



The Thrangu Express

Voice of Himalayan children



Sunday, 11th February, 2018

Issue: 07

SMD (Tashiling) School

www.himalayanchildren.org

SHOT OF THE MONTH



SMD Family wishes you a 'Losar Tashi Delek'. Hope this year of the 'Earth Dog' brings you a lot of happiness and joy in your life.

THOUGHT OF THE MONTH

"When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us."
— Helen Keller

Highlight News

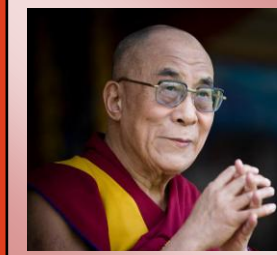
The Pre-Qualifying Test for Grade 10 kicks off



On 1st of February, the pre-qualifying test of grade 10 students for SEE (Secondary Education Examination) just kicks off in the dining hall at SMD School under the supervision of the administrative team. According to the invigilators, 'The students come to test with a quite well prepared than we were expected. Still, they need to prepare more in order to secure a good results in SEE.' This exam will finish tomorrow on 12th February. The grade 10 students will be attending their SEE in March. Mentok Chokyi of grade 10 stated, 'My every exam is going well. For the first time, I didn't feel pressured while taking the exam. I think, it is because I came well prepared.'



Dharma Column: "Better than a thousand hollow words, is one word that brings peace." -Lord Buddha 3 Noteworthy Principle Commitments of H.H. the 14th Dalai Lama



Firstly, as a human being, His Holiness is concerned with encouraging people to be happy— helping people understand that if their minds are upset, the mere physical comfort will not bring them peace, but if their minds are at peace even physical pain will not disturb their calm. He advocates the cultivation of warm-heartedness and human values such as compassion, forgiveness, tolerance, contentment and self-discipline. He says that as human beings we are all the same. We all want happiness and do not want suffering. Even people who have no religious belief can benefit if they incorporate these human values into their lives. He is committed to talking about the importance of such values and sharing them with everyone he meets.

Secondly, as a Buddhist monk, His Holiness is committed to encourage harmony among the world's religious traditions. Despite the philosophical differences between them, all major world religions have the same potential to create good human beings. It is therefore important for all religious traditions to respect one another and recognize the value of their respective traditions.

Finally, His Holiness is Tibetan and he focuses on Tibetan people's hope and trust. Therefore, he is committed to preserving Tibetan language and culture. Ultimately, it is very crucial to preserve and promote our own culture and tradition. At the end of the day, it is the culture that defines us, where we are from and who we are.

Note: This article is rephrased and rearticulated by Editor-in-Chief of TTE.

Source: www.dalailama.com

The Annual Sports Meet Splendidly Marked

On 31st of January, SMD School splendidly marked the annual sports meet. The distinguished guest Tulku Damchoe, general secretary of Thrangu institution, Yonten Gyamtso, the chairman of Buddhist Federation, Acharya Rinchen Sherpa, Khenpo Karma Chophel, the chairman of Thrangu institution, Lama Wangchuk Topden, the school principal and the school director were present for the event. The event was organized by the event manager, Tenzin Loden with assistance from SMD Seniors and teachers.



The event opened with the march-past by respective houses and the school band. The red house won the best march-past. The red house was very surprised and pleased to triumph the march-past. In between, school captain, Dorje Sherpa recited the oath of annual sports meet on behalf of participants. After that, the worth watching aerobic was shown by the school students. It was beautifully choreographed.

Similarly, the track and field games were spontaneously taken place. All the participants gave their sweat and blood for the games. The games were very challenging to watch. The voting from every house was unstoppable. In the meantime, the medals and certificates were also distributed to the winners. The best and cute part of the event was, there were also games for little kids from the junior section. It was very adorable to see small kids running for lollipop on the field.

Eventually, the best athlete from senior boys and girls were given to Ashok Tamang and Kunsang Choden respectively, whereas the best athletes from junior boys and girls were given to Deepak Rajbar and Tsering Yangchen correspondingly. One of the best athletes, Ashok Tamang shared, 'I was very surprised when I heard my name being called for the 'the best athlete'. It was an unexpected and a happy moment. I felt really excited when my friends cheered for me. I am really proud of myself.'



EDITORIAL COLUMN

Showing Off on Losar

The true celebration of Losar is sharing happiness and love with your near ones, not showing off wealth at the events.

