20th Annual TIBET FEST

Celebrating His Holiness the Dalai Lama’s 80th birthday

Journey for Peace and Secular Ethics

Presented by Tibetan Association of Washington in partnership with Seattle Center Festal

www.washingtontibet.org
This PROGRAM BOOK was FUNDED BY ALL OF OUR ADVERTISERS!
THANK YOU FOR YOUR SUPPORT
We Couldn’t Do it Without You!

Tibet Fest Event Coordinator
Tenzin Chokey

Guest Artists Coordinator
Lobsang Tsering
Sherab Dorjee

Vendor Coordinator
Tsering Dolkar

Information Booth
Lhanze Sakya

Children’s Activities
Tibetan Language and Culture Class

Poster and Magazine
Namgyal Tsedup

Photo Contribution
Kurt Smith

TAW Board Members

President:
Mrs. Tenzin Chokey
president@washingtontibet.org

Board Members:
Lhanze Sakya
Tsewang Sangmo
Tsering Dolkar
Lobsang Tsering
Tsering Choedon
Sherab Dorjee
Namgyal Tsedup
August 22nd, 2015

Dear friends,

On behalf of Tibetan Association of Washington, it is with great pleasure that I welcome you all to the 20th Annual Tibet Fest. It is through the hard work of community members, past presidents, and board members that we have reached this far. This year’s event marks even bigger celebration with the 80th birthday of His Holiness the 14th Dalai Lama, Spiritual leader of Tibet.

Tibetan Association of Washington dedicates the 20th annual Tibet Fest to His Holiness the Dalai Lama’s tireless efforts for freedom for Tibetans and His Holiness’s contribution to world’s peace and harmony. In collaboration with International Campaign for Tibet and Tibet Fund Tibet Fest presents two wonderful photo exhibitions commemorating His Holiness’s journey. We would also like to dedicate the 20th Tibet Fest to all our brothers and sisters in Tibet - you are always in our thoughts, and we will never forget your freedom struggle. We will keep our Tibetan Culture alive by educating our children, and the children of our children for years to come.

Thank you to City of Seattle, Seattle Center Festal, our co-producer, for giving us this opportunity to share and preserve our distinct Cultural heritage with the diverse community of Washington State.

Thank you 4Culture and Seattle Arts & Culture for your generous grants in making it possible to present the best show. With your support, we were able to invite four extraordinary Tibetan traditional artists who are alumni of the Tibetan Institute of Performing Arts.

A warm and heartfelt thank you to all the advertisers in our Tibet Fest magazine, the participating vendors, and all our supporters.

Tashi Delek!

Tenzin Chokey-Sokpo
President –
president@washingtontibet.org
Tibetan Association of Washington wishes His Holiness the 14th Dalai Lama a very happy 80th birthday.
Mission Statement:
The Tibetan Association of Washington is a 501(c)3 non-profit organization of Tibetans in the State of Washington. It strives to preserve and promote the unique Tibetan Cultural tradition within the Tibetan Community and further the just cause of Tibet. The Tibetan Association is committed to the principle of non-violence and supports the leadership of His Holiness the Dalai Lama, the temporal and Spiritual leader of Tibet. It recognizes the Tibetan Government in Exile, based in India, as the legitimate government of Tibet.

Aims & Objectives:
· To strengthen the unity and get connected with different Tibetan communities of North America.
· Raise awareness about the Chinese occupation of Tibet and the plights of the Tibetan people.
· Preserve and promote the Tibetan people’s distinct religious and cultural heritage.
· Educate the younger generation of Tibetan-Americans about their history, religion and culture.
· Promote His Holiness Dalai Lama’s message of love, compassion and kindness.

What we do:
We organize the annual Tibet Fest in collaboration with Seattle Center, which is one of the most visited festivals of ethnic community groups in Seattle.
We organize events and activities such as the Birthday of H. H. the Dalai Lama on July 6, Tibetan National Uprising Day on March 10, and the “LOSAR” Tibetan New Year.
We maintain close touch with the Tibetan Government-in-Exile through the Office of Tibet, in New York, in the promotion of the Tibetan people’s distinct political, religious and cultural heritage.
We raise funds for various social and development projects within the Tibetan community in India.

