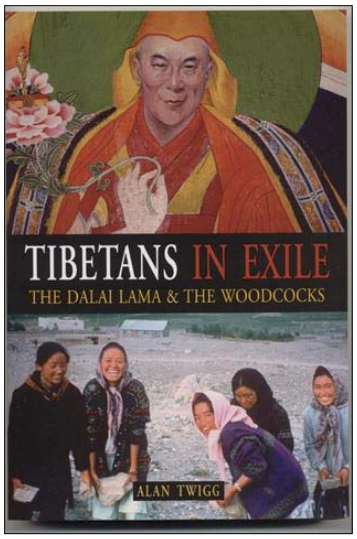
Q: Is the toilet block that the UBC GHI funds paid for being used?

A: The older children are definitely using it regularly, but the little kids are still frightened of falling down the hole! More education is needed here, because the hillsides are littered with feces. We spoke with Lamaji about this and reiterated the importance we saw in toilet use becoming a reality. He seemed quite receptive and helped our August team organize a large-scale toilet block clean-up. So hopefully this will continue to improve. Lama Tashi is the most pivotal voice at the school, and we are sure he will work on this.

cont'd page 8

TIBETANS IN EXILE — NEW BOOK IN STORES NOW....

Remember we told you last fall that a chance remark made by Vancouver author Alan Twigg about owning the Woodcocks' car led TRAS director Jennifer Hales to approach him? Alan knew George and Inge Woodcock well and had long wanted to give Inge credit for the amazing work she undertook with George in founding TRAS and helping the less fortunate. Learning that TRAS was still going strong gave Alan the impetus to start writing a book – and NOW IT'S IN PRINT.



Published by Ronsdale Press in Vancouver, ***TIBETANS IN EXILE: THE WOODCOCKS AND THE DALAI LAMA*** centres around the chance meeting of the Woodcocks with the young Dalai Lama in India in 1961 – a meeting that literally changed their lives, and, subsequently, the lives of thousands of Tibetans and Indian villagers. The book is not so much a biography or a history as it is reminiscences by friends and fellow volunteers about the unique, often frustrating, but always generous Woodcocks. The fascinating extracts from George's writing may well inspire you to delve more deeply into some of the 150 books he wrote. Weaving its way throughout the book is TRAS, the first of the Woodcocks' charitable 'children', the Canada-India Village Aid (CIVA) of Vancouver being the second.

TIBETANS IN EXILE is a fitting tribute to Inge, that very private person who coerced and cajoled so many of us into helping. It puts a human face on grassroots international aid, and is a wonderful example of the fact that – yes – one person can make a difference.

Available in person at the TRAS office or at TRAS events for $20.00 (with proceeds going to TRAS projects), or at fine bookstores for $21.95 (plus taxes). Phone the office for more details 604-224-5133.

BOOK LAUNCH

We invite you to join TRAS and CIVA to thank author Alan Twigg and publisher Ron Hatch at a reception on the evening of

Sunday, October 18, 2009

Contact the TRAS office or check our website for exact time and location. Please RSVP to TRAS (604) 224-5133 by Tuesday, October 13. We look forward to seeing you there!

47th ANNUAL GENERAL MEETING OF TRAS

The 47th AGM was held on Wednesday June 17, 2009, at Langara College in Vancouver. 15 members and guests attended.

President Russil Wvong welcomed everyone. "Thank you for coming tonight! I'd like to keep the meeting relatively brief and informal. After the business meeting, I'll give a slideshow talking about the work that TRAS does.

If you haven't met me before, my name is Russil Wvong, and I'm currently President of TRAS. This is actually my last year as President – I'm stepping down this year, and Jennifer Hales is taking over. I'm sure Jen will do a great job – she's travelled and done volunteer work in both Nepal and Tibet, and of course she's organized the Nepali Film Festival for the last four years.