Losar is a Buddhist festival, which is celebrated to mark the Tibetan New Year. It is celebrated over a period of two weeks, the festival falls on the first day of the first month of the Tibetan calendar, which usually falls in the months of January, February or March according to the Gregorian calendar. The term Losar has been derived from two Tibetan words, 'Lo' meaning 'Year' and 'Sar' meaning 'New'. This occasion is celebrated by the Buddhist people with great zeal and gusto. People convey their heartfelt greetings by wishing one another 'Tashi Delek', which signifies 'good luck'.

Basically, there are three types of Losars celebrated by different ethnic groups of the Buddhist society. Gyalpo Losar is considered and given preference as compared to others. Most of the Buddhist people celebrate Gyalpo Losar. The first three days of Losar are counted as a very special and is celebrated grandly.

From the past, there is a tradition that on the 3rd day of Losar celebration, rich people come with fancy ornaments, expensive jewelry and wear pricey clothes to show off their wealth at the events. This culture has been practicing for very long and it is still prevailing in the society which is offensive and mugging the poor people. This practice is seen more in the oldies, they find these events an opportunity to brag about their wealth. Almost, every youngsters are not in favor of it.

Definitely, this practice has brought negative impacts in the society because, first of all, it is morally and ethically incorrect to boast wealth in front of poor people. Secondly, according to the law, everyone has right to show off their wealth until it is not affecting others. But, it is hugely affecting the deprived people of our society. The rich and wealthy people tend to show in front of people, those who don't have. So, the middle class family has to prepare jewelries and ornaments in order to not get ashamed and made fun of.

But, isn't Losar more than that...? Isn't it about spreading love and happiness? Isn't it all about sending positive vibes to the ones you love? We think, this festival is all about merrymaking, getting together, giving and taking, hugging each other, forgiving our foes, forgetting sorrows, achieving new achievements and starting a new life. So, this Losar, when you go to your home, please spread positive message about this issue and don't let your family live in the darkness of ignorance. Please, educate your home that the true celebration of Losar is sharing happiness and love with your near ones, not showing off wealth at the events.

On this Losar, we hope to see people enjoying with good health, not showing off abundance wealth. We hope, this Losar brings a lot of happiness, joy and luck in your home.

Note: We are not against Losar celebration and Buddhism. We are, however, against the rich people who show off their wealth to poor people in the festival.

BRANCH SCHOOL COLUMN

Branch School Monks Pilgrimage around Melamchi Ghyang



On 10th of January, the whole family of branch school monks and teachers went to pilgrimage around Melamchi Ghyang where Milarepa, Guru Padmasavava and many other natural appearances of auspicious stone is located. It was organized by the teachers of the branch school with the great support from the school principal, Lama Kunchok Dorje. The trip was for 2 days. It was a very spirited and an adventurous pilgrimage to remember. The little monks were very thankful to all the teachers for an auspicious trip. The school monks were very blessed, happy and refreshed to visit the holy places.

Some of the little monks shares their experience of pilgrimage.

Karma Chokyong, grade 5: My pilgrimage to Melamchi Ghyang was breathtakingly beautiful and I was amazed by the Guru Rinpoche's seat made of stone in the huge area and natural appearance of sun and moon on the stone in Guru Rinpoche's cave. I really enjoyed the pilgrimage.

Urgen Gyalpo, grade 3: This pilgrimage was very different from last year of Maratika. It was full of natural related things of life long journey of Guru Rinpoche. I felt very blessed to have gone on this pilgrimage. May the accumulated merit spread around the world. Thank you to my teachers for organizing this event.



ART GALLERY



Art by Tsewang Dorje, B12.6



Art by Tamdin Tsering, B703a

KNOW ME

Name: Tashi Lhamo
Admission No.: N17
Age: 11 years
Grade: 1'B'
My village: Tsum Valley
My favorite color: Pink
My favorite subject: Tibetan
My favorite game: Skipping
My favorite teacher: Chogyal
My favorite food: Momo
My best friend: Karma Pladen
My aim: Good Nun!
My hobby: Reading fairy tales!

