

Tibet

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PRESS WATCH

SPRING 2014
A publication of the
International Campaign for Tibet

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KARMA

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IT'S THE RIGHT THING TO DO — IT'S GOOD KARMA.

From the President



TIBET PRESS WATCH

The International Campaign for Tibet works to promote human rights and democratic freedoms for the people of Tibet.

Founded in 1988, ICT is a non-profit membership organization with offices in Washington, DC, Amsterdam, Berlin and Brussels and a field office in Dharamsala.

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Dear Friends,

Optimistic. That is the feeling that has struck me most during my first few months as President of the International Campaign for Tibet as I have had the benefit of witnessing firsthand the commitment of the ICT community. Although there are many challenges ahead, I am energized by the dedication, generosity and passion of our members, staff and other friends of the Tibet movement, and I deeply believe that together we can have an immense impact in working toward greater freedoms for Tibetans.

One of the first experiences I had in my official capacity as President of ICT was my February trip to Dharamsala and Delhi, India, for meetings with His Holiness the Dalai Lama, the democratically elected Tibetan leadership in exile, and Tibet support groups. I took great encouragement from these meetings. Topics discussed included rising international concerns regarding China's policies in Tibet; the strengthening of cooperation between ICT, the democratically elected Tibetan leadership in exile and Tibet support groups; and new strategies for helping the people of Tibet realize their aspirations of a peaceful future. All in all, it was a most productive and uplifting journey.

Additional good news for our movement, which you can read on the following pages, includes the impact of ICT's advocacy efforts in the U.S. Congress as well as the European Parliament. You will also find a fascinating column on *tsampa*—a staple of Tibetans' diet and key component of Tibet's distinctive culture.

As for news I wish did not exist to report, the number of self-immolations by Tibetans in Tibet has continued to rise. Although it is distressing to contemplate these non-violent acts of protest, we owe it to the memories of these selfless Tibetans to honor their ultimate sacrifices by standing united with all Tibetans.

Please also note the special report by ICT's Director of Government Relations, Todd Stein, on the growing influence of the People's Republic of China. Funded by the Chinese government and acknowledged by one Communist Party leader as "an important part of China's overseas propaganda set up," Confucius Institutes have sprung up on the campuses of some 300 universities in more than 90 countries—putting academic freedom at risk and complicating our efforts to make the truth about the Chinese regime's unjust policies in Tibet known to the world.

As we press forward with ICT's work—buoyed by good news and determined to curtail the bad—I remain confident that the ideas of freedom, autonomy, coexistence and democracy are much stronger than those of oppression, dictatorship, racism and intolerance. My confidence is reinforced by the progress we are making towards strengthening our movement thanks to your enduring commitment, which is a precondition to achieving freedom in Tibet.

In unity,

A handwritten signature in blue ink, which appears to read "Matteo Mecacci". The signature is fluid and cursive.

Matteo Mecacci
President

Cover: Recent media reports suggest that Confucius Institutes, billed as organizations for cultural exchange, actually support the dissemination of Chinese government-sponsored propaganda at universities in the West. See our Special Report on page 6.

In the News

Hundreds of Tibetans Gather in Third Peaceful Protest for Imprisoned Lama

February 10, 2014

A huge crowd of Tibetans gathered in eastern Tibet on February 10 to call for the release of a respected Tibetan lama who was imprisoned in December and may face criminal charges. The gathering followed a rare silent vigil outside a prison on January 15 to protest the detention of Khenpo (“Abbot”) Kartse (Karma Tsewang), indicating the strength of concern about the popular monk, who is said to be seriously ill.

The latest protest occurred on the last day of a five-day prayer festival (Monlam) held at Japa monastery in Nangchen (Chinese: Nanqian) county in Qinghai’s Yulshul (Yushu) Tibetan Autonomous Prefecture. The crowd dispersed after they were assured that the people’s concerns would be addressed “in a few days.”

The peaceful gathering followed two earlier protests—the prison vigil, and a protest of hundreds of monks joined by local people who gathered to call for his release on December 12, 2013.



Khenpo (“Abbot”) Kartse (Karma Tsewang), a beloved lama, has been imprisoned in Tibet since December. He is said to be seriously ill.

Congress Hears from Next Ambassador to Beijing; Approves Tibet Funding

January 28, 2014

In testimony given before the U.S. Senate’s Foreign Relations Committee on January 28, the Obama Administration’s nominee to become the next Ambassador to China, former Senator Max Baucus, affirmed his commitment to upholding the U.S. government’s long-standing support for the Sino-Tibetan dialogue process, last held in January 2010, by stating that he would call on Chinese authorities to “restart substantive talks with the Dalai Lama or his representatives, without preconditions.”

Last year, in its annual “Report on Tibet Negotiations,” the U.S. State Department found that “[s]uch a dialogue provides the best hope for alleviating tensions in Tibetan areas and would contribute to the overall stability of China.” On the other side of Washington, DC’s Capitol Hill, the U.S. Congress has once again made a strong statement in support of the Tibet issue,

setting aside nearly \$19 million for Tibet-related programs for fiscal year 2014. Many thanks to all of our ICT members who took action and urged their Members of Congress to stand up for Tibet in 2013—your voices have been heard!

Fire at Important Tibetan Institute

January 10, 2014

A fire broke out in the monastic encampment of Larung Gar (Serthar) in eastern Tibet during the evening of January 9, 2014. According to Tibetans in the area who posted photos on social media, at least 100 homes of nuns living at the religious complex were burnt down. Images showed plumes of smoke against the night sky arising from a massive blaze that spread quickly among the modest wooden dwellings. There were fears that the fire would spread to the main temple.

