



The Price for Speaking Out

Political Prisoners inside Tibet

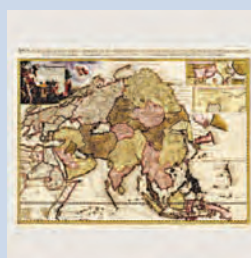
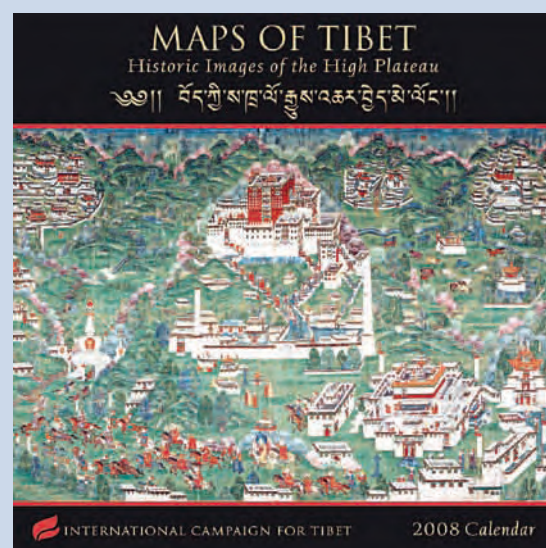
Case histories inside

2008 Maps of Tibet Calendar

Maps of Tibet: Historic Images of the High Plateau is now available!

The calendar features images of Tibet through the ages in painting and cartography. The maps come from the age in which maps were an art form as well as political representation. Antique thangkas paintings of Tibetans cities and monasteries illustrate Tibet's unique architecture and culture, while the maps show Tibet's long history as a dependency, or an independent or autonomous state.

The maps span the period from 1680 to 1942. This calendar is part of a larger map project ICT is undertaking to collect and analyze old maps of Tibet and make them available to the public.