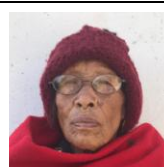


THRANGU MONASTERY COLUMN

Free Medical Camp Productively Concluded at Namu Buddha



On 17th of January, Thranqu Phende Clinic with Karuna Medical International jointly organized a free medical camp at the Namu Buddha for the local people of the Namu Buddha municipality. The free camp regulated for 3 days with experienced doctors and specialists from Nepal and international countries. There were around 32 people to help around the camp. Among them, five of them were SMD alumni. The medical in charge of Phende Clinic, Wangchuk Raptan expressed, 'I am very thankful to Karuna Medical International for providing the best medical care to the local people of Namu Buddha Municipality-1, Kavre. It's been privileged to be working as a coordinator with your team for the past 6 years. Thank you so much for your support. I am very happy to announce that we have treated more than 377 patients. Thank you again to the entire team for the great achievement. I hope you made millions of amazing memories here in Nepal. I am looking forward for next year.'



Some of the local patients have shared their views after getting free medical treatment at the Thranqu Phende Clinic.

Maili Tamang, Dapcha: I got a lot of benefits from the camp. It is very helpful for poor people like us. I feel very lucky to get free medical treatment not only for this particular camp but every day. Thank you to all the doctors and assistants for your help. It means a lot to us.

Santu Maya Tamang, Shyampati: With this camp, I got a lot of health related advices and medicines from doctor without having to pay anything. I am a lot more aware than before about my health problems. The best part was I was able to explain my problems with doctor because there was a translator to translate everything. My heartfelt thanks to everyone who were associated with it.

NEW VOLUNTEER AT SMD

Shin Kyoo Ni from South Korea volunteered at SMD School for more than a week. He assisted in helping donate 30 brand new LG laptops from Education Minister of South Korea for SMD. In the meantime, he also regulated art class with 'After School Artist' kids. During his stay, TTE was able to take interview with him.

Q.1: Tell us about yourself?

Shin: I am from Korea. My name is Shin Kyoo Ni. I am a professor and businessman. I did PHD in philosophy and I teach at a university. I have two traditional dress companies in back home. I try to make my life masterpiece by giving my first priority at my company to make it successful. Consequently, I travel a lot to help others. I try to balance my business life and my social life to help other by travelling in different countries over the world.



Q.2: How did you get to know about SMD School?

Shin: Since, I am always interested in helping others and I have been trying to help others as much as possible. When I was in London, I met Mrs. Shim, who is also from South Korea. She told me about SMD School. After that, I became interested to help this unique school. So, here I am now.

Q.3: Can you tell us the name of the company that donated the 30 brand new laptops for SMD?

Shin: Education Minister of South Korea is my friend and we have been donating laptops in other countries like in India, Srilanka and Mongolia. So, this time we donated 30 LG laptops to SMD School.

Q.4: How is your art class going on and what is your reaction?

Shin: The art class is going great. All the art students are very enthusiastic to learn art and they are very open. Basically, they all are good artists. Besides, they all are attentive and punctual. Actually, instead of me teaching them, I am learning a lot of new things from them. I found that they are kind and helpful to each other.

Q.5: Share your experiences and opinion about SMD School.

Shin: I am very happy to get to know about SMD school and students. SMD students are all friendly and selfless. I was amazed by their warmness and their kindness towards each other. Moreover, they all are smart, even though their native language is not English their English is very good which surprised me since my university student cannot even speak that good as SMD students does.

Q.6: Do you want to come back to SMD in future?

Shin: Yes, I want to come back at SMD. Actually, I am planning to come back in a year. This time, I did not get enough time to teach students art in detail and Korean language. So, next time when I come back here, I would like to teach them Korean language where they will be able to speak Korean fluently in a week.



Hope Alliance's 3rd Teacher Training Successfully Completed

Like always, this winter, one of the dedicated charities, Hope/Rewa Alliance organized their 3rd free professional development and teacher training for the teachers from different schools at SMD School. The main aim of organizing this training is to support and resource young teachers working in the city and the mountain school to help develop teaching skills.

On 8th of January, the first session of teacher training started with a welcome speech from the team. There were approximately 40 trainees who attended the training, whereas there were 6 trainers. The first session lasted for 4 days.