Lit butter lamps or electrical problems may have been the cause of the blaze, though details of the circumstances remain sketchy,

and there has been no information about injuries. The sprawling hillside settlement of Larung Gar, home to Serthar Buddhist Institute in Kardze (Ch: Ganzi) prefecture in Sichuan, is one of the largest and most important religious sites in Tibet.

European Parliament Report Condemns Human Rights Abuses in Tibet

December 13, 2013

A new report adopted by the European Parliament raises strong concern about the human rights situation in Tibet, detailing the high number of self-immolations, displacement of Tibetan nomads, religious repression, and the threats to the survival of the Tibetan language.

Although not binding, the European Parliament report sends a strong political signal to other EU institutions on what priorities they should adopt in their work on human rights issues. The annual report on human rights and democracy was adopted by the Parliament on December 11.

This year's report saw the addition of a new section on Business and Human Rights, stating that European companies should respect human rights standards in all their business and trade activities, including when operating outside the EU and when cooperating with authoritarian regimes.

Tibetan Parliamentarians Conclude European Tour with UK Visit

December 4, 2013

Five Tibetan Parliamentarians, in a delegation led by Speaker Penpa Tsering, concluded a European tour hosted by ICT last week with an eight-day visit to the UK. The delegation was in Britain prior to Prime Minister Cameron's visit to China (December 2–4).

The group had a full schedule of meetings with UK Parliamentarians, speaking engagements, and cultural visits in London, including a meeting with British House of Commons Speaker John Bercow, who hosted the Dalai Lama in his chambers in June, 2012. Mr. Bercow expressed strong support for the Dalai Lama and the Tibetan cause during the meeting.

Ideas, Advocacy and Dialogue on the ICT Blog

Read more at weblog.savetibet.org

This is How China Preserves and Develops Tibetan Culture

By Bhuchung K. Tsering, March 26, 2014

Claiming to "preserve and develop" Tibetan culture, an NGO set up by the Chinese government launches propaganda campaigns against critics of Chinese policies.

Chinese Misrepresenting Tibetan Aspirations

By John N., March 12, 2014

In the aftermath of the Dalai Lama's meeting with U.S. President Barack Obama, a Chinese narrative says both Chinese and Tibetans are "offended" by the meeting, in spite of evidence to the contrary.

What is This "Middle Way" the Dalai Lama Preaches?

By Bhuchung K. Tsering, February 25, 2014

The latest meeting between His Holiness the Dalai Lama and President Barack Obama has led to the Chinese Government asking the question, "What is this 'middle way' the Dalai Lama preaches?"

My Days in Dharamsala

By Matteo Mecacci, February 19, 2014

I just finished my first trip to India as ICT's President—where I met the Dalai Lama, the Tibetan leadership in exile, and numerous Tibet support groups. It was an encouraging and uplifting experience.

Global Initiatives

Highlighting activities on behalf of Tibet by our offices around the world

Tibet Lawsuits in Spain

At a conference on universal jurisdiction at the University of Valencia, Spain, in November 2013, ICT gave a presentation on the significance of the Tibet lawsuits. At the same conference, senior lawyers and international law experts commented on China's reaction to the recent Spanish criminal court rulings against China's former Party boss Hu Jintao and five other Chinese leaders. They spoke following the order on November 18 for arrest warrants to be issued against five Chinese leaders, including former President and Party Secretary Jiang Zemin, for their policies in Tibet. This follows the news on October 9 of Hu Jintao's indictment for genocide in Tibet.

The Confucius Institute at the University of Valencia sought to pressure the academic authorities by hosting a two-day event promoting officially sanctioned Chinese culture. A Tibetan witness in the case was denied a visa to travel to Spain and speak at the event. On February 11, 2014 the Spanish Parliament voted to move ahead with a disappointing bill limiting the power of the judiciary to investigate human rights abuses committed outside the country, following pressure from China. Then on March 5, it was announced that the opposition Socialist Party would appeal to the Constitutional Court against this legislative move. ICT continues to follow this issue and work to encourage the enforcement of the arrest warrants.

Screening of *Leaving Fear Behind* in the European Parliament

MEP Leonidas Donskis (ALDE, Lithuania) and ICT screened an important documentary on Tibet in the European Parliament on January 21. *Leaving Fear Behind* is a rare film featuring interviews

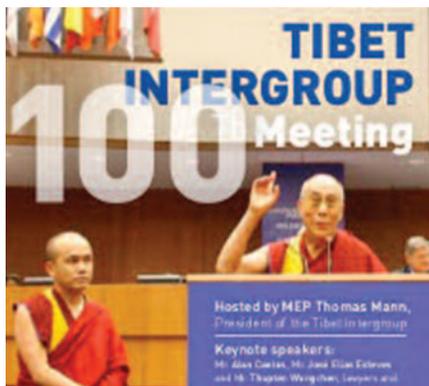


Third Annual Tibet Advocacy Day in Australia

On March 17, Tibetans from across Australia travelled to Canberra to meet with Parliamentarians and call on the Australian government to increase its efforts on Tibet. Over the past three years, Tibet Advocacy Day has helped amplify Tibetan voices in Australian government and counteract Chinese propaganda.

with Tibetans across Tibet boldly expressing their views about His Holiness the Dalai Lama, the Olympics and human rights. Dhondup Wangchen, who traveled across Tibet to record the interviews, has been imprisoned for six years as a result of the film.

event with Kelsang Gyaltsen, Special Representative of the Dalai Lama to Europe, and ICT's President, Matteo Mecacci. Keynote speakers included lawyers in the recent groundbreaking Tibet lawsuits in Spain and the main plaintiff in the case.