1680



1700



1785



1860-90



1942

Tibet

PRESS WATCH

FALL 2007
*A publication of the
International Campaign for Tibet*

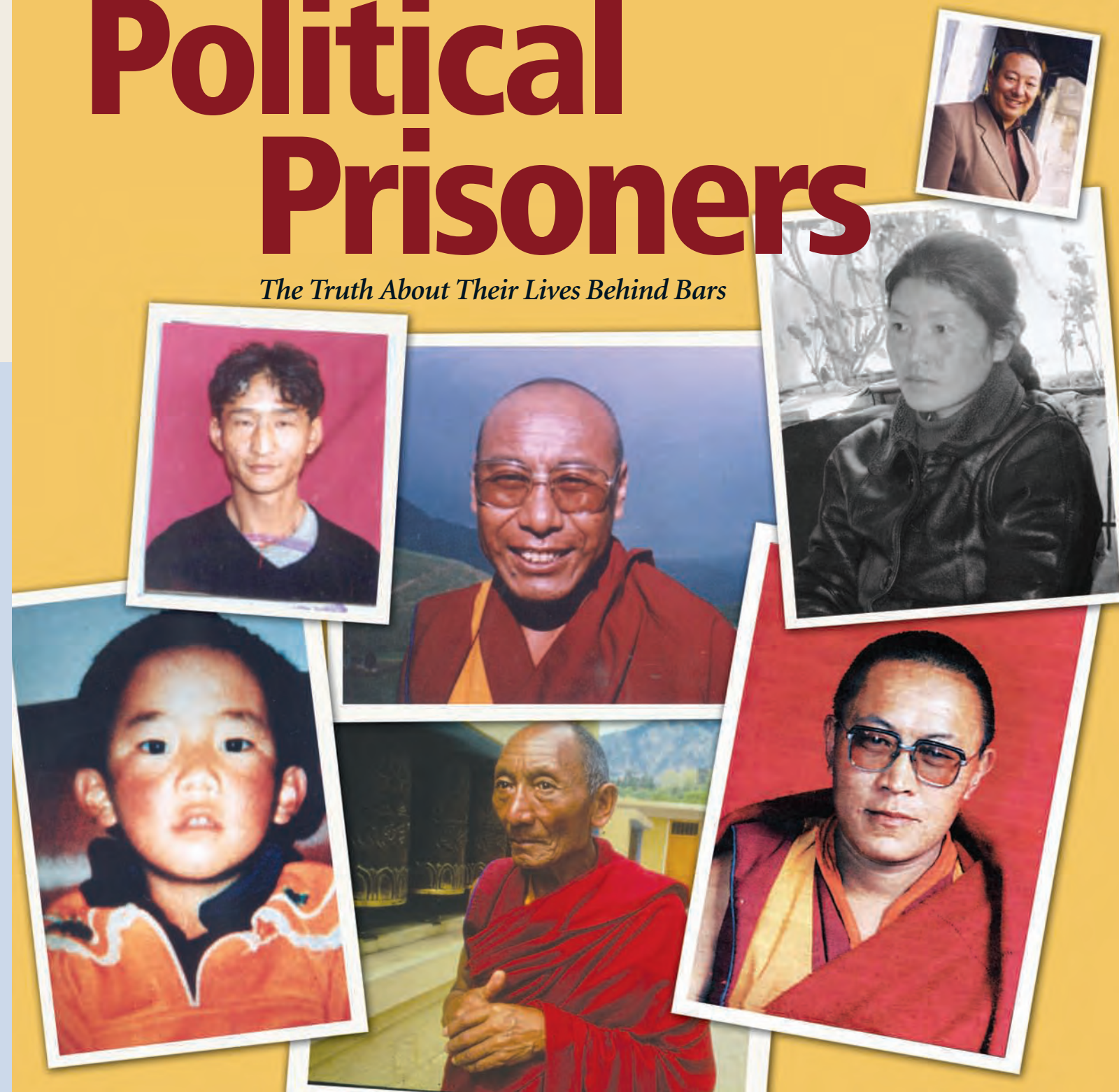
INSIDE:
Helping Released Prisoners
Tibet in the News
2008 ICT Calendar

INTERNATIONAL
CAMPAIGN
FOR TIBET



Political Prisoners

The Truth About Their Lives Behind Bars



Become a
Friend of Tibet

When you become a *Friend of Tibet*, your small monthly or quarterly gift by bank transfer or credit card will help provide a dependable source of income that ICT can turn to when Tibetans are in crisis.

This reliable source of funds allows us to respond quickly when we need to:

- Care for political prisoners released suddenly into ICT's custody;
- Monitor unexpected emergencies, such as the political upheaval in Nepal, and the closing of the Tibetan refugee center there;
- Support the Dalai Lama's ongoing efforts to find a peaceful resolution to the situation in Tibet.

You'll never need to write another check or send in another renewal. And by reducing administrative costs, more of your gift will directly help save Tibet.

To join our automated giving program, please call us at 1-877-259-9209 or sign up online at www.savetibet.org/FriendsofTibet

Should the need arise, you can change or cancel your pledge at any time.



Join ICT's automated giving program to help ensure that resources to help Tibetans are available when ICT needs them most.

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, D.C., Amsterdam, Berlin and Brussels.

EXECUTIVE OFFICERS

Richard Gere, Chairman
Lodi Gyari, Executive Chair
John Ackerly, President
Mary Beth Markey, V.P. Int'l. Advocacy
Bhuchung Tsering, V.P. Special Programs

BOARD OF DIRECTORS

Richard Gere
Lodi Gyari
Venerable Geshe Tsultim Gyeltsen
Mark Handelman
Melissa Mathison
Joel McCleary
Keith Pitts
Mark Rovner
Steve Schroeder
Gare Smith
Grace Spring
Julia Taft

CONTACT INFORMATION

ICT Headquarters:
1825 Jefferson Pl, NW,
Washington, DC 20036
202-785-1515
www.savetibet.org
info@savetibet.org

Newsletter design:
Wm. Whitehead Design and
Image Works Creative Group

Editorial support:
Pru Bovee and
Mal Warwick Associates.

