



Dining for Women

***MC Preview  
April 2007  
Tibet***

What a time to be thinking about Tibet—and certainly no better time to support good work there. This month, we’re back with one of our favorite programs, One H.E.A.R.T. The last time we supported One H.E.A.R.T. was in June 2007. Especially if you’re new to DFW since then (welcome!), you’ll want to review that edition of *MC* and well as *MC April 2006*, also on Tibet. You’ll find them on the Program Schedule page of the website. Access it from the homepage by clicking on “Programs” at the top and following the link to Program Schedule. Or go to [http://diningforwomen.org/?page\\_id=12/](http://diningforwomen.org/?page_id=12/) . From there, just scroll down.

*MC April 2006* focused on specific challenges that Tibetan women face as Tibetan culture struggles to survive under Chinese rule and globalization. It also contains a section on women and Tibetan Buddhism, which is central to traditional Tibetan culture. *MC June 2007* begins with *FYI* on Tibetan birth traditions and traditional medicine and ends in *Voices* with several “baby stories” that illustrate what can happen when biomedicine encounters them. Feel free to use material from the past issues in your programs.

I encourage everyone, long-timers and newcomers alike, to review *MC Preview June 2007* for ideas for your chapter meetings. You find it on the Program Schedule page as well.

To catch up on the recent events in Tibet and for concise background to them, I recommend the following sources:

1. “Inside Tibet.” An excellent introduction to Tibet and the issues that are fueling current events:

<http://news.bbc.co.uk/2/shared/spl/hi/guides/456900/456954/html/default.stm>

2. “Tibet: Transformation and Tradition.” Based on a new BBC documentary (yet unavailable in the U.S.), this article highlights issues directly affecting women: <http://news.bbc.co.uk/2/hi/asia-pacific/7279789.stm>

Follow the links in the sidebars of both sites for more information and look to the BBC homepage (<http://news.bbc.co.uk/>) for information on further developments.

3. “China’s Big Push to Stoke Economy Rattles Rural Tibet” by James T. Areddy appeared in the *Wall Street Journal* in August 2006 as part of a Pulitzer Prize-winning series on the impact of China’s economic boom: <http://www.pulitzer.org/year/2007/international-reporting/works/ws jintnl06.html>

4. “Protests Expose Rifts among Tibetans.” Gavin Rabinowitz, writing for the Associated Press, gives a fine introduction to the different goals and approaches of the Dalai Lama and a new generation of Tibetan protest at [http://news.yahoo.com/s/ap/20080318/ap\\_on\\_re\\_as/tibet\\_dalai\\_lama](http://news.yahoo.com/s/ap/20080318/ap_on_re_as/tibet_dalai_lama)

### ***What to Expect in This Month’s MC***

Because I’ll be out of the country the last week of March, *MC* is already on the website, on the Program Schedule page. It will appear on the homepage on April 1. So I won’t say much here. *FYI* is a brief follow-up to the June 2007 discussion on medicine and culture and also relates to our acquaintance with the drug misoprostal in December when we supported Venture Strategies. There are three delicious new recipes and new info on Tibetan foodways as well as new book and shopping recommendations. *Voices* features a powerful excerpt from the recommended book and a real voice—a link to a recording of a Tibetan nun singing for freedom.

The overall theme of *MC* this month is hope—it’s enormously important to emphasize in this time of crisis in Tibet. While problems seem intractable and may discourage us, Tibetans who have been at the forefront of the struggle for freedom are resolutely hopeful. So is Arlene Samen, the founder of One H.E.A.R.T who has been in Lhasa these last few weeks. So let’s follow their lead and support life-sustaining work in Tibet that is respectful of its culture—and indeed, can help to give it new life.

### ***Resources***

1. Along with the 3 *MC*’s and Barb’s updated *PFS* on One H.E.A.R.T, you’ll find the **OH 2007 Annual Report** on the Program Schedule.

2. Chapter leaders who have joined us since last June should receive a copy of the One H.E.A.R.T DVD and a press kit. If you don't get them by the first week in April, please contact Leici Hendrix at One H.E.A.R.T, [leici@onehearttibet.org](mailto:leici@onehearttibet.org) . Hopefully the rest of you saved your copies from last time, but if you've already played the DVD in a meeting, there are other options (see below).