100th Tibet Intergroup Meeting

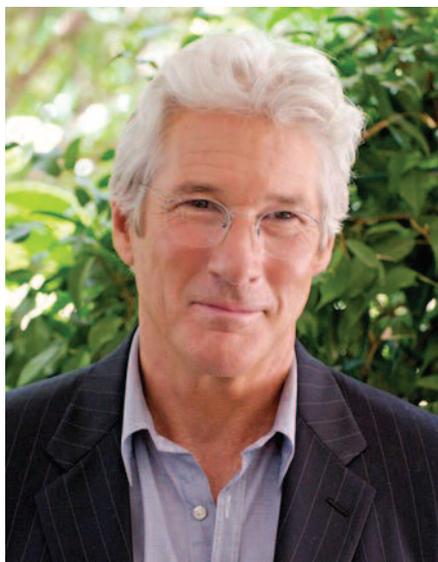
On February 19, the European Parliament held its 100th Tibet Intergroup meeting, hosted by MEP Thomas Mann, President of the Tibet Intergroup. For this occasion, ICT co-organized a special

Appeal to the UN High Commissioner for Human Rights

Over 5,600 ICT and Australia Tibet Council (ATC) supporters urged Navi Pillay, High Commissioner for Human Rights, to raise the issue of grave human rights violations in Tibet in her opening statement at the 25th UN Human Rights Council Session in Geneva, Switzerland, in March 2014. While she did not specifically raise the issue of human rights violations in Tibet in her opening statement, ICT continues to urge her and the UN to speak up for Tibet, as was done on March 20 when ICT made a statement regarding the adoption of China's Universal Periodic Review (UPR) report to ensure that China's ongoing violations in Tibet do not go unnoticed.

Impact Report

Thank you for your continued support



Chairman Richard Gere generously matched donations by ICT supporters on behalf of Tibet.

Matching Gift Campaign

Last fall, we issued an appeal for support in order to allow us to move ahead with plans for strengthening ICT's pro-Tibet advocacy, expanding our direct engagement with the Chinese people, and advancing the cause of Tibetan self-determination. ICT Chairman Richard Gere offered to match each donation dollar for dollar up to \$250,000. **Thanks to our members, we exceeded our goal by raising \$315,445 in just 2 months, bringing our total to \$565,445 for Tibet.**

These funds will allow us to pursue a variety of strategic goals for 2014, including intensifying our political advocacy worldwide to call on democratic governments to support Tibetans' fundamental human rights, among many other efforts that could not succeed without your vital support and commitment to the people of Tibet. We are so grateful to Richard for his continued generosity toward the Tibetan people.

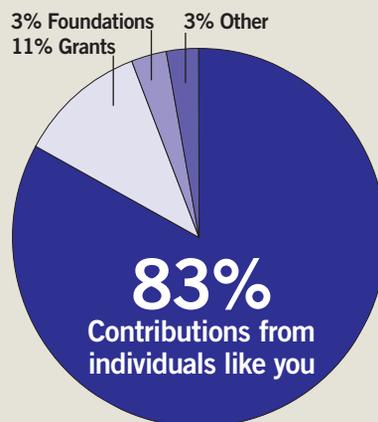
2013 Annual Review

ICT members helped make 2013 a very meaningful year for our efforts on behalf of Tibetans. As a result of your hope and determination on behalf of Tibet, we were able to surpass prior years. Your support allowed us to:

- ✓ Provide testimony that helped compel Spain's National Court to issue arrest warrants against five Chinese leaders, including former President and Party Secretary Jiang Zemin, resulting from the Chinese regime's failed policies in Tibet.
- ✓ Conduct our 5th annual Lobby Day on Capitol Hill to appeal for the support of U.S. Leadership in Tibetans' efforts to preserve their culture, religion and identity.
- ✓ Research and report Chinese authorities' crackdowns on Tibetans, including the shooting of Tibetan monks during a peaceful observance of His Holiness the Dalai Lama's birthday.
- ✓ Host a rally for Tibet with other human rights groups to encourage the Obama Administration to prioritize Tibet during bilateral talks with China.

Your generosity helps bring hope to Tibetans in their peaceful struggle against oppression. We thank you for standing in partnership and solidarity with ICT and with the Tibetan people.

2013 Sources of Support



The International Campaign for Tibet relies on the contributions of caring individuals like you. Thank you!

MANDALA SOCIETY YOUR LIVING LEGACY TO TIBET



The Mandala Society is an intimate group of Tibet supporters, committed to helping future generations of Tibetans. By including the International Campaign for Tibet in their will or trust, Mandala Society members ensure that ICT will continue to have the resources to promote a peaceful resolution of the occupation of Tibet, and will be able to help rebuild Tibet when Tibetans achieve genuine autonomy. For more information about Mandala Society membership, please contact Chris Chaleunrath at 202-580-6763, by email to chris.chaleunrath@savetibet.org, or use the envelope attached to this newsletter to request information about the program.