When you are finished with this edition, why not pass it in to a friend? Anything you can do to call attention to Tibet will help.

From the President



John Ackerly, President

On Oct. 1, 1987 as a tourist in Tibet, I witnessed a major protest and brutal crackdown. People were shot in front of me and dragged off to prison. Tibetans begged me to photograph the scene and show the Dalai Lama and the world community what was happening in Tibet. One monk from Drepung arrested that day has spent 18 years in prison. I too was detained, but managed to hide my film. Those photos belong to the people of Tibet, and you can see one of them on **page 6** of this issue.

Twenty years later, the need to smuggle out the truth remains as strong. That's why ICT works so hard to shine an international spotlight on Tibet. When ICT began in the late 1980s, no one had photographed any of the prisons or detention centers and China denied their existence. One of ICT's first monitoring projects was to photograph and publicize the main prisons and detention centers in Tibet.

We have devoted this issue of Tibet Press Watch to political prisoners — many are monks or nuns, others are ordinary students, farmers, or social workers — but all are heroes, willing to suffer appalling sentences because they dared to speak their minds. You'll find profiles of just a handful of these brave men and women on **pages 8-11**, and an update on **page 14** on how ICT is helping to free them and aid them once they are released.

Americans have also endured some of the psychological torture in detention that Tibetans endure. In 2001 a close friend of mine went to Tibet to investigate a World Bank project to move tens of thousands of Chinese to the Tibetan plateau. He was detained and nearly lost his life. On **page 13** of this issue, you can read a review of the book he wrote about it, and about his remarkable life growing up as a monk in Nepal.

Calling attention to political prisoners in Tibet is critical to helping them. So when you are finished with this edition, why not pass it along to a friend? Maybe write a letter to the editor of your local paper — or contact your member of Congress. Anything you can do to draw attention to Tibet will help. Don't think that the actions you take are too small to make a difference. The strength of our movement is in our numbers, our conviction, and our actions.

Thank you for your support!

John Ackerly



ANI CHOEYING PASSANG
Crime: "Splittism"
Sentence: 4 years
Status: Released

Every Day is a New Opportunity

April 25 was the 18th birthday of Gedun Choekyi Nyima, recognized by the Dalai Lama as the 11th Panchen Lama. But there was little to celebrate. His whereabouts and welfare have remained a mystery since he was taken into custody by China at the age of just six, after the Dalai Lama announced that he was the reincarnation of one of Tibet's most important religious leaders.

The Chinese authorities may believe that they are controlling the next reincarnation of the Dalai Lama by holding Gedun Choekyi Nyima in custody, because on occasion Panchen Lamas have played a role in the recognition and education of Dalai Lamas, and vice versa. But in fact, Buddhist philosophy posits that an individual who has reached a particular spiritual level — such as the Dalai Lama — can control his or her own incarnation. The Dalai Lama has said that if there is a 15th Dalai Lama, and if the present situation in Tibet remains the same, he or she will not be born in Chinese-occupied Tibet.

In April, ICT released our latest report, *The Communist Party as Living Buddha; The Crisis Facing Tibetan Religion Under Chinese Control*. (For more information, see page 13.) It took only hours for the Chinese government to make a response, directly referring to ICT.

ICT continued to set the news agenda on Tibet with a series of reports on the latest situation in Tibet, all picked up by the international media and raised with governments worldwide as part of our advocacy work.

Excerpt, Foreign Ministry Spokesperson Liu Jianchao's Regular Press Conference on 24 April 2007

Q: The International Campaign for Tibet claimed that the Chinese Government was conducting religious persecution in Tibet. What's your comment? Does the reincarnated Panchen Lama designated by Dalai Lama 12 years ago enjoy full freedom now?