Looking back, I've really enjoyed serving as President, simply because I believe strongly in the work that TRAS does, aimed at improving the health and education of young people in the Himalayas, and in the grassroots approach that TRAS takes, relying on local NGOs to identify needs and to do the work.

I also really appreciate the decades of experience that TRAS has, and especially the board: it's so helpful to be able to draw on past experience to learn what's worked and what hasn't. Finally, and most importantly, is the truly amazing generosity and commitment of our donors and sponsors.

Heather O'Hagan, our Office Manager for the last two and a half years, is retiring on July 9. I'd like to thank Heather for all of her hard work: she's done an amazing job of single-handedly keeping the office organized, helping donors and sponsors, and supporting and coordinating with the 10 or 11 directors on the board so well. I'd also like to welcome Lise Kosmack, who will be our new Office Manager. She'll be starting the week of July 7, so there'll be a week of overlap, and we are happy that Heather is also planning to continue volunteering for TRAS, donating further training time as needed." Russil presented Heather with a gift from the directors as a token of appreciation for her wonderful help.

Lise & Heather in front of TRAS crafts

One matter under discussion was the possibility of amending the constitution to allow for e-mail notice of the AGM (for members whose e-mail addreses we have; we would continue to notify other members by mail). It was agreed to leave this matter for next year.

Treasurer Rob Asbeek-Brusse told members that the Society is in a good position, and overall funds for both sponsorships

and projects grew last year, with an overall increase in assets of $15,700 over the previous year. The Statements and Audit Report would be presented at the first Board meeting of the fall in September, and be available to members upon request. Rob announced that the Board has managed the Society's affairs prudently over the past year and TRAS is in a financially sound position to continue carrying out its mandate.

A motion to appoint Tompkins Wozny Miller as auditors for 2009/2010 was carried.

The Nominations report was given by Frank Beck. Joan Ford and Dorothea Leach have graciously consented to continue being our Patrons. The following current members of the board stood for re-election:

Frank Beck, Lynn Beck, Rob Asbeek-Brusse, Daphne Hales, Jennifer Hales (as President), Shirley Howdle, Videsh Kapoor, Marion Tipple, Russil Wvong. TRAS Victoria Branch rep: Georgina Henderson.

Frank asked for nominations from the floor. Russil nominated Cheryl Sullivan. A motion to elect this board carried.

Jennifer Hales, incoming President, adjourned the meeting at 8 pm.

Russil and Jen then presented a slideshow giving an overview of TRAS's approach, history, and past and present work.

Russil came to TRAS as our President with little knowledge of the region or the Society, but with a keen understanding of and appreciation for grassroots partnerships with those who need help.

With several directors absent from the AGM, a vote of thanks to Russil for his outstanding administrative skills, which he offers so willingly to TRAS, was postponed until the September board meeting. At that time, Russil was presented with a gift from the directors, who applauded his huge contribution to TRAS. Russil will continue to serve on the board and put his superb computer skills and business knowledge at our disposal in many ways.

Thank you, Russil!

NEW TRAS PRESIDENT

For our new President, Jennifer Hales, TRAS has always been a household name. Childhood memories include being captivated by letters, pictures and hand-drawn maps from her family's sponsored children, Sonam and Dawa in India, and entranced by the large brown-paper, string-tied packages sent by Sister Victorine in Mysore to her mother, Daphne, then the TRAS sponsorship secretary.

On her first trip to India in the early 90s, Jen met Sister Victorine and, through her, found Sonam, by that time married with children in Bylakuppe. After nearly a year in India volunteering and visiting TRAS projects, Jen returned to Canada and joined the TRAS volunteer board. She has served as Youth Coordinator, running two TRAS Nepal Study Tours on grassroots development for Grade 11 students, Events Coordinator, and Vice President. She has also traveled and volunteered in Tibet and Nepal.