3. Arlene Samen was a CNN "Hero of the Week" in March—in fact, the week the rioting started in Lhasa. All the materials are at <http://www.cnn.com/2008/LIVING/03/12/heroes.samen/index.html> There are three very short video segments and a print essay. Since the segments are so short, I think it makes more sense for you to encourage your members to take a look at these before your meeting. Links are provided within the body of the essay, so it's easy to access all the materials at once--- it takes about five minutes to read/view everything.

4. As an alternative for those of you who may have already shown the DVD (maybe even twice!), there's a really great interview with Arlene at <http://thetibetconnection.org/dec2007.html> (scroll down to 6 on the play list). It aired last December on a radio show out of LA called The Tibet Connection and is approximately 12 minutes long. I think it's more engaging in some ways that the CNN material—she tells some great stories about the work in Tibet. Highly recommended. The only catch here is that the format is streaming audio, so you'll need Internet access in your meeting room to use it. Leici is trying to get a recording of interview from The Tibet Connection in a downloadable format so you save it on your computer. If she does, we'll make it available to you as soon as possible either via email or on the DFW website.

5. Once again, we have downloadable photo images from One H.E.A.R.T for you to post or pass around. The links are at the end of this document. The titles of links are descriptive of the images. For newcomers, some of our chapters print out some or all of the images on photo paper and post them on a "memory wall" to which they keep adding each month (or each time I can get high resolution images).

### ***Ideas for Chapter Meetings***

1. We want to keep One H.E.A.R.T at the center of the program, but it would also be very appropriate to make some time to discuss the current situation in Tibet. Indeed it would be inappropriate to ignore it! It's impossible to say what might happen there in the next few weeks. I've given the same resources for catching and keeping up with events in *MC* that I listed above, but you may want to try to summarize things as they stand

when you meet. Or ask another member to do so. Or ask a few members to read one source each and summarize them (no more than 2 minutes each). Or if there is a scholar or someone else in your community who is well versed on Tibet, you might invite her or him to give a brief presentation.

2. Obviously for first-timers with One H.E.A.R.T the DVD should be the centerpiece of your program supplemented with info from the *PFS*, *MCs*, and other resources. This is very good DVD, but one problem with even very good DVDs is that we tend to view them passively. Prepare to create some discussion after the viewing and to help your members be active viewers. You might ask them before the viewing to look for connections between the work of One H.E.A.R.T and what we've already learned about maternal mortality and illness in recent months (Venture Strategies in December, for example.) Preview the DVD and find a couple of examples or facts that really strike you so that you can raise them to begin a discussion. Ask members after the viewing to talk about what really impressed them about the work or challenges presented in the DVD or what sticks in their minds about what they saw.

3. For chapters that have supported One H.E.A.R.T two or three times now, it's important to keep things fresh. You might use the radio interview and pass some of the photo images as it plays. You'll notice that the last image is from Mexico. Arlene is expanding OH's work, taking the model in Tibet into Mexico, Ecuador, and Nepal. This is very new and exciting. You can see/hear/read a little more about it on the CNN website (listed above). Introducing this new element, perhaps toward the end of your discussion, will be a great way to keep enthusiasm up.

4. Tibetan culture is a very vivid. Try to incorporate some of its sites, sounds, even smells (if your group can tolerate incense) into your meeting. Please see *MC Pre June 2007*, pages 5-6, for specific ideas, especially the prayer flag activity—"flying" good wishes to Tibetan mothers and babies. Some chapter leaders reported last time that this was a fun and meaningful activity for their chapters.