A: The organization you mentioned accused China of conducting religious persecution, which is totally groundless and

flawed with distortion. We express strong dissatisfaction and indignation to that. Having been to Tibet for reporting or visiting, many of you must be well aware of the real situation there. Normal religious activities and religious belief in Tibet are guaranteed by law.

The child you mentioned is coming of adult age. Like other ordinary teenagers in China, he is leading a normal and free life and does not want to be disturbed.

BEIJING, April 24 (AFP): The Dalai Lama's choice as Tibet's second most important spiritual figure turns 18 on Tuesday after almost 13 years in Chinese custody amid signs of worsening repression, a rights group said.

The group, the Washington-based International Campaign for Tibet, describes in a report due Wednesday what it claims is a trend of tightening Chinese control over religious practice and scholarship in Tibet.

Gedun Choekyi Nyima, who turns 18 on Wednesday, 'disappeared' with his parents at the age of six after he was recognised by the Dalai Lama, who is Tibet's top religious figure, as the 11th Panchen Lama, the group said.

His whereabouts since then are unknown, and Beijing selected another boy, largely raised and educated in Beijing, for the role.

Group: China Demolishes Tibetan Statue

By Associated Press June 15, 2007, 10:21 PM CDT BEIJING — Chinese authorities have demolished a statue of a Buddhist master at Tibet's oldest monastery, an activist group said Friday, the latest act in what critics say is an effort by Beijing to dilute Tibet's unique Buddhist culture. International Campaign for Tibet blamed the mid-May demolition of the 30-foot-tall, gold-and-copper plated statue of Guru Rinpoche on "aggressive enforcement" of measures introduced in Tibet this year that regulate the construction of outdoor religious statues.

Gedun Choekyi Nyima, who turns 18 on Wednesday, 'disappeared' with his parents at the age of six after he was recognised by the Dalai Lama, who is Tibet's top religious figure, as the 11th Panchen Lama.



Chinese authorities presided over the Tibetan horse festival, their presence a sharp contrast to the joyful event.



Tear gas canisters and shock grenades collected by a witness at the site of the coordinated police/Army crackdown.

Peaceful Gathering Dispersed with Violence

On August 1, 2007, local nomad Runggye Adak took the stage at a ceremony celebrating the horse festival at Lithang in Tibet. Despite the presence of Chinese officials, he spoke out about the importance of the Dalai Lama's return to the sympathetic crowd. He was immediately detained.

One week later, a peaceful crowd gathered south of town was dispersed by police and army troops with tear gas, shock grenades, and rifles shot into the air (and possibly into the crowd). A witness saw at least one man being beaten with metal prods.

Three of Runggye Adak's nephews were also detained, two were held in temporary custody without being charged but the third — a monk called Lupoe — is still in custody after calling for Adak's release.



Army troops in riot gear march on the peaceful protest in Lithang. The fate of Runggye Adak and his nephew, monk Lupoe, remain unknown as we go to press.

**DOLMA KYAB**

Crime: charges of espionage linked to his unpublished book on nature and geography of Tibet, and illegal border crossing

Sentence: 10-1/2 years

Status: Held in Chushur prison, due for release October 8, 2015

Tibetan teacher in prison for “espionage” appeals to UN

BEIJING (ASIANEWS/AGENCIES) — A Tibetan teacher languishing in jail for months on espionage charges has been able to smuggle a letter out of prison appealing to the United Nations for help.

Dolma Kyab, a history teacher, was arrested in March of last year and sentenced on September 6 to 10 years for “endangering state security”. In his appeal to the UN, he said that the charges against him are due to his unpublished book, *The Restless Himalayas*. “They think that what I wrote about nature and geography was also connected to Tibetan independence. But the book alone would not justify such a sentence. So they announced that I am guilty of the crime of espionage.”