Special Report

By Todd Stein, ICT Director of Government Relations

Battling the Chinese Narrative: The Scourge of “Soft Power”



Todd Stein

We at the International Campaign for Tibet wake up every morning ready to pursue our mission of helping Tibetans inside Tibet in their quest for rights and dignity. But did you

know that the battleground in the struggle to help save Tibet can be as close as your local elementary school?

For the Chinese government, the desire to control the narrative over Tibet is no less vital than the effort to control the lives of Tibetans. Their narrative asserts that Tibet has been a part of China since ancient times, that Tibetans are grateful for the Communist Party’s benefits, and that the Dalai Lama does not have the Tibetans’ interests at heart.

The primacy of propaganda is as old as the Chinese Communist party itself. From the moment they set their sights on Tibet, Chinese leaders sought to shape the story to justify their actions to both domestic and foreign audiences.

...there are strong indications that these Confucius Institutes (CI) serve as Trojan horses for the dissemination of Chinese propaganda in schools.

The powers in Beijing have become much savvier in their propaganda. They now employ 21st-century communication tools along with a more sophisticated use of traditional means.

This is called “soft power,” a term coined by Harvard University’s Joseph Nye to describe the ability of an actor to influence others to get what he wants through co-optation rather than coercion. Much has been written in recent years about China’s “soft power” push in its attempt to assert itself on the world’s stage. This effort covers the range of China’s economic and security interests. But it also brings in Tibet, which Beijing has deemed a “core interest.”

What does this have to do with schools? A lot, actually. Look up your nearby universities. Chances are that one of them has a Confucius Institute—an entity affiliated with the university, organized and funded by a Chinese government-run education organization, whose stated mission is to promote Chinese language and culture and facilitate exchanges.

At face value, there is nothing wrong with promoting Chinese language among American students. And who could object to greater cultural exchange?

But there are strong indications that these Confucius Institutes (CI) serve as Trojan horses for the dissemination of Chinese propaganda in schools. Several universities have refused CIs amidst concerns for academic freedom and free speech. One Canadian university closed its CI after an instructor’s contract forced her to hide her involvement with the Falun Gong spiritual movement opposed by Beijing. Journalists have reported that CIs discourage, if not ban, discourse on

topics “sensitive” to China, like Tibet, Taiwan and Tiananmen Square.

ICT put this to the test. Posing as independent researchers, we asked the CI at a major U.S. university for materials on Tibet. They sent us two books published by the State Council Information Office, the Chinese government’s distributor of official propaganda.

But this Trojan horse is not just for universities. Chinese entities have set up

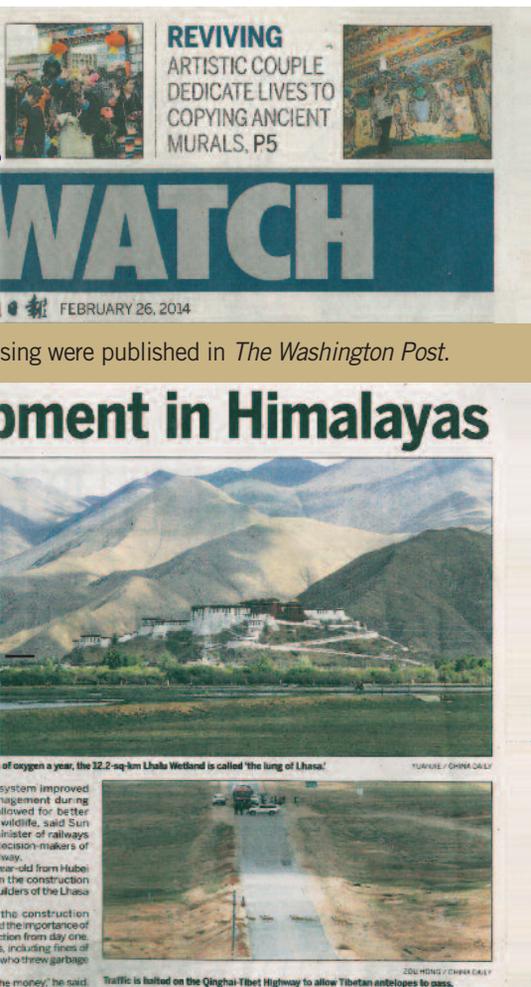


These two examples of "China Watch" adverti

Chinese language-immersion elementary schools in many U.S. cities. We heard from one that discussion on “sensitive” topics is discouraged.

At a time when U.S. newspapers face declining revenues, the Chinese have happily stepped up to buy “China Watch” advertising supplements in major U.S. newspapers, including *The Washington Post* and *New York Times*. These sections are hardly different in tone and propaganda content than the state-run China Daily newspaper. The insidious aspect is that they look like real news sections.

ICT wrote to *The Washington Post* to object to the Tibet-related pieces as deceptive advertising. Unfortunately, *The Post*,



Protestors, likely organized by Chinese authorities, outside of His Holiness the Dalai Lama’s public talk at the National Cathedral in March 2014.

which benefits financially from “China Watch,” defended its practice. It is sad that a major U.S. media company, whose entire existence is based on a free press, would give space to a propaganda vehicle of a state whose deliberate aim is to destroy that paradigm.

China also promotes its soft power through China Central Television (CCTV) America, its new 24-hour news network based in Washington, DC. Modeled after CNN and the BBC, it appears to be another straight news outlet, but the issues it covers conform to the wishes of the Communist Party.