The 2nd session started on 15th of January. One of the trainees expressed, 'The best part of the training was there were many interesting activities conducted between the training which ultimately helped me to be effective and I really kept learning new ideas in the class.' Altogether, the trainees attended the training for 8 days. On the last day of training, the 'Graduation Night' program was conducted with the presence and distribution of certificates from Graham Murphy, Australian Deputy Head of Mission of Nepal at Hotel Tibet International. Furthermore, Jodi Tweed, senior manager and event manager of charity welcomed and thanked everyone who were associated with the training. Pema Norbu (SMD alum), the chairperson of the charity also gave an inspiring speech. For more information, visit: www.hopealliance.org.au



Trainers' Views

Noel Mansfield: For me, the teaching program was a wonderful experience. of respectful from cultural dialogue. And, the teachers were attentive and keen to learn. I believe that the students and I gained much from the Hope Alliance teacher training and leadership development school.

Josiah Tweed: The trainees who attended the training were always very attentive during the seminar sessions. Speaking in front of many people is often a daunting experience, especially with a group that is not engaged with the talk. The students of the training school, however, have a thirst for knowledge and understanding. This makes them excellent recipients of knowledge.

Karolina Strozek: The students were lovely, polite, and had interesting things to say. Although, some were shy, everyone contributed to the discussions and participated in the games/ activities. They were eager to learn and seemed to have taken something away with them from the talks.

Alma Mansfield: A very positive experience. It's a learning experience for me as I prepare. The students are very attentive and willing to share their thoughts. I have learned more about your culture and understand more about your religion. A privilege!

Trainees' Views

Pemba Norbu Sherpa, Solukhumbu: As, I am seriously committed to the education, this training has helped me immensely. This 8 days training was based on practicality and student-centric method, which further widen my knowledge for teaching.

Bikash Lama, Humla: The experience at teacher training was great and I got to know a lot about leadership and critical thinking. I am experiencing a certain changes as I am trying to implement the things that I learned and I can say without a doubt that the changes are for good.

Phurba Khando, Helambu: The training greatly expanded my understanding of mindfulness and gave me a greater understanding of how it can be used and taught to develop students' self awareness and self management skills. It was very effective I can use this with my students and share with other teacher too.



Losar Tashi Delek!

On this very special and auspicious occasion,
Everyone's house and prayer room is decorated.
Family and relatives gather and meet to share the joy,
Children are gifted with new clothes, doll, and toy.
Everyone wishes each other 'Losar Tashi Delek!'
People enjoy with each other like a family.
They sing and dance to culture, folk song.
Everyone wishes to be happy for life long.
Taking this opportunity, I wish and hope
This Tibetan New Year of 2145,
Brings you a lot of happiness and good life.
Hope to fight against bad lucks and obstacles.
-Sagar Garti Magar, grade 6

Junior Rhyme Competition held at SMD

On January 8th and 9th, the junior rhyme competition was held on 7th and 8th period in the shrine hall, organized by the event manager, Tenzin Loden. The rhyme of Tibetan, English and Nepali were taught to the students of grade 2 and below by their subject teachers. The grades were divided into two categories for the competition where in group 'A', nursery, KG 'A' and KG 'B' were included, whereas in the group 'B', grade 1A and B and 2A and B along with special junior were included.

Every class performed their rhyme of three languages and the winner was announced in the assembly by the organizer and the gift was handed to them.

The winner from group 'A' in English was nursery class, in Nepali was KG'B' and in Tibetan was KG'B'. Similarly, the winners of group 'B' in English and Tibetan were 1A, and in Nepali was special junior class.

Likewise, KG'A' was the best performer from group 'A', whereas 1A was the best performer of group 'B'. They were also gifted in the assembly. One of the students of the junior section, Nawang Dolma expressed, 'I felt very glad while performing rhyme and the competition was really entertaining as well.'



2 SMD Alumni give back to SMD

Yet again, two of SMD alumni, Dhawa Tashi from Tsum valley and Lhundup Sherpa from Sindhupalchowk decided to give back to SMD School. They are financially supporting SMD in the sports section. Through their help, SMD administrative team appointed a new and an experienced soccer coach, Umesh Lama, a former player of Three Star Club (Nepal club). Moreover, SMD bought some new sport equipments.



Dhawa Tashi



Lhundup Sherpa

For information, the soccer training started from this February. The training happens 4 days a week. According to the coach, 'My target is to train and focus more on intermediate students because they will be staying longer period of time at SMD which ultimately help the school to uplift the standard of game.'

SMD family is very grateful to Dhawa and Lhundup for their generous help towards SMD. The school truly appreciates your love and support for SMD. One of the students in the training shared, 'It's been a very long time that SMD kids didn't get the chance to get trained from a qualified coach, whereas we didn't get the opportunity to take part in tournaments, outside the school. This time, we have a good coach and we are hoping to take part in tournaments outside. I am very thankful to the SMD administrative team, Dhawa and Lhundup for your dedication.'