Tibetans jailed, tortured for displaying banned flag

KATHMANDU, JUNE 28 (NewKerala.com): As China beautifies its capital Beijing for the Olympic Games next year, its prisons still abound with terrible tales, including severe torture and long sentences for trivial “offences”, says a Tibetan prisoner who escaped into exile after spending 11 years behind bars.

Sonam Dorjee, a 38-year-old Tibetan who managed to escape from China-controlled Tibet Autonomous Region recently, is trying to highlight the appalling condition in the Drapchi and Chushur prisons, where prisoners, mostly Tibetans, are systematically tortured.

“Prison guards asked me to stand on the chair placed in the middle of the room, and tied my thumbs to the thin nylon thread that was hanging from the ceiling,” Dorjee said in a graphic description of the torture methods circulated by the New York-based International Campaign for Tibet (ICT) organisation late Wednesday.

“Once the chair on which I was standing on was kicked away, I was hanging from the ceiling and was beaten again... “After hanging for three minutes from the thin thread, my entire body from the tips of my toes to the ears started burning and hurting and I began to hear a ringing noise. I fell unconscious.

“The interrogation started again once I regained consciousness, with the same questions, and at the same time I could hear haunting screams from the other cells.”

Dorjee and four other farmers were arrested in June 1992 for displaying a home-made version of the Tibetan national ‘snow lion’ flag, which is banned in Tibet, and a banner with the words ‘Independence for Tibet’.

Thousands of Tibetans took to the streets on October 1, 1987 after hearing news that the Dalai Lama was in Washington, DC addressing the Congressional Human Rights Caucus. Monks from Drepung monastery led the demonstration. The crowd swelled to thousands. Security forces opened fire, killing several people and wounding scores. Hundreds were arrested in the days surrounding the demonstration, including ICT’s President — then simply a tourist in Lhasa. He photographed the demonstrations, which remain iconic images of the Tibetan struggle.

**GESHE SONAM PHUNTSOG**

Crime: “splittism” for associating with and organizing long-life ceremonies for the Dalai Lama

Sentence: 6 years

Status: Released

China curbs Everest climbers ‘for Olympics’

11 Dec, 2006

KATHMANDU (IANS): Mountaineers preferring the Tibet route to access Mt Everest because of low fees and relaxed rules face a rude jolt — China is going to rein in climbing expeditions next spring apparently because of the 2008 Olympics.

Seasoned climbers and human rights activists say it is an effort by Beijing to keep negative publicity at bay, especially after the international furore over graphic reports from mountaineers of the shooting of Tibetan refugees in September that resulted in the death of a 17-year-old nun.

John Ackerly, president of International Campaign for Tibet, said “Climbers come into Tibet with advanced communications devices such as satellite phones and high-speed internet. Chinese authorities are likely to be concerned about the ability of these expeditions to record problems and communicate them to the outside world in ways that they cannot control.”

China starts crackdown in Tibet after journalists' visit

KATHMANDU, JUNE 6 (IANS): China has intensified its crackdown in Tibet after a visit by two western journalists, a rights organisation has charged. A travel agency was closed down in Lhasa, capital of the Tibet Autonomous Region, for having facilitated the tour of two foreign journalists, while a Tibetan was fined and many who had come in contact with the visitors questioned by the Chinese authorities, the International Campaign for Tibet (ICT) said.

Zhang Lizhong, a division director at the Chinese foreign ministry’s information department, accused the reporters of distorting facts and producing “unacceptable” articles, media watchdog Reporters without Borders said.

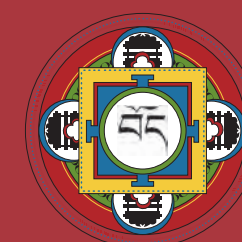
དབྱེད་འཁོར་ཚུགས་པ།

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 Melissa Winchester at 202-785-1515, ext. 225, melissaw@savetibet.org, or use the envelope attached to this newsletter to request a call.