One not-so-subtle way Beijing propagandizes on Tibet is by sending delegations of (mostly Chinese) officials or scholars from Tibet to Washington, DC, and other capitals in order to promote its “truth.” Such groups do not appear to engage in a genuine dialogue with academics or the Tibetan-American community. Rather, they meet with policy-makers and pundits in closed-door meetings, and then state-run media report that their perspective on Tibet is being accepted in the West.

Are these efforts having any effect? It’s possible that they have swayed some minds. But on the whole, I think they fail, for two main reasons. One, Americans are disposed not to put too much trust into pronouncements from authoritarian regimes, especially China. Two, Western journalists are professionally trained

to be objective observers and skeptics. They seek to report the truth and to discount propaganda.

Military strategists talk of “asymmetric warfare,” the condition in which the power of one belligerent is much greater than that of its opponent, but the smaller side is able to exploit the larger’s weakness. This is an apt description of the Tibet problem. China has the army, the police, the authority, the money and the mouthpieces. And while conditions remain deplorable for Tibetans, one can argue that, in public relations terms, the Tibetan side is winning.

Take the recent visit of the Dalai Lama to Washington. He was welcomed by the President and bipartisan leaders in Congress. They spoke supportively of Tibetans’ struggle for rights and autonomy. No one said there was “another side of the story” in Tibet, much less parroted the Chinese line about a liberated Tibet. This is because officials in Washington, who are so often accused of not trafficking in the truth, recognize a genuine truth-teller when they see him.

That said, China’s assertiveness is growing, and they won’t relent on their Tibet narrative. We must remain vigilant so that the stories of truth and justice are not drowned out. Your voices are essential to this effort. Your elected officials, business outlets and neighbors must continue to hear that the Tibet problem is both urgent and resolvable.

Arts & Culture: Tsampa—A Staple of Life



A Tibetan man roasts barley, or "yoe," in large woks as he prepares tsampa.

diet and began grinding them into flours.

The most popular way of eating tsampa is by mixing it with butter tea, another staple of Tibetan life that is made with brick tea leaves, yak butter, and salt. Some Tibetans add yak cheese and sugar as well. These ingredients are kneaded together to form a dough, which can be rolled into a ball and consumed immediately. It is filling and warming, offering a remarkable number of nutrients including a high level of protein. Tsampa can also be added to soups for flavor and texture. Roasted barley grain, before grinding, is also a popular snack among children.

Tsampa is traditionally served in a vessel known as a "tsam-phor," a special wooden bowl fitted with a lid that could be used for both storage and serving at the table. These could be simple lacquered containers or ornately decorated urns, depending on the wealth and status of the owner. While traveling, tsampa is carried in a "tsam-khug", a drawstring bag made of leather and fabric, in which the tsampa can be directly mixed with liquid, kneaded and served straight. Some tsam-khugs may have a special spoon for serving.

Tsampa is also extensively used in Buddhist rites and rituals, such as in the ritual offering of cakes called "torma" and

A staple made of roasted barley flour, "tsampa" is a food unique to Tibet. It is particularly well suited to nomadic life on the Tibetan Plateau, the area known as the "Roof of the World," where elevations exceed 14,800 feet. Barley, which grows well at high altitudes, is the most vital crop of the plateau. A complex carbohydrate that provides exceptional nutrition and long-lasting energy, tsampa probably originated amongst nomadic Tibetans who could easily carry the powder in a leather pouch for long distances without fear that it would spoil. When needed, it could be prepared simply with the addition of liquid—similar to North African bsisia or even English porridge.

Tsampa has been the staple food of Tibetans for hundreds of years, but the importance of tsampa goes beyond food and is deeply attached to Tibetan cultural roots and activities. Tibetans call themselves "tsampa eaters," distinguishing themselves from neighboring India, China and Nepal.

The method for preparing tsampa involves first roasting the barley atop heated sand, then sifting to remove the sand, and grinding the barley into fine flour. Some historians believe that the process of preparing barley for tsampa may have emerged as far back as the Neolithic era, when people became dependent on wild cereals as part of their



Tsampa is made from raw barley (left) that has been roasted and ground to a fine powder (right) for use in many Tibetan dishes as well as Buddhist rituals.

Tsampa probably originated amongst nomadic Tibetans who could easily carry the powder in a leather pouch for long distances without fear that it would spoil.

in the base of butter sculptures. On auspicious occasions, tsampa is often thrown into the air like confetti, with a silent prayer, particularly during Losar (New Year) festivities as well as weddings, birthdays, and other special occasions. The tradition may predate Buddhism and reflect the practice of making a ritual offering to nature spirits. The *Blue Annals*, a landmark work of Tibetan history

written by a Tibetan scholar in the 15th century, contains mentions of barley as a food with incredible life-giving force. It reports that barley was a staple among Buddhist monks on ascetic retreats. At one time in Tibet's history, tsampa was so important that its production and distribution were regulated by special government officials. It is said that wages at that time were also paid largely in tsampa.

Today, tsampa can be found in Tibetan restaurants in the United States and even purchased online. Some Tibetans prepare their own tsampa, while others prefer the convenience of buying it already prepared. But one commonality is certain: Tibetans around the world continue to consume tsampa and to regard it as a food intertwined with their identity.



How to Prepare Tsampa at Home

A recipe adapted from
ICT Staff Member
Tencho Gyatso's blog,
SimplyTibetan.com

Whenever I prepare tsampa, I think of Choe-la, a Tibetan nun who lived with our family and helped look after us children. The tsampa production for our home was something Choe-la really prided herself on, and everyone loved it. It was a complicated and long production. My mother would get barley grown at high altitude from Manali or Ladakh.