Umesh Lama

The Best Farewell Program Ever

On 1st January of 2018, with a great and a fun year start, grade nine students organized a farewell program for us (the grade 10 students) at Kusal Party Palace near the Boudhanath Stupa. The farewell program was initiated from 1:00 pm till 8:00 pm. The manager of the farewell program, Tsewang Dhundup of grade 9 was the one who reviewed the overall program for us. Almost everything was on time, except for the entry part where we grade 10 girls were very late. Because we were so caught up in being ready that we forgot to look at the time. We want to apologize the grade 9 students for making them wait for us on such a special day. I want to suggest the upcoming grade 10 to value their time and the effort that the grade 9 will put in, in the future.



After entering inside the party palace, I could predict many interesting things were going to happen because the decoration itself was mind-blowing and beautiful. With no doubt, I was right! The grade 9 students offered us good snacks at the beginning and delicious dinner at the end. In between, there was a lot of funny games and soothing music program which I thoroughly enjoyed and I also took part in them. Most precious part was, we were given special gifts as a token of love from grade nine students.

Oh! I forgot to mention about the dinner gathering that was organized on 29th of December by grade 9 students for us (grade 10) along with the senior administrative team and subject teachers at Mayum Restaurant. This was quite official and inspiring one because every teachers and administration team shared their views and advised us to work hard and inspired us to achieve what we really want to achieve. It was really a night to remember.

I really enjoyed both of the days, so much that it would never be forgotten. I guess my mates did too! We were extremely grateful and happy but at the same time, we felt emotional because the programs truly reminded us that we have to leave this school soon. Anyway, the best thing was that we all enjoyed on that days and nights. We would like to express our hearty gratitude to grade nine students and study your best. Eventually, I would say, 'It was the best farewell program ever and ever.' -Lhakpa Yangchen, Grade 10

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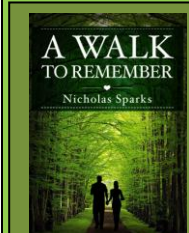
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Follow-up News:

ASA Almost Complete Painting the Children Park
The 'After School Artists' (ASA) members are determined and hoping to complete their painting project around the children's park of SMD School by Losar break. They have been working on it for quite a long time and they are almost there. The little kids are eagerly waiting to play in the park. Moreover, they are very thankful to the 'ASA' team as well. One of members shared, 'We are doing our best to complete it before Losar. Let's hope for the best.'



A BOOK REVIEW



'A Walk to Remember' is a novel written by Nicholas Spark, an American romance novelist. He has written many books which have influenced many people all over the world. Each and every book that he has written is very popular and interesting. I love this particular book a lot. Actually, I wasn't influenced by the cover, but I was influenced by such an interesting story. This story is based on love and about the social worker.

Every April, when the wind blows from the sea and mingles with the scent of lilacs, Landon Carter remembers his last year at Beaufort High. It was 1958, and Landon had already dated a girl or two. He even swore that he had once been in love. Certainly, the last person in town, he thought he'd fall for was Jamie Sullivan, the daughter of the town's Baptist minister. A quiet girl who always carried a Bible with her schoolbooks, Jamie seemed content living in a world apart from the other teens. She took care of her widowed father, rescued hurt animals, and helped out at the local orphanage. No boy had ever asked her out. Landon would never have dreamed of it. Then a twist of fate made Jamie his partner for the homecoming dance, and Landon Carter's life would never be the same. Being with Jamie would show him the depths of the human heart and lead him to a decision so stunning it would send him permanently on the road to manhood... I recommend you to read this book during your quiet times because it is a good read. This book will definitely make you cry if you are a loving and a caring person. Yes, the book is pretty slow moving, but once it gets into the story, you won't want to put it down. At least, I didn't want to put it down. Once, you read the book, you will feel like reading it again and again. If I am right, you want to keep this book for yourself. **Reviewed by Tashi Sangmo, Grade: 8**