The Mandala Society of the International Campaign for Tibet

Tibetan Political Prisoners

There is no equivalent in the United States for the “crimes” committed by political prisoners in Tibet.

In our nation, if you wear a pin supporting an opposition candidate, you will not be arrested. In our nation, if you offer a prayer for the health of a spiritual leader, you will not be imprisoned. In our nation, if you own a flag, you will not be brutally tortured. The same cannot be said for the people of Tibet.

We in the Western world are shocked by the severity and extremism of the sentences that Tibetans face — and even more astonished to learn of how simple and inoffensive are their crimes. Many thousands of Tibetans have been imprisoned, beaten and tortured in the last twenty years for the non-violent expression of their religious or political beliefs.

Guards would tie him up and bang his head and foot against the wall; when guards had to leave for some time, they would dislocate his shoulder, neck and leg joints.

The Chinese authorities obstruct the flow of information to the outside world and often provide incomplete and deceptive reports to international requests. So ICT shines a spotlight on these cases. Our campaigns have helped improve prison conditions and the treatment of specific prisoners. But as long as more

political prisoners remain in Tibet, our work is not yet done.

The following stories are a mere fraction of the cases that concern us. Each deserves international attention and action.

Jigme Gyatso

Sentence extended due to peaceful protest in prison



In 1992, Jigme Gyatso established a group named the ‘Association of Tibetan Freedom Movement.’ He was

arrested and sentenced to 15 years in prison for counter-revolution in 1996.

Jigme Gyatso’s 15-year sentence was extended by three years after he shouted ‘long live the Dalai Lama’ and pro-independence slogans while in detention in 2004. He was accused of being “splittist.”

Jigme Gyatso, who is being held in Chushur prison, is reportedly suffering from very poor health as a result of beatings during detention. A former political prisoner told ICT: “What I had gone through was not much

compared to likes of Amdo Jigme. Jigme was taken to the main army station in Lhasa where he was interrogated under a high beamed light in a basement. Guards would tie him up and bang his head and foot against the wall; when guards had to leave for some time, they would dislocate his shoulder, neck and leg joints. Imagine how painful it would be. Right now he has difficulty walking and can’t hear anything.”

The 11th Panchen Lama, Gendun Choekyi Nyima

‘Disappeared’ May 1995; location unknown



At the age of six, Gendun Choekyi Nyima was taken with his family from their home in Tibet by the Chinese authorities shortly after he was identified by the Dalai Lama as the reincarnation of the 10th Panchen Lama. His whereabouts have not been made public since then.

In a meeting in 1996 of the UN Convention on the Rights of the Child, the Chinese government confirmed that it was holding the boy and his

family in ‘protective custody’. In November 2002, in an unusual public statement, the Tibet Autonomous Region Party Chairman reported that Gendun Choekyi Nyima is ‘living a very happy life, is now 5 feet and 3 inches tall and weighs 143 pounds, studies well at school, and his parents and entire family are happy.’ Beijing has allowed no independent confirmation of his or his family’s well-being or whereabouts.

On April 25, 2007, the Panchen Lama turned 18, and is now considered an adult. He has been in captivity for twelve years. ICT classifies Gendun Choekyi Nyima and his parents, Dechen Choedron and Konchog Phuntsog, as political prisoners.

Jigme Tenzin Nyima (Bangri Chogtrul Rinpoche)

Sentence: Life commuted to fixed term, then reduced by one year



Bangri Chogtrul Rinpoche was the head of a Lhasa children’s school and orphanage when a builder hired by the school failed in an attempt to blow himself up as he tried to replace a Chinese flag with a Tibetan flag in front of the Potala Palace. Hours later, the Public Security Bureau detained the Rinpoche and closed the home. Chinese officials have said that the home’s operators were sentenced to imprisonment on charges of

‘splittism’. Following the closure of the school, all the staff were arrested and imprisoned for varying periods, and many of the children were thrown out onto the streets following interrogation by police.