Membership:
The member is open to all Tibetan, Tibetan Americans and their non-Tibetan spouses.
Annual Membership is $15.00 per individual and $ 35.00 per family.
Boardmembers:
Executive Board Members conduct the businesses of the Association. The Community elects five to seven member for a two year term.
Program Schedule - Tibet Fest
@ Seattle Center Armory/Stage House
Saturday, August 22nd, 2015

**Master of Ceremonies:** Tenzin Chokey, President, Tibetan Association of Washington

11:00 AM Opening Ceremony
- Guest of Honor – City of Seattle’s Mayor, Edward B. Murray
- Mr. Robert Nellums, Director, Seattle Center
- Tashi Khamshitsang, Member of Tibetan Parliament-in-exile – North America
- Ceremonial dance, “Tashi Sholpa” - Dance of the ancient white mask school of Tibetan
- Opera - performed by students from our Tibetan Language & Culture Class

11:45 AM CHILDREN from Seattle Tibetan Language and Culture Class –
KUTSE TEN
SONG TA LEMO
TSETHANK GANGLA

12:00 PM TENZIN KUNZEY
PHO MO DA NYAM
MAY PA CHIK KYANG RAY

12:10 PM TRISONG GROUP
NANG JE NYI DHE KYIL KHOR
TASHI YANGNYEN
ZE SO SE KE METOK
AY MA HO LA NGO TSAR CHE
KONG-SHAY

12:45 PM TENZIN YESHI GADHE & SAMTEN

12:55 PM SONAM TSOMO & SONAM YANGZOM

1:00 – 2:00 PM LUNCH

2:00 PM YAK DANCE

2:20 PM CHOESUM Gapa dances
CHAPAE SHU, LELA GYAMO, NYAG CHU KOR DHO, GAWA LA KYIPA LA

**ANNOUNCEMENTS:** Lottery and Auction Update

3:00 PM SONAM PELMO / SHERAP WANGMO / TASHI DHONDUP/ LOBSANG TSERING –
graduate artists of the Tibetan Institute of Performing Arts):

5:00 pm FREE WORKSHOP: The day’s event will conclude with guest artists, who’ll conduct a
site workshop of Tibetan circle dance and it’s significance. This will be followed by
“Gorshay” – a popular traditional circle dance. Audiences are requested to participate in
this fun and learn some basic dance steps.
Program Schedule - Tibet Fest

@ Seattle Center Armory/Stage House

Sunday, August 23rd, 2015

Master of Ceremonies: Tenzin Chokey, President, Tibetan Association of Washington

11:30 AM Tashi Sholpa - Dance of the ancient white mask school of Tibetan Opera - performed by students from our Tibetan Language & Culture Class

11:45 AM CHILDREN from Seattle Tibetan Language and Culture Class –
  KUTSE TEN
  SONG TA LEMO
  TSETHANK GANGLA

12:00 PM TENZIN KUNZEY
  PHO MO DA NYAM, MAY PA CHIK KYANG RAY

12:10 PM TRISONG GROUP
  NANG JE NYI DHE KYIL KHOR
  TASHI YANGNYEN
  ZE SO SE KE METOK
  AY MA HO LA NGO TSAR CHE
  KONG-SHAY

12:45 PM TENZIN YESHI GADHE & SAMTEN

12:55 PM SONAM TSOMO & SONAM YANGZOM

1:00 – 2:00 PM LUNCH

2:00 PM Congressman JIM McDERMOT

2:10 PM YAK DANCE

3:00 PM CHOESUM Gapa dances
  CHAPAE SHU, LELA GYAMO, NYAG CHU KOR DHO, GAWA LA KYIPA LA

ANNOUNCEMENTS: Lottery and Auction Update

3:30 PM SONAM PELMO / SHERAP WANGMO / TASHI DHONDUP/ LOBSANG TSERING – graduate artists of the Tibetan Institute of Performing Arts):

5:00 pm FREE WORKSHOP: The day’s event will conclude with guest artists, who’ll conduct a site workshop of Tibetan circle dance and it’s significance. This will be followed by “Gorshay” – a popular traditional circle dance. Audiences are requested to participate in this fun and learn some basic dance steps.

Good Bye & See You Next Year @ Tibet Fest 2016
August 22, 2015

Tibetan Association of Washington
P.O. Box 77623
Seattle, WA 98177

Dear Friends,

Welcome to the 20th Annual Tibet Fest at the Seattle Center! For two decades, Tibet Fest has provided Seattle the opportunity to learn and experience Tibetan culture. From expressive music and dance to colorful art and delicious food, Tibet Fest encourages a cultural exchange that benefits our community.