विविध ल्होसार र यसको उपयोगिता

ल्होसार भनेको नयाँ वर्ष हो। तिब्बती भाषाको यस शब्दमा परेका 'ल्हो' ले वर्ष र 'सार' ले नयाँ भन्ने अर्थ बुझाउँछन्। यो नयाँ वर्ष हर्षका रूपमा बनाइन्छ। विक्रम संवत्को वैशाख एक,इस्ती संवत्को जनवरी एक तथा नेपाल संवत्को कार्तिक शुक्ल प्रतिपदा जस्तै यो पनि तिब्बती संवत् अनुसारको नयाँ वर्षको दिन हो। नेपालमा तिन खाले ल्होसार मनाइन्छन्: तोल ल्होसार, सोनाम ल्होसार र ग्याल्पो ल्होसार। तोल ल्होसार गुरुङ समुदायले मनाउने चाड हो। यो मङ्सिरको अन्त्य र पुसको सुरुतिर पर्दछ। यस दिन गुरुङ समुदायका मानिसहरू निकै खुसी हुन्छन्। त्यस्तै सोनाम ल्होसार चाहिँ विशेष गरी तामाङ समुदायका मानिसले मनाउँछन्। यो माघ महिनाको सुरुतिर पर्दछ। ग्याल्पो ल्होसार तीन ल्होसारमध्ये मुख्य हो। यो शेर्पा,लामा र भोटे समुदायका मानिसले मनाउँछन्। यो फाल्गुन शुक्ल प्रतिपदादेखि तिन दिन मनाइन्छ।

ल्होसार नेपालीहरूको एउटा महत्वपूर्ण चाड हो। यी पर्वले नेपालीलाई मनोरन्जन गरी रमाउने अवसर पनि दिएका छन। यी विभिन्न ऋतुमा मनाइने ल्होसार सम्पूर्ण प्राणीजगतको हितका लागि मनाउने गौरवमय चाड हो। यसका माध्यमबाट सम्पूर्ण प्राणीजगत नयाँ सोच र सद्भावका साथ अघि बढेको छ। यस्ता पर्वको संरक्षण र संवर्द्धन गर्नु हामी सबैको कर्तव्य हो। भवत सर्व मङगलम्।
छिरिङ यडेन सात 'ख'

Think Healthy, Be Healthy

The keys to Stay Healthy as Season Changes

As the winter season comes to an end, it can be the perfect time to prepare for climate and temperature changes to avoid unnecessary infections, inflammatory condition flare-ups, allergies, fatigue, unnecessary weight gain and common diseases. It can bring health issues to the forefront and it can be a perfect time to get prepared and avoid these flare-ups. As the weather warms up it is natural to start feeling the need to move those extra pounds that we may have gained during winter from comfort foods and less activity. Similarly, we may want to drink a very cold drink. We may also get too excited for the summer where we lighten up almost all the clothes. For above all, we must be very careful and aware about what we do because our body needs time to adjust and get to know new season.

To prepare yourself up for the warmer months and get some summer zing:

- ✓ Consume nutritious and health-giving food.
- ✓ Drink plenty of water.
- ✓ Don't wear too light clothes.
- ✓ Keep your body clean and take a shower.
- ✓ Don't drink a very cold drink.
- ✓ Include fresh juices and lots of plant based meals many times a day.
- ✓ Avoid processed foods, refined sugary snacks and junk food.
- ✓ Keep exercising and play more sports.
- ✓ Get out and start moving.

-TTE Editor

BRAINTEASER!!!

1. What kind of tree can you carry in your hand?
2. What kind of room has no doors or windows?
3. What invention lets you look right through a wall?
4. What can you catch but not throw?
5. A girl who was just learning to drive went down a one-way street in the wrong direction, but didn't break the law. How come?
6. Forward I am heavy, but backward I am not. What am I?

Answer(s): 1=A Palm! 2=A Mushroom! 3=Window! 4= A Cold
5=She was walking! & 6:Forward I am ton, backwards I am not.

Source:WWW.doriddles.com

Laugh Out Loud

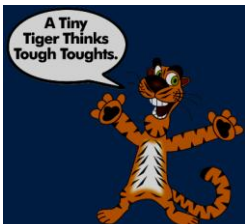
'Laughing is the best medicine.'