Daphne and Jen

Jen is a teacher with a Master's degree in Comparative, International Development Education. She is passionate about TRAS' mandate and approach to grassroots development, and feels fortunate to be in a position to help others. She looks forward to serving as President and to meeting TRAS members over the coming months, and thanks you wholeheartedly for your generous support.

A NEW AWARD

BCCIC celebrated its 20th anniversary on September 18, 2009, with its first awards ceremony. Daphne Hales, TRAS's longest-serving director, received a Global Service Award from the BC Council for International Cooperation!

Daphne joined the TRAS board of directors in 1974. For the past 35 years, she has served in most major board roles, including Sponsorship Secretary and President. Now in her 70s, she is still incredibly active as Projects Director, Newsletter Editor and Handicrafts Coordinator. Daphne is TRAS' longest-standing board member. Her vast knowledge of TRAS' history, overseas partners, and grassroots approach to development is an incredible asset to the organization. Her ability to convey the big picture, and her energy and enthusiasm, are a tremendous inspiration to those of us who are younger TRAS members. Her dedicated, long-term volunteer service to the peoples of the Himalayas is truly outstanding.
- Russil Wvong, Immediate Past President

A NEW DIRECTOR

Our newest board member, Cheryl Sullivan, is taking on the role of Fundraising Chairman and Volunteer Coordinator.

After 30 years in business, primarily in the packaging industry, Cheryl is now working as a business consultant. She has a passion for travel and has visited 22 countries to date. Her trekking trip to Nepal in 2006 led her to TRAS and a desire to help improve the lives of the people living in the Himalayan region. Cheryl is already hard at work making us more efficient and enthusing us with her many creative ideas.

That's Cheryl behind the sunglasses.

A NEW OFFICE MANAGER

If you visit the tiny TRAS office these days, you will be greeted by Lise Kosmack, the new Office Manager for TRAS.

Lise writes: "My passion is education. Having recently moved to Vancouver from Ontario, I feel fortunate to have learned about TRAS and now to be a part of it. With previous administrative experience, my goal is to continue in TRAS's tradition of maintaining an office that is accountable, efficient and approachable. I look forward to getting to know you, the sponsors and donors, who help make children's lives brighter." We are all looking forward to working with Lise, a warm-hearted, friendly person, who is already proving herself to be a valuable addition to TRAS.

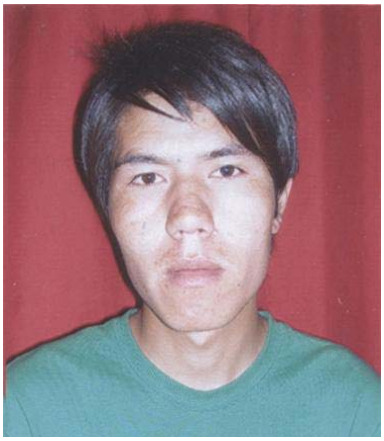
Look for a complete list of current TRAS projects and funding needs in the December newsletter. And for a COMPLETE list of ALL TRAS projects, buy *Tibetans in Exile* and read the pages of projects listed at the back of the book. We hope you will be impressed – but remember, it was only possible thanks to the generosity of the TRAS supporters.

SPONSORSHIP REPORT

The poverty, hardship and struggle to improve their lives continue for the people of the Himalaya. We have been successful in enabling children to go to school; now the challenge is to enable them to go on to higher education so that they may obtain careers, which in turn will benefit not only their family, but their community and generations to come.