5. Carolyn Mayers, our socially responsible shopper, is always looking for ways to add a touch of culture and color to her meetings. She's purchased from both sources below and found the items of good quality. This time, she'll display a Medicine Buddha wall hanging to honor the work of One HEART and use Tibetan (Nepalese) fabrics on her table. She'll call the

meeting together with a Tibetan singing bowl. [www.dharmashop.com](http://www.dharmashop.com) carries a number of interesting items related to Tibetan Buddhism that would add color and energy to your meetings. Among them are prayer scarves or *katas* that we often see Tibet-supporting celebrities wearing. These cost around \$40 for six at <http://www.dharmashop.com/details.mgi?NUM=fb056> The other source for Tibetan cultural objects Carolyn recommends is <http://www.tibetanspirit.com/> . You don't have to "shop til you drop" or spend a lot of money to spice up your meetings though. Try the prayer flag project mentioned above or if you or others in your chapter are crafty, you could easily and cheaply make *katas* for your group, maybe having members finish them with auspicious symbols from stencils available on the web or in craft stores (see Tibetan Flag Project website for more explanation).

6. For sounds of Tibet, you'll have one example in *Voices*. That one is very brief and probably best played as part of your program. It might be very affective to end your program with it and the other excerpt in *Voices* as a way of emphasizing and connecting with the hope and resolve of Tibetan women. But I have another suggestion for sounds that you might use as well...

7. Yungchen Lhamo was born in a labor camp outside Lhasa and went to work in a factory at age five. Hardly an auspicious beginning, except that her grandmother and mother gave her a great blessing by teaching her the devotional songs outlawed by the Chinese. Today she is something of a Tibetan superstar and her concerts around the world support a variety of projects for Tibetan women. She has several CDs. I'll paste in remarks on her latest release, "Ama," from amazon.com. It's especially appropriate for us this month since it's dedicated to her mother:

"Among the world's great singers, a rare few become the voice of their nation. After years of international touring with the blessing of the Dalai Lama, Yungchen Lhamo has truly become the voice of Tibet. This third album for Real World (the first in 8 years) is infused with the quiet spiritual power of Tibetan Buddhism but now features Yungchen's own original songs with the striking production of Jamshied Sharifi and pan-global instrumentation to make a much more modern and indeed much more personal record than before. Ama means "mother" and Yungchen dedicates this album to her own mother who suffered greatly and raised her daughter amidst the violence and persecution of the Chinese occupation of Tibet. Themes of struggle, loss, peace and forgiveness run

through this magical recording. The icing on the cake are the guest appearances from two incredible, incomparable singers Joy Askew and Annie Lennox.”

You might play the CD while your group is gathering or during dinner or just play a track during your program. Several of them would be very appropriate and you can read more about them and her incredible story at these sources: <http://www.yungchenlhamo.com/story.html>  
[http://www.musicremedy.com/y/Yungchen\\_Lhamo/album/AMA-2646.html](http://www.musicremedy.com/y/Yungchen_Lhamo/album/AMA-2646.html)  
You can preview or download and purchase individual tracks or the entire recording at [http://www.amazon.com/Ama-Yungchen-Lhamo/dp/B000E41KFQ/ref=pd\\_bbs\\_sr\\_1/103-2223078-5810229?ie=UTF8&s=music&qid=1180037899&sr=8-1](http://www.amazon.com/Ama-Yungchen-Lhamo/dp/B000E41KFQ/ref=pd_bbs_sr_1/103-2223078-5810229?ie=UTF8&s=music&qid=1180037899&sr=8-1)

### ***PHOTO LINKS***

I think it's quicker to copy the links into your browser than to click on them here, but either way should get you there.

<http://www.diningforwomen.org/images/chapterresources/2008-march/1tibetanwoman.jpg>

<http://www.diningforwomen.org/images/chapterresources/2008-march/2tibetanmombaby.jpg>

<http://www.diningforwomen.org/images/chapterresources/2008-march/3womaninlabor.jpeg>

<http://www.diningforwomen.org/images/chapterresources/2008-march/4traininguterinemassage.JPG>

<http://www.diningforwomen.org/images/chapterresources/2008-march/5training.JPG>

<http://www.diningforwomen.org/images/chapterresources/2008-march/6tibetanfamily.JPG>

[www.diningforwomen.org/images/chapterresources/2008-march/mexico1.jpg](http://www.diningforwomen.org/images/chapterresources/2008-march/mexico1.jpg)

I will be unavailable via email through April 1. But I will respond to any questions, etc as soon as I return. Who knows what will happen in Tibet between now and then or your meeting time, but let's keep abreast of events and keep hopeful with Arlene, the Dalai Lama, and so many others.