There was this guy at a bar, just looking at his drink. He stays like that for a half hour. Then a big trouble making truck driver steps next to him, takes the drink from the guy, and just drinks it all down. The poor man starts crying. The truck driver says, "Come on man, I was just joking. Here, I'll buy you another drink. I just can't stand to see a man cry." "No, it's not that," the man replies, wiping his tears, "This day is the worst of my life. First, I oversleep and I go in late to my office. My outraged boss fires me. When I leave the building to go to my car, I find out it was stolen. The police say they can do nothing. I get a cab to go home, and when I get out, I remember I left my wallet. The cab driver just drives away. I go inside my house where I find my wife in bed with the gardener. I leave my home, come to this bar, and just when I was thinking about putting an end to my life, you show up and drink my poison."

Source: www.jokes-best.com

Twist Your Tongue!

Source: www.funnyjokester.com



Interview with one of the oldest Staff of SMD School, BallaRam Ghorasaine

"Within these 30 years at SMD, I learned and experienced a lot of new ideas, skills and above all, to be a kind and a compassionate person."



Q.1: Can you please tell us about yourself in very short and how was your life before coming to SMD School?

BallaRam: My name is BallaRam Ghorasaine. I was born in the lower part of Namoo Buddha. I had seven members in my family. Being the eldest son in my family, I had to take all the responsibility of my family. Before coming to SMD, my life was miserable as I was born in a poor family. I had to work the whole day on the farm. After that, I started to work at SMD since its establishment. It's been more than 30 years that I have been working here. Now, I am married and I have two children. They graduated from SMD School, and they are doing well in their life.

Q.2: How did your journey to SMD School happen?

BallaRam: As from a poor family, we only had a small land for farming, though it was also ruined by monkeys. We had a little of the harvest and it was not enough. Therefore, one day my father decided to sell the land and moved to a different village. For that, we also had to buy the land in that village. So, anyhow, we bought a land and was settled in that village, but there was a debt of Rs.3000 to be paid to the landowner. At that time, it was a huge debt. After 2 or 3 years, the landowner asked for the money. At that point, my father was too old to work. There was a lot of pressure from the owner. Being the eldest son, the only option my family had was to depend upon me, to repay the money. I was 29 years old then. So, I started looking for a job. Luckily, two of my neighbors were newly working here at SMD School, I asked them, if they could find a job for me. They asked me to come with them in the school. I was very happy because I really needed the work to support my family. It was in the year of 2041 B.S when I started working at SMD. Lama Tsedup and Kunsel were the in charge of the school. At that juncture, Lama Tsedup was the principal of the school. He was nice to me. I also liked working here so, I continued my work and finally, I was able to support my family.

Q.3: You have been working at SMD since its establishment, how do you feel?

BallaRam: I feel very blessed working my entire life at SMD School with the blessing of Very Venerable Khenchen Thrangu Rinpoche. Thrangu Rinpoche has not only been kind to me, he has been helping many people across the country. I also got a chance to send my children in this school, with free education and accommodation. Within these 30 years at SMD, I learned and experienced a lot of new ideas, skills and above all, to be a kind and a compassionate person. SMD is one of the greatest and the best part of my life. I worked with many people and had a good experience. I still love working here. SMD has become my home.

Q.4: In these long years of serving at SMD, what are the positive changes that you have seen?

BallaRam: In my view, positive changes has always been taking place since the establishment of SMD School. One of the best positive change that I have seen is, at the earliest, almost all the students had to pay the school fees but after the arrival of the school director, Shirley Balir, none of the students had to pay the fees at all. Likewise, the facilities and education curriculum has drastically shaped into better vision as compared to before. Most of all, many Himalayan children's lives were changed and including the staff's too.

Q.5: You have been observing SMD from the beginning, what are your takes to improve SMD?

BallaRam: Well, SMD School is the best in itself. Honestly, I have not words to say to improve SMD School. We all know, 'SMD is home for many of us'. So, don't forget your home wherever you go. Finally, I really wish to see everyone simply doing their work on time and being happy with it.

Q.6: Can you share us your thoughts about SMD and other schools?

BallaRam: Honestly, I don't really know about other schools. I also don't feel like speaking about other schools. Instead, I only want to talk about SMD as it is the best of all. For me, SMD School is far more home than school. SMD has much of the sharing, caring, and love as compared to another. Obviously, the facilities and the opportunities are at different levels.

Q.7: Do you like to say anything to SMDers?

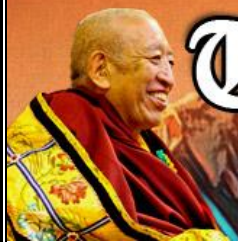
BallaRam: As the proverb goes, 'don't dance too much when you are happy and don't feel too low when it doesn't. Life should be taken from a positive level. So, all I wish to see is everyone working hard, being honest and faithful. Don't forget love your juniors and respect your elders.