Once it arrived, Choe-la would get one or two helpers, and they would start the washing process—which is tedious and time consuming. Then comes my favorite part, which is the roasting. The washed and dried barley is roasted in hot sand until the barley is cooked through—one can smell the roasted barley, or “yoe,” from a distance, like popcorn, and Choe-la would allow us kids to fill our pockets with it to eat on the way to school. Next is the final step of grinding the roasted barley into tsampa flour.

Choe-la always said the best tsampa comes from the “chu-tha,” the water mill. My mother would hire a jeep for Choe-la to take the bags of roasted barley to the “chu-tha” in lower Dharamsala. Back home, my mother made bags of tsampa for every relative and high lama in the vicinity.

Living in the West, there is no Choe-la who to help make tsampa for my family, and we have to resort to making our own. My dear friend Dolkar la kindly shared her tsampa recipe and technique, and I happily share it here with you.

Ingredients:

2-3 lbs hulled barley (available for purchase at Whole Foods and online)

- 1 Put the barley in a large container and wash it under running tap water until completely clean. Gently scrub to remove the loose hull.
- 2 Put the washed barley in a strainer and let the water drain out.
- 3 Fill a large pot with water and heat to a full boil.
- 4 Slowly pour the hot water over the barley, again allowing the water to soak the barley and drain out. Immediately cover with a clean cloth and let stand for about 15 minutes. The steam will slightly cook the barley and make it better for roasting.
- 5 Spread the barley out on a clean cloth and let dry slightly, for about 15 minutes.
- 6 Heat a large wok or frying pan. Once it is very hot, add a portion of the barley and stir continually. Keep adding and stirring until all of the barley is roasted. (This is similar to making popcorn).
- 7 The final step is the grinding. A flour grinder makes the process very easy and is a must if you are grinding a large quantity. If you eat tsampa only occasionally, you can store the roasted barley or “yoe” in an airtight container and grind small quantities with a coffee grinder so it will be fresh whenever you are ready to eat it.

Member Engagement: I Stand with Tibetans

The International Campaign for Tibet is gathering statements from people of conscience around the globe to demonstrate the strength of our movement and inspire others to join in this most just cause. Below is a small sampling of the hundreds of moving statements that have been shared so far. Share what inspires you to stand with Tibetans at www.istandwithtibetans.tumblr.com

BY: JAMES C.

I had the good fortune of being able to spend a week in Lhasa in 1986 with a small group of journalists and photographers. As I wandered alone with my camera, I was so moved by the friendly sincerity of local Tibetans. While wandering the outskirts, I discovered the Drepung Monastery in the hills outside Lhasa. The Chinese government was allowing some of the

monasteries destroyed in 1959 to be rebuilt—I guess as kind of an appeasement.

Tibetans are the most compassionate, awake beings I have ever had the honor of meeting or learning about.

—Mandy G.

While there, I was welcomed warmly by the local monks and pilgrims who were taking part in the (by hand) reconstruction. I met the Tibetan man who was overseeing the re-

construction project—Thuptan Dawa. Fortunately for me, he spoke wonderful English and invited me into his tiny room for a cup of yak butter tea... Aside from wanting to know about me, Mr. Dawa told me his story about having disguised the young Dalai Lama (1959, I think) as a peasant boy and helped to lead him over the mountains into Nepal to escape the approaching Chinese who were searching for him. I felt so humbled and honored that this story would be shared with me.

How true is his story? Does it really matter? I have now been a long time supporter of ICT. While my means do not allow for significant contributions right now, I have designated ICT to be a recipient from my trust—hopefully, a few years yet down the line.

BY: BRUCE H.

I have been following events in Tibet for over 30 years now, ever since meeting a Tibetan 20 year-old in the New Delhi airport while waiting for a flight to London in December 1979. The atrocities and blatant abuse of basic human rights by China in Tibet is almost as unsettling as the ignorance of this by most people in the free world; or the willingness of those who do know about these abuses to ignore them in the name of good

trade relations. I feel that if the knowledge and religion preserved and found in the culture of Tibet were lost it would be a tragic loss for all of humanity. So I think it is the responsibility of anyone who is aware of this to do all they can do to keep it alive.

BY: MANDY G.

Not only has Buddhism taught me so much about myself and the rest of the world, but it has changed my life (and others around me) for the better in so many ways. I am so thankful ... May all beings be happy (and wake up)!