Each year, the Tibetan Association of Washington invites people of all backgrounds to learn more about Tibetan heritage and engage in fun activities centered on Tibetan history, music, dance, and cuisine. I encourage everyone to take part in this opportunity to enjoy a beautiful summer day with their family while experiencing the best Tibet has to offer.

I would like to thank you for attending this year’s Tibet Fest. I also thank the volunteers and artisans who create a festive, welcoming atmosphere year after year. Their hard work and dedication reinforce the strength of Washington’s Tibetan communities. Congratulations to 20 years of success and best wishes for the next 20 years.

Warmest Regards,

Maria Cantwell
United States Senator

[Signature]
August 17, 2015

My greetings to the Tibetan American Community of Washington State for successfully holding the TibetFest for yet another time.

I would to take the opportunity to commend the dedicated service of all the past and present board members and Community in general as it celebrate the 20th Anniversary of TibetFest. I believe this is a milestone achievement for the small community to get this far. This would not have been possible without the cooperation and support of Seattle Center. My appreciations to Seattle Centers for its continued partnership with the Tibetan Association fo Washington.

TibetFest is an excellent occasion to present its rich cultural heritage to the diverse communities of Washington State. I hope our visitor will not only have wonderful time with their family and friends but learn something about Tibetan people and its cultural tradition.

TibetFest also provides a special opportunity for the Tibetan to preserve and promote the rich Tibetan Cultural heritage within our younger community members. This assumes more importance when the very existence of Tibetan cultural and its way of life is passing through its most difficult times.

Tibetans have long way to go but will reach their destination if we do not loose the sight and remain united under the leadership of His Holiness the Dalai Lama.

Lastly, hope everyone will have a wonderful time out with your family and friends.

Thank you for coming to enjoy the TibetFest 2015.
Sincerely,

Tashi Khamshitsang
Member of Tibetan Parliament from North America
August 18, 2015

I’m pleased to know the Tibetan Association of Washington will be hosting their 20th Annual Tibet Fest at the Seattle Center. The Tibetan-American community in Seattle deserves a great deal of credit for putting enormous efforts in continuing this annual event and their hard work is deeply appreciated.

We are in the auspicious year of His Holiness the Dalai Lama’s 80th birthday. I’m pleased to know this year’s TibetFest will include photo exhibitions to commemorate His Holiness the Dalai Lama’s journey to promote human values and secular ethics, encouraging religious harmony and preservation of Tibet’s unique Buddhist cultural heritage. In today’s challenging world, His Holiness’ leadership and message is more needed than ever.

TibetFest is a wonderful forum for sharing Tibet’s unique but endangered culture. I again commend and convey my best wishes to the organizers and all the participants of TibetFest 2015.

Sincerely,

Kelsang Phuntsok
Representative of His Holiness the Dalai Lama to North America
The term TIBET here means the whole of Tibet known as Cholka-Sum (U-Tsang, Kham and Amdo). It includes the present-day Chinese administrative areas of the so-called Tibet Autonomous Region, Qinghai Province, two Tibetan Autonomous Prefectures and one Tibetan Autonomous County in Sichuan Province, one Tibetan Autonomous Prefecture and one Tibetan Autonomous County in Gansu Province and one Tibetan Autonomous Prefecture in Yunnan Province.

**Land Size:** 2.5 million square kilometres, which includes U-Tsang, Kham and Amdo provinces. “Tibet Autonomous Region”, consisting of U-Tsang and a small portion of Cham, consists of 1.2 million square kilometres. The bulk of Tibet lies outside the “TAR”.

**Political Status:** Occupied country and without United Nations’ representation.

**Average Altitude:** 4,000 metres or 13,000 feet above sea level.

**Admistration:** Under Chinese rule, Tibet is divided into the following administrative units: a) Tibet Autonomous Region, b) Qinghai Province, c) Tianzu Tibetan Autonomous County and Gannan Tibetan Autonomous Prefecture in Gansu Province, d) Aba Tibetan–Qiang Autonomous Prefecture, Ganzi Tibetan Autonomous Prefecture and Mili Tibetan Autonomous County in Sichuan Province, e) Dechen Tibetan Autonomous Prefecture in Yunnan Province.

**Population:** The total Tibetan population in Tibet is 6 million. Of them, 2.09 million live in the “TAR” and the rest in the Tibetan areas outside the “TAR”.