Q.8: Any message to the readers?

BallaRam: I would like to apologize if there has been any mistakes that I have done. Be always eager to spread your arm wider so we can make a change in our community and to the world. At the end, I like to thank all the TTE members for taking my interview because I think I am not capable of doing this interview. Thank you everyone for your support and love towards SMD School.

CARTOON OF THE MONTH





The Thrangu Express

Voice of Himalayan children



LOSAR'S SWEET Memories



SOMETIMES
you
WILL NEVER KNOW
The
Value
OF A
MOMENT
UNTIL
It
Becomes
A
Memory

When Tibetan New Year (Gyalpo Losar) is around, there has always been positive vibes and happy moods at SMD School. Being a Buddhist school, SMD celebrates Losar grand and impressive. At the end of the day, this festival is all about merrymaking, getting together, giving and taking, hugging each other, forgiving our foes, forgetting sorrows and starting a new life. We hope, this Year of the Earth Dog, 2145 will definitely give you a good kick start and a new memory to hold. For sure, you have good or funny memories of past Losars. Please, share them with us and we are positively very happy to hear them.



In the year of 2013, I had a very great time celebrating Losar for the first time. Before that, I have never celebrated Losar because I was very new to Buddhist culture and its festivals. I celebrated at school with my SMD family. I got eatable things from SMD School as a gift. I was very happy and excited to receive it. I was very eager to know what more surprises will come next because everything was new to me. After that, I went to Boudha with my friends in the morning. I played with my friends, watched movies and eat delicious food. The first 3 days of Losar were one of the most memorable days of my life. I will cherish, that Losar forever. I wish you will have a great moment in this Year of 2145. **-Sagar Garti Magar, grade 6**



Last year, I went to my village and got a chance to celebrate Losar with my people, which was a very unforgettable moment for me. We celebrated Losar together by performing cultural dance, singing songs and we were very pleased with every person from our village for appreciating our performances which encouraged us to do more cultural performances. They gave us hope to be more forward. Every single moment of that time is still wandering in my mind like the morning sunshine which seems very peaceful. I am very thankful towards all the people who made me feel that happiness. I'm going to celebrate this year as best as I can. **-Dawa Dolma, grade 8**



In 2013, we got a winter vacation joint with Losar break. So, I went to my village to celebrate Losar with my family. The most memorable moment was when we woke up early in the morning; we had to go and fetch water. The first person who reaches the tap should fasten the tap with a *khata* (Tibetan traditional scarf). I reached the tap first and I tied the tap with *khata*. It was very joyous and victorious moment for me. My parents were very proud of me and I was very happy. Then, we all wore new clothes. My family was gathered and we ate delicious food. Though, I can't clearly recall the event much, I only remember that I had a good time with my folks. **-Nyima Lhamo, grade 9**



The most memorable Losar that I celebrated was in 2014, the year of the sheep, where I celebrated with my family in my village. It was a very memorable day for me. It was the first time when all of my family gathered and celebrated Losar in the village. It was totally different from which I celebrated in the city. I would always count that year as a blessed year where I got a chance to celebrate with my family in the village. Losar is a very special festival for us. So, celebrate this Losar with lots of joys and happiness with your family. I wish you a 'Happy Losar' and make this year a best year. **-Tsewang Dorje, Grade 8**



Yes, I have lots of good memories of past Losar. I would like to share one of my special and very blessed celebrations of last Losar. The year of 2014's Losar was one of my the best celebration of my life because I got the chance to celebrate with my root lama, Khenchen Thrangu Rinpoche along with my SMD family and my own family. At that moment, I got the blessing from Rinpoche on the first day of Losar and it was such a lucky and blessed moment that I could never forget in my life. Actually, Losar is always fun and happy times for me. **-Dechen Sangmo, grade 10**



I have been celebrating Losar for many years. Among them, I have a special and a memorable Losar that I can cherish forever. On that Losar, all my relatives gathered together and we hugged each other to start a new year. My uncles gave me many toys and dolls. We ate a lot of delicious food. While eating food, we sang and danced. We all promised to do good things and forget the bad things that we have done. Lastly, I wish you all to celebrate Losar happily and joyfully. **-Niruta Magar, grade 4**

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