New information states that Bangri Chogtrul Rinpoche’s life sentence for ‘splittism’ was commuted to 19 years in 2003, and he was granted a year’s reduction in 2005. His sentence is now due to expire in 2021.

Choeying Khedrub

Sentence: Life imprisonment



Choeying Khedrub, a monk in his thirties, was one of at least six men detained in March 2000 for printing and distributing pro-independence leaflets. Police searched the home of one man, builder Tsering Lhagon, and found printing blocks for the leaflets. Based on official Chinese sources, five of them (three monks and two laymen) were charged with establishing a separatist group, the ‘Xuecheng Youth Council,’ and distributing leaflets.

Choeying Khedrub was sentenced on January 29, 2001 to life imprisonment by the Tibet Autonomous Region Higher People’s Court for the ‘crime of inciting splittism.’ There was no evidence presented to show he was guilty of endangering state security or ever used violence; his life imprison-

ment is for purely political offenses. The other four men received lesser sentences: Monk Tsering Lhagon received a sentence of 15 years, monk Yeshe Tenzin is serving 10 years. The two laymen, Trakru Yeshe Tenzin Choewang, got five and three years respectively.

Sonam Dorjee

Sentence: 13 years



On June 30, 1992, four farmers were arrested after they shouted pro-independence slogans, displayed a Tibetan flag and rushed toward the stage at a public political education meeting in Gyama. A fifth man was later arrested and accused of making the flag.

According to the sentencing document, the men who disrupted the meeting ‘took advantage of socialist ideological education sessions to make unbridled counterrevolutionary speeches and launch wanton attacks on the socialist system in order to divide the Motherland.’

Sonam Dorjee was recently released after serving 11 years of a 13-year sentence (the other two were spent at home due to illness).

“Splittism” — The People’s Republic of China imprisons Tibetans whose actions are perceived to be in support of Tibetan independence from China. Accusations of trying to ‘split’ Tibet from the ‘motherland’, separating the country and destroying national unity can be levied for simply possessing a Tibetan flag, making pro-Tibet statements, hanging pro-independence posters, or speaking favorably of His Holiness the Dalai Lama.

Champa Chung

Sentence: four years, was officially ‘released’ in 1999, but believed to be held under continued close surveillance and his movements restricted



Champa Chung is a monk in his late fifties who was an assistant to Chadrel Rinpoche, the former abbot of Tashilhunpo monastery and head of the 11th Panchen Lama search team, who remains under close surveillance if not house arrest in Tibet.

Champa Chung, the former Secretary of the Search Committee for the Panchen Lama, was arrested in 1995 and was due for release in 1999 upon the completion of his four-year sentence. In addition, he was to be deprived of his political rights for two years. .

Sonam Dondrub/ Lobsang Phuntsog (Lobsang Phurbu)

Sentence: 12 years



Sonam Dondrub, ordained Lobsang Phuntsog, became a monk at Nalanda Monastery in 1992. He reportedly put up pro-independence posters on occasion.

On February 22, 1995, another monk, Nyima Kalsang, was detained after someone spotted a Dalai Lama badge under his robes. When three monks, including Sonam Dondrub, brought food and blankets to the jail for him, police detained Sonam Dondrub to question him about the poster incidents. He confessed after police beat him, revealing that printing blocks were hidden at the monastery. The next day, police went to search the monastery and living quarters. The monks objected, saying that the police had no warrant. Scuffles ensued, and the monks stoned a police vehicle. Thirty-four monks were detained. Of the 20 sentenced in court, Sonam Dondrub received the longest sentence (12 years) on June 21 1995. He was sent to Drapchi (TAR Prison) and is due for release in 2007.

Two of the Nalanda monks detained, 21-year old Legshe Tsoglam and 22-year old Norbu, died after sustaining severe injuries in detention.

