



Pema Choling Canada

Education and Empowerment
Improving the Lives of Women in Bhutan

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Dear Supporter

Thank you for your continued support and interest in the women and girls of Pema Choling Institute in Bhutan. This past year has seen some considerable progress!

Last year was our largest year for donations to date. We were able to send \$10,000 to the projects in Bhutan. This funded needed first aid supplies, computer equipment, and nutrition.

Even though much has been accomplished, there is much to do! There are ongoing challenges of providing funding for infrastructure, maintenance and day-to-day living and education support for the women and girls

The Institute is still a long way from being self-sufficient. An endowment fund is growing, but is not large enough to provide an income. Although there is some limited accommodation for guests, other construction projects take priority.

Current Construction:

The Lhakang/Multipurpose construction is underway. Seen as a very high priority, this is a huge project; but once completed it will be the heart of Pema Choling and the surrounding community. It will house the main shrine and will be big enough for large events. Fundraising is necessary for the statues, murals, and other important art work which is integral to the Pema Lingpa lineage – to which Pema Choling belongs. Two classrooms are also under construction.

Wish List

Conversion from wood to electric cooking

The use of wood for cooking is very labor intensive. Electric cooking would be much more efficient.

Grey and Waste Water System

The nuns wish to make sure that they are as environmentally responsible as possible. Appropriate systems are being researched.

Solar Lighting

Since electrical power is another expense, it is hoped that solar panels can be used as much as possible to light the courtyard, hallways, etc.

Other News

Two anims (nuns) are in their second year of a six-year Sanskrit program in Varanasi, India; and one graduate is embarking on a five year program in Traditional Medicine.

Three senior anim Lopons (graduated nuns) attended a Curriculum Development Workshop in order to gain further skill in teaching methods. This was sponsored by the Lhomon Society, an education project by the Khyentse Foundation.

A new library is being developed, which will be of great benefit to the students as well as to the surrounding community! Funding was provided through the Bhutan Nuns Foundation, and the Bhutan Foundation of the United States. It is slated to be completed within a year.

Pema Choling Canada

Here in Canada, we have developed a new website, thanks to the generosity of a gifted graphic designer who donated her time and skill. The website, www.pemacholing.ca, and our Pema Choling Canada Facebook page offer a glimpse into Pema Choling. We have also published a short overview [article at buddhistdoor.com](http://article.at/buddhistdoor.com). There are links to the article on both our website and Facebook page.

We hope that this online presence will help to increase our donor base. But you can help as well by talking about Pema Choling to friends, and by forwarding this letter and brochure.

Your Continued Support is Important

Please remember the girls and women of Pema Choling. They are pioneers in their country, inspiring other girls and women to reach their potential. This is the beginning of a long legacy of empowered women in Bhutan. But they cannot do it alone. Interdependence is a fact of life and your support is as important as ever.

Consider making a donation on behalf of a loved one; and if you wish the nuns to remember specific requests in their prayers, they will do so. Or provide support for one nun: \$50 for a month or \$600 for a year. Any size donation is valuable and appreciated!

Using your credit card online is an easy way to donate. Payments can be set up for a single donation; or you may budget your generosity with automatic monthly donations. Online donations are made through [our charity's CanadaHelps page](#). CanadaHelps is a registered charity which provides donation technology to small Canadian charities. Tax receipts (Canadian donations) for online donations are issued directly from CanadaHelps.

Donations by check and money order are also greatly appreciated. Please send them to the address above. Tax receipts (Canadian donations) for mailed donations are issued by Pema Choling Canada in January 2013, or earlier by request.

The students of Pema Choling are grateful beyond words for the opportunity to live and study at the Institute. Thank you for your generosity and for your part in the vision of Pema Choling: empowering girls and women in Bhutan.