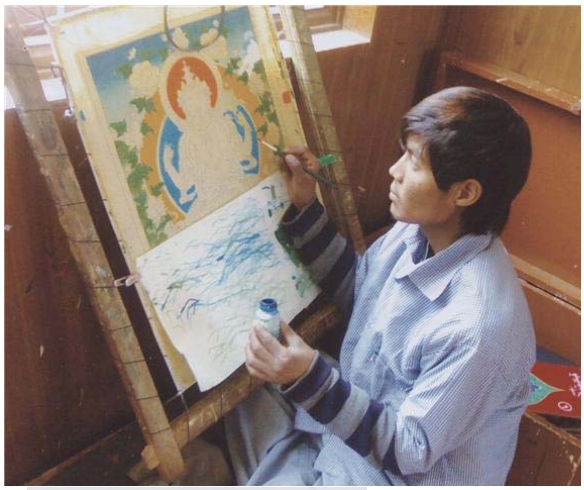
Here are three biographies of talented young students, all of whom have lost their fathers and have grown up in a family on subsistence income. They were fortunate to be admitted to the Munsel-Ling School in Spiti and have proven their worth by graduating with good marks. They now wish to study further in their chosen careers, but without your help this will not be possible.

TRAS also has a waiting list of younger children who need the help of a sponsor. ($400/annum)
For more information, please contact Lise at the TRAS office 604-224-5133



Tenzin Kesang, 20

Tenzin graduated from Munsel-Ling School with very good grades. He would like to study computers and take his knowledge back to Spiti to bring the valley into the information technology age. His father, who was the sole earner in his family, died last year and therefore there is no money for Tenzin to study further. He desperately needs a sponsor to be able to continue his education. ($880/annum)



Tenzin Tenpa, 20

Tenzin is a talented painter from Kowang, a remote Spiti village. He is studying to become a Thangka painter. His father died when he was young and his family of 5 are dependent on subsistence farming. With failure of the crops, there is no money for him to continue. Thangka artists are much in demand in this region and on completion of his training he will be able to earn a good living. Please help. ($600/annum)

Sonam Phuntsok, 20

Sonam is an excellent student who has passed the entrance examinations to study Mechanical Engineering. However the fees are too high for his family's meagre income, so he is unable to continue his studies. His father is dead and his mother is the sole support for his family of five. A sponsor for this young man would be greatly appreciated ($1100/annum)

NEWS FROM THE FIELD

Two project reports are in from the Department of Education of the Tibetan Government-in-Exile.

Nurses'Training Project: "The Department of Education of the Central Administration of His Holiness the Dalai Lama (CTA) oversees the education and welfare of approximately 28,000 students in 77 schools in India, Nepal and Bhutan. It also raises funds and runs scholarship programs for higher education in conventional as well as traditional studies. These higher studies include general university degrees, professional and research courses.

Some 1,000 Tibetan students graduate from high school every year and look for pursuing higher education in various colleges and universities in India. However, the scholarship sources are limited. The Department is able to provide at present from all sources around 150 scholarships per year for all types of higher studies. Around 450 – 500 applicants turn up for these scholarships. Hence the need for more scholarship funding is a priority.

TRAS is currently providing scholarships for 13 nursing students. One of these, Tenzin Phakdon, has completed her four-year B.Sc. Nursing this year. The other twelve continue with their studies. Results are usually posted in October, and if they are doing well, the students will be given the next instalment of their TRAS scholarship". **Congratulations to Tenzin Phakdon**!

Tezu School Library Project: In this report, the Department of Education explains that up to Grade 5 in the Tibetan schools in India, all instruction is given in the Tibetan language. With the aim of improving the school libraries in remote, poor Tibetan settlements, improving access to books and improving the reading habits of the children in these settlements, the Department of Education requested TRAS to supply Tibetan and English books for the Tezu Tibetan Settlement elementary school library.

Children watch as books are unpacked

Thanks to assistance from **Libraries Across Borders**, TRAS was able to send $3,000 to this project.

The report states: "Although most of the Tibetan schools have a school library, there is a lack of variety in the books. To encourage students to form the habit of using the library and reading, the Department has purchased 983 books and has also sent along 133 'free distribution' books. Soon after the funds were received, Tibetan story books, puzzle books and others were purchased, as per the recommendation of the Settlement Officer and Mr. Phuntsok Dorjee, the teacher in charge of the library ('library in charge'). The balance of the funds was sent to Tezu to be utilized to purchase English books from the nearest market.