**Major Rivers:** Yarlung Tsangpo (Brahmaputra in India), Machu (Yellow River in China), Drichu (Yangtse in China), Senge Khabab (Indus in India), Phungchu (Arun in India), Gyalmo Ngulchu (Salween in Burma) and Zachu (Mekong in Thailand, Vietnam, Cambodia, Laos).

**Native Wildlife:** Tibetan antelope, wild yak, wild ass and Tibetan argali, blue sheep, black–necked crane, Tibetan gazelle, giant panda, red panda, golden monkey.

**Economy:** Agriculture and animal husbandry. **Literacy Rate:** Approximately 25 per cent.

---

**TIBETAT A GLANCE**

**TIBETAN NATIONAL FLAG HISTORICAL BACKGROUND** – During the reign of the seventh-century king, Songtsen Gampo, Tibet was one of the mightiest empires in Central Asia. Tibet, then, had an army of 2,860,000 men. Each regiment of the army had its own banner. The banner of Ya–ru To regiment had a pair of snow lions facing each other, that of Ya–ru Ma a snow lion standing upright, springing upwards towards the sky, and that of U–ru To a white flame against a red background. This tradition continued until the Thirteenth Dalai Lama designed a new banner and issued a proclamation for its adoption by all the military establishments. This banner became the present Tibetan national flag. Explanation of the Symbolism of the Tibetan National Flag:

1. In the centre stands a magnificent snow–clad mountain, which represents the great nation of Tibet, widely known as the Land Surrounded by Snow Mountains.
2. The Six red bands spread across the dark blue sky represent the original ancestors of the Tibetan people: the six tribes called Se, Mu, Dong, Tong, Dru, and Ra which in turn gave rise to the (twelve) descendants. The combination of six red bands (for the tribes) and six dark blue bands (for the sky) represents the unceasing enactment of the virtuous deeds of protection of the spiritual teachings and secular life by the black and red guardian protector deities with which Tibet has been connected since times immemorial.
3. At the top of the snowy mountain, the sun with its rays shining brilliantly in all directions represents the equal enjoyment of freedom, spiritual and material happiness and prosperity by all beings in the land of Tibet.
4. On the slopes of the mountain a pair of snow lions stand proudly, blazing with the manes of fearlessness, which represent the country’s victorious accomplishment of a unified spiritual and secular life.
5. The beautiful and radiant three–coloured jewel held aloft represents the ever–present reverence respectfully held by the Tibetan people towards the three supreme gems, the objects of refuge: Buddha, Dharma and Sangha.
6. The two coloured swirling jewel held between the two lions represents the people’s guarding and cherishing of the self discipline of correct ethical behavior, principally represented by the practices of the ten exalted virtues and the 16 humane modes of conduct.

Lastly, the adornment with a yellow border symbolizes that the teachings of the Buddha, which are like pure, refined gold and unbounded in space and time, are flourishing and spreading.
CONGRATULATIONS!

Tenzin Losel
February 24th 2015
Jampa Khamshitsang & Tenzin Namchoe

Tenzin Namkha YiGontsang
October 21st 2014
Tenzin Yidok & Kunchok Gonpo
Quinn Tashi Ednalino  
July 2015  
Mike and Tsedo Sherpa-Ednalino

Congratulations!

Singdhi Sokpo

Graduated from Edmonds Woodway High School, Accepted at Syracuse University, New York
2015: The Year in Photos
2015: The Year in Photos
2015: The Year in Photos
Dear Tibetan Association of Washington,

It is my great honor to visually document the efforts of your community to preserve the traditions of your culture.

Kurt Smith
Photographer
Chenrezi Practice
The central practice at Sakya Monastery is the generation of love and compassion through meditation on Chenrezi (Avalokiteshvara), the embodiment of compassion. The Buddha taught that love is the wish for all beings to experience happiness and that compassion is the aspiration that they be freed from all suffering.

Chenrezi meditations are held twice each week:
10:00 am on Sunday mornings
7:30pm on Thursday evenings

Sunday Chenrezi is presided over by a head lama of the Sakya order, H.H. Jigdral Dagchen Sakya.

Darshan Viewing
Public viewings of the shrine room are also held each month. Please check our online calendar for the nearest date.

Virupa Educational Institute
Education Branch of Sakya Monastery of Tibetan Buddhism

VEI focuses on the learning, understanding and preservation of Tibetan Buddhism. Our free Sunday morning VEI classes cover the fundamentals of Tibetan Buddhism that both beginners and experienced students can benefit from. We also offer more advanced classes each quarter that delve into these matters more deeply.