BY: CLOTILDE

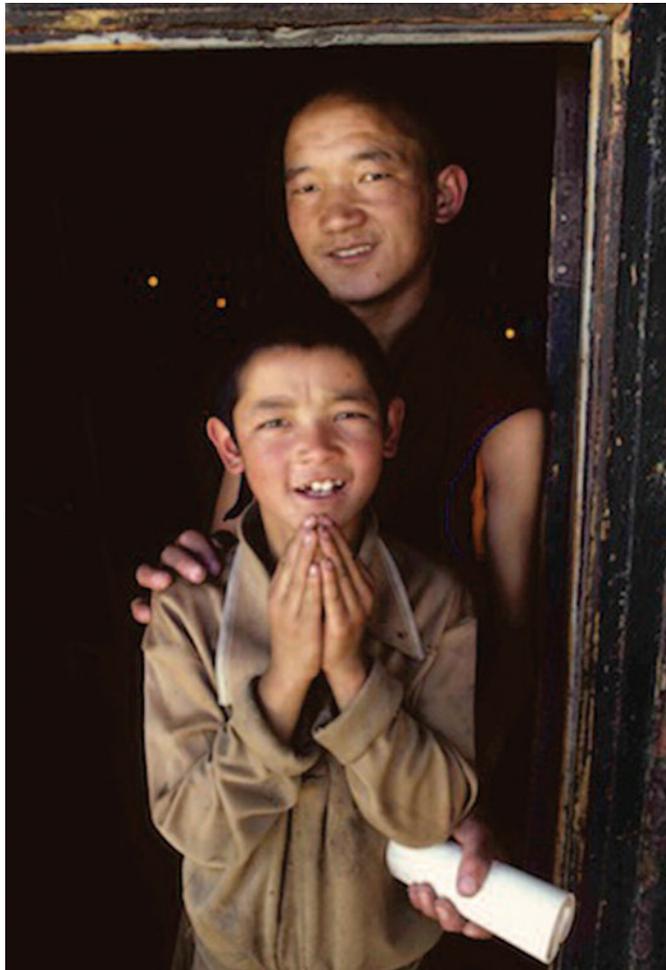
I stand with Tibetans because I hope every indigenous population can be respected on their own lands... I stand with Tibetans because I believe China has the potential to become a great assembly of free people, with every citizen being allowed to exist the way they are, and with human rights being considered in work places and in education. Free Tibet is not a fight against China, it's an uprising walk for a better world everywhere, for everyone.

BY: JUDE

In the practice of their religion, the Tibetan people offer the world a model by cultivating compassion towards those who oppress them, as well as offering them loving kindness blessings. It is critical to all of us that their unique contribution to our world be preserved and enhanced.

BY: JOANNE M.

I promised never to visit Tibet until the Chinese stopped repressing Tibetans, but curiosity got the better of me so I visited Tibet in 2013... I was impressed with the economic development in the big cities, the good roads and rail network, productive farms with modern machinery, Tibetans running businesses, etc... However I was acutely aware of the police control over the daily lives of Tibetans (and tourists!) with constant road checks, paperwork, police presence etc. There was



ICT member James C. posted this photograph taken in Tibet in 1986.

little opportunity to talk to rural Tibetans as we were rushed from monastery to monastery, hotel to hotel, pass to pass ... Our guide explained that every time there is a protest or uprising, the police clamp down and make life difficult for everyone. My hope is that a new generation of Chinese politicians will develop a humanitarian approach to governing that will allow Tibetans and all ethnic groups to live with dignity and freedom.

If we want to win this war against the powerful ideology of the Chinese government, then we need to stay united.
—Tenzin

BY: TENZIN D.,
Tibetan refugee in India

Tibetans in Tibet are experiencing their worst nightmares. They are being tortured, put into prison, restricted to limited resources, deceived and not even allowed to practice their own culture and traditions. Their human rights have been snatched by the Chinese Communist government. They are frustrated, angry, harassed.

If we want to win this war against the powerful ideology of the Chinese government, then we need to stay united, we have to stick together. And for this unity to become strong enough to challenge one of the most powerful nations in the world, each one of us needs to feel and understand our duty. So for this unity to prevail, I stand with the Tibetans.

BY: ERICA I.

Why do I stand with Tibetans? I'm a Holocaust escapee. I was born in Vienna, Austria, the year Hitler and the Nazis arrived ... We fled and we were able to get to the Czech Republic. When that fell, we ran to France. We were able to escape from France before it fell by taking a boat to Cuba. In Cuba we waited to get "papers" to get into America. I grew up different from all the other Jewish kids in my neighborhood. They were American Jews. So it's been easy to identify with the Tibetan people in exile from their homeland. And that's the historical basis for my empathic connection to the Tibetan community. Much love to you who read this.

I stand with Tibetans because I hope every indigenous population can be respected on their own lands.

—Clotilde

Thank you to all of our friends and supporters who have shared your inspirations for Standing with Tibetans!

**Haven't shared your thoughts yet?
Tell the world why you stand with Tibetans:
www.istandwithtibetans.tumblr.com**

Inside Tibet

Ongoing Self-Immolations Amidst Violence from Chinese Police

Eight additional self-immolations have occurred since September 28, 2013, bringing the total to 130 self-immolations. 129 of these have taken place since March 16, 2011. With sadness, we present those individuals who have most recently chosen this non-violent act of protest.

NOVEMBER 11, 2013



According to a report from various sources, a monk named Tsering Gyal, 20, set fire to himself in Pema (Chinese: Baima) county in Golok

Tibetan Autonomous Prefecture, Qinghai (the Tibetan area of Amdo). He was taken to a hospital nearby after police extinguished the flames, and it is not known if he is still alive. Tsering Gyal was reported to be a monk from Akyong monastery, which follows the Jonang tradition of Tibetan Buddhism.

Wellbeing: Unknown

DECEMBER 3, 2013



A Tibetan father of two named Kunchok Tseten set fire to himself in Meruma Township in Ngaba, sparking protests as local people tried to stop

police from taking him away after he collapsed in the road in flames. Kunchok Tseten's wife and some relatives have disappeared and are believed to have been taken into custody. Kunchok Tseten was heard shouting loudly as he ran down the road ablaze, calling for the long life of the Dalai Lama, for His Holiness to return to Tibet, and for Tibetans to be united both within Tibet and in exile. A Tibetan with contacts in the area told Radio Free Asia: "Even after he collapsed, he was seen by local witnesses folding his hands together in prayer."

Wellbeing: Unknown

DECEMBER 19, 2013



Tsultrim Gyatso, a highly respected 41 year-old monk from Amchok Monastery, in Sangchu (Xiahe) county Tibetan Autonomous Prefecture, Gansu,

immolated himself on December 19. He died instantly, and local Tibetans and monks quickly took his charred body to his monastery. Sources said that over 400 monks gathered to recite prayers and conduct rituals at the deceased's residence at the monastery.

Wellbeing: Deceased

FEBRUARY 6, 2014



Father of two Phagmo Samdup, in his late twenties, set fire to himself in Dokarmo town in Tsekhog (Chinese: Zeku) in Malho (Chinese: Huang-

nan) Tibetan Autonomous Prefecture, Qinghai, the Tibetan area of Amdo. It appears not many people witnessed the self-immolation. According to Tibetan sources, Chinese security forces took his body to Ziling (Chinese: Xining) prefecture, and his remains were cremated and his ashes thrown in the Machu River (Yellow River).

Wellbeing: Deceased

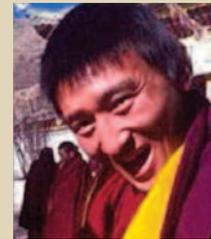
FEBRUARY 13, 2014

A former Kirti monk set fire to himself on the main road near the monastery in Ngaba (Chinese: Aba) county town, after attending a monastic mask dance that morning. Lobsang Dorje, 25, was still alive when he was taken away by police. Kirti monks in exile said: "As they were

driving him away in the back of a pickup van covered with black canvas, he sat up and joined his palms, but the policemen pushed him back down." Lobsang Dorje set fire to himself in the same street as Kirti monk Tapey, who was the first Tibetan in Tibet to self-immolate five years ago in February 2009.

Wellbeing: Unknown

MARCH 16, 2014



According to *Radio Free Asia*, 20 year-old monk Lobsang Palden (pictured above,) self-immolated in Ngaba (Chinese: Aba) county town to

protest the violence of March 16, 2008 in Ngaba, when Chinese police opened fire on a crowd of Tibetans, killing at least 10, including one monk. Another male monk, whose identity is unknown, self-immolated the same day outside the Sonag monastery in Tsekhog county's Jador township.

Wellbeing: Both Unknown

MARCH 29, 2014



A female Tibetan called Dolma, reported to be 31 years old, set fire to herself outside a monastery, the first self-immolation in Bathang county,

Sichuan (the Tibetan area of Kham). When Tibetans who were circumbulating the Ba Choede monastery, a traditional religious practice, witnessed the self-immolation, they managed to extinguish the flames and take Dolma to a hospital.

Wellbeing: Unknown

Take Action!

Calling All Supporters:

On February 21, the same day His Holiness the Dalai Lama met with President Obama at the White House, the State Department named Sarah Sewall the next Special Coordinator for Tibetan Issues, a position that had been vacant for a year. As has been customary, she concurrently serves as the Under Secretary for Civilian Security, Democracy, and Human Rights.

Unsurprisingly, Beijing quickly issued a routine condemnation of the appointment. The International Campaign for Tibet has worked closely with Under Secretary Sewall's predecessors and understands the importance of the Tibet Coordinator's role, as mandated by the Tibetan Policy Act of 2002. We want to show Under Secretary Sewall the strength of our base of support here in the United States.

We ask all members and supporters to sign and return the enclosed petition to ICT in the attached envelope so we can deliver them together for maximum effectiveness. Please consider copying this page and asking friends and family to join in the effort.



PLEASE CLIP HERE:

To: Under Secretary Sarah Sewall, Special Coordinator for Tibetan Issues
From: A Concerned Citizen

Dear Under Secretary Sewall,

We congratulate you on your confirmation as Under Secretary of State for Civilian Security, Democracy and Human Rights, and your appointment as Special Coordinator for Tibetan Issues.

For more than two decades, the U.S. Government has responded to the Dalai Lama's message with programmatic and policy initiatives to support the Tibetan people. This support remains vital, as Tibetans' pleas for dignity and rights continue to be met by a smothering Chinese security presence and information blackout.

I ask for you to show your support for Tibet by:

- Urging the Chinese to re-start the dialogue with Tibetan leaders with the goal of a negotiated and durable settlement on Tibet;
- Providing resources to help Tibetans preserve their culture, religion and language in the face of policies of assimilation; and
- Encouraging the government of China to facilitate and promote the basic human rights and religious freedoms of the Tibetan people.

(Sign Here) _____

Name _____ State _____



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Share us with your contacts and join in the Tibet conversation. The more people who care about Tibet, the bigger the impact we can have!

Small Gifts, Big Difference

The *Friends of Tibet* are a small inner circle of supporters of the International Campaign for Tibet who pledge to make a monthly automated gift. The steady, reliable support of our *Friends of Tibet* gives us the ability to act (and not just react) in defense of the people and culture of Tibet. Take the next step in your support by joining the *Friends of Tibet* today. Enroll online at www.savetibet.org/friends-of-tibet, or by contacting Lizzy Ludwig at lizzy.ludwig@savetibet.org or (202) 580-6767.



His Holiness
the Dalai Lama
recently met with
Sarah Sewall,
Special Coordinator
for Tibetan issues,
in Washington, DC.