The Tibetan and English story books are kept in the library, for general circulation. Each student has received an English-Tibetan dictionary. The students are benefiting greatly from the dictionary and the Tibetan story books, puzzles, quiz books and teaching aids." It is interesting to see, in amongst the Tibetan titles, such books as *Gulliver's Travels*, *Amazing Fairy Tales*, *The Plant Kingdom*, *The Oxford Atlas* and joke books. The Department has access to several 'free distribution' titles, including *D for Dolphin* and *The Tales of Olga da Polga*. Sounds like fun!

Checking the books for the library against the list

In its earlier statement supporting the request for books, the Department stated that "The literacy rate for adults in Tezu Settlement is less than 50%. This project will definitely encourage children to become literate. The Settlement Officer will definitely encourage both parents and children to utilize the reading habit and gain knowledge".

A propos of this, TRAS has just received a request from the Mothers' Association for the scattered villages around Tezu asking for an adult literacy course to be started. The 208 women, in 5 groups, would meet one hour a day, five days a week for a year with a volunteer teacher of Tibetan, to whom they would give an honorarium. The amount they request is small: the results could be huge. We wonder if the new books have spurred the mothers into action. TRAS is looking into this, because it could also impact favourably on the children.

TRAS

Supporting health and education for children and youth in the Himalayas

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Q & A cont'd from page 3

Q: Did you get the health curriculum, which you created, started in the classrooms?
A: We did. The teachers were generally receptive, particularly those with the younger children. Some of our team wrote a 'handky' song, which was quite a hit! We held focus groups and explained things to the teachers. We met a group of nursing students, originally from the Spiti Valley, who are now training in New Delhi. We collaborted with them and are hopeful they will take the lead in delivering the health curriculum in the future.

Q: Was the healthcare centre being well used?
Yes! Cchewang, the nurse, is working out really well, and so are the housemothers, who have the most contact with the children. The August GHI team spent time working with them on a holistic approach to health and nutrition.The centre is a bright, warm place. We saw many little kids just resting and recuperating after bouts with diarrhea (a common problem) – lovely to have space for this. All the children come and get help for all sorts of little ailments, and so do the construction workers working on the school building projects.

The trial solar panel

Q: Anything else?
A: More handwashing and showering are helping. One team built a trial solar panel from materials sourced locally. It worked modestly well heating water, and its success is indicative that solar panels could be successful at Munsel-Ling. If Lama Tashi is interested, we can work on this with him next year. The school has accomplished so much! They are a vibrant people, and so enthusiastic – the land may be desolate, but the people are marvellous!
THANK YOU, UBC GHI teams!

COMING EVENTS

September 22–25
Tibetan Sacred Art Tour. Monks from the Gaden Jangtse Monastery will create sand mandalas and butter sculptures at the Dr. Sun Yat Sen Garden, Vancouver.

Daytime: Sept 22 – 25, 11am-4pm $10.00
Evening: Sept 23 and 24
An evening of sacred music. $18.
Call 604-662-3207 for information and to reserve.

September 27 and 29:
His Holiness the Dalai Lama will give talks in Vancouver at the Chan Centre and the Orpheum.

Saturday, October 3:
UBC Global Health Initiative teams present a slide show about their fascinating summer at Munsel-Ling School in the Spiti Valley. Location and time to be announced. Please contact the TRAS office at 604-224-5133 for info.

Sunday, October 18: Join TRAS, CIVA and author Alan Twigg for the BOOK LAUNCH for '*Tibetans in Exile*' (details on page 4).

November 7 & 8
InterNation Craft Market, Heritage Hall, Main Street, Vancouver.

November 28 & 29
InterNation Craft Market, Van Dusen Gardens, Oak Street, Vancouver.
TRAS will sell handicrafts and THE BOOK at these events. Phone the TRAS office nearer the time for details, or check the TRAS website www.tras.ca