Calm Abiding Meditation
An excellent meditation practice for beginners is Calm Abiding Meditation. There are many techniques for practicing Calm Abiding several of which are introduced during our free Friday night sessions. These practices help us understand our minds, achieve happiness, and eventually attain enlightenment.

Friday evenings:
Short Sits: 7:00—7:30pm (includes instructions)
Long Sits: 7:30—8:30pm

Children’s Dharma School
The goal of the Children’s Dharma School is to introduce and explore age appropriate Buddhist concepts and principles, using creative and varied modalities. Different curricula have been devised for younger and older children so that they are engaged and excited about learning. Our Children’s Dharma School is held on Sunday mornings at 10:00 for children 5 to 12 years old.

Please check our online calendar for the current schedule, as events change from time to time. www.sakya.org/sakyaicalendar.html

Sakya Monastery of Tibetan Buddhism
108 NW 83rd Street, Seattle, WA 98117 | Tel: 206-789-2573
For more information, please email us at monastery@sakya.org or go to our website: www.sakya.org
Happy 80th birthday to His Holiness the Dalai Lama.
And many thanks to the Tibetan Association of Washington & Seattle Center for this wonderful Event.
Happy 20th Annual Tibet Fest!

Dakchang Family
A very happy birthday to H.H. the 14th Dalai Lama of Tibet. Thank you for teaching the world compassion through your actions.

Best wishes on the 20th anniversary of Tibet Fest.

Richard, Johanna, & Liliana Arnold
My heartiest greetings to the wonderful people of Tibet.
Congratulations on the 20th anniversary of Tibet Fest.
God Bless you all.
We shall overcome someday.

Sadutshang Rinchen Thondup,
former Kalon of the Central Tibetan Administration.

In loving memory of Pola.
Thank you for your service.

From
Jigme and Lobsang Tsatultsang
and all his grandchildren
and great grandchildren.

Delia T Santiago of Philippines
Thank you Chokey la and the Tibetan Association of Washington board members for a most successful Tibet Fest 2015.

Tsering, Renzin, and Topgyal Yuthok
Norzin Rugs has been in production for the last 20 years in Kathmandu, Nepal. It was established by Tibetans following the rising success of carpet enterprises started initially by Tibetans who fled the Chinese aggression in Tibet and settled in Nepal, bringing with them their knowledge of an age-old tradition of rug weaving.

www.norzinrugs.com

Hotel Shambala, a contemporary Tibetan themed boutique hotel in Kathmandu, Nepal offers unparalleled comfort and luxury with the best in Tibetan and Nepalese hospitality. Inspired by Tibetan art and architecture, all 65 rooms feature beautiful handmade furniture, rugs and painted motifs; creating an ambiance that is traditional yet modern.

www.shambalahotel.com
Tashi Delek!

Congratulations to the Tibetan Association of Washington for the excellent work you are doing for our community and best wishes for Tibet Fest 2015!

- The Chamatsang Family
Congratulations and Best wishes for the 20th year of Tibet Fest.

Christina and Sabrina Julius
We are grateful to our Tibetan friends for all the ways they enhance our lives. We support the sovereignty of Tibet and live by the words of the Dalai Lama "Never give up"

David Johnson and Diane Fisch
Heartiest greetings on the 20th anniversary of Tibet Fest.

Wishing you all a successful year.

Pushpa and Nethan Pillay
Best Wishes to Tibet Fest 2015

In Memory of -
Mrs. Dolga Chamatsang,
Dondul Yuthok,
John and Didi Toulouse,
George J-L Toulouse

We salute our brave American troops all over the world
from George and Sandy Toulouse
My visit to Tibet changed my life, and the people of Tibet are always in my heart.
The family and friends of Joey Piecuch would like to convey their best wishes to His Holiness the 14th Dalai Lama and to the inspiring people of Tibet. Tibet for the Tibetans!

Best Wishes,
Aimee Couture
Come visit us at Seattle’s famous Pike Place Market
1501 Pike Place Market Ste. 511 / Seattle, WA 98101 / 206-443-0675p
814 28th st. Suite # B Bothell, WA 98021
www.doubedorjee.weebly.com

Best Wishes for a successful 20th Tibet Fest!
~ Paul and Margerite Hammerstead
Tashi Delek! Tibetan Association of Washington for a successful Tibet Fest 2015

~ Lisa Moore ~
Wishing Everyone a Happy 20th Tibet Fest!

WWW.SHERPAADVENTUREGEAR.COM