Rinzin Wangyal

Sentence: Life imprisonment



Ringzin Wangyal was a labourer at the Lhasa Cement Factory. He was first arrested in 1966 for organizing an underground movement and was imprisoned for 16 years in Drapchi Prison. He was arrested again in 1995 in connection with an alleged plot to disrupt the 30th

anniversary commemoration of the establishment of the Tibet Autonomous Region, and was sentenced to life imprisonment in 1997.

The authorities only confirmed the circumstances of his death two years after it occurred. The Dui Hua Foundation in San Francisco was told that Rinzin Wangyal died on January 18, 2003 at the General Hospital of the Tibet Military Command after suffering from “high altitude heart disease, diabetes, arthritis, asthma and an anal fistula”.

Ngawang Sangdrol

Imprisoned as a child



Ngawang Sangdrol was a 13-year-old nun when she was first arrested for praying at a cultural festival for the long life of the Dalai Lama, and calling for freedom in Tibet. She was held for nine months, and barred from returning to her nunnery upon her release.

Two years later, she was arrested again and sentenced to three years “for incitement to subversive and separatist activities.” While in prison, she and 13 other nuns managed to make a tape of the pro-freedom songs they sang in praise of His Holiness.

The tape was smuggled out to the West, where it was used to highlight the case of the “singing nuns.”

For her part in making the tape, she was given a six-year extension to her sentence. Later she was accused of demonstrating inside prison and another eight years was added. In 1998, when she was 18, another six years was added, for a total sentence of 21 years.

ICT used the tape to draw international attention to the nuns. In 2002, Ngawang Sangdrol was released to ICT custody and is now living in the United States in a home with two other nuns from the prison. They have a picture of the Dalai Lama on the wall — which is forbidden in Tibet — and begin each day with prayers. Ngawang is studying English. “It is my duty to speak well enough to explain how my country is suffering, to tell the world that Tibetans deserve freedom too.”

Upon her release, she spoke of the conditions she faced in prison.

Right from the first time I was detained, Chinese officials used different torture instruments on me to break my spirit. I was subjected to both physical and mental torture to make me denounce His Holiness the Dalai Lama and the aspirations of my people.

My fellow political prisoners and I were subjected to electric shocks from different types of electric batons and prods on sensitive body parts such as

my mouth, underarms and palms of hands. We were beaten with pipes, canes and sticks of different sizes, thick leather belts with heavy metal buckles, and by the hands and feet of prison guards who were trained in martial arts.

Other nuns and I were hung in the air with our arms tied behind our back for extended periods of time, and we were frequently made to stand in the direct sun or freezing cold for extended periods of time, and if we collapsed from the heat or exhaustion, we were beaten. We were made

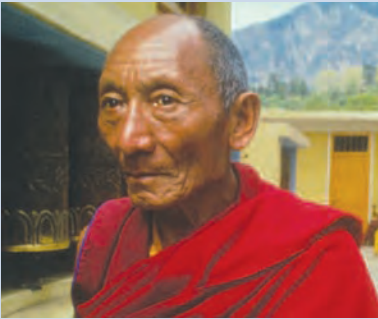
to race each other in competitions for the entertainment of the guards, during which they threw rocks at us and hit us if we ran too slow or got the words wrong to the Chinese songs we were forced to sing.

I spent weeks in solitary confinement for refusing to accept the lies and punishments of my captors. This torture and mistreatment started while I was just a child of 13 and continued through most of my life in prison.




TENZIN DELEK RINPOCHE
Crime: “splittism”
Sentence: Death, commuted to life in prison
Status: Remains in prison

On speaking tours, the monk Palden Gyatso displays torture implements like those used on him during his 33 years in prison. Three different kinds of electric prods, handcuffs, and thumb cuffs are shown. The electric prod is one of the most common forms of torture and is used extensively during interrogation sessions.



In His Own Words

Phuntsog Wangyal, one of the highest ranking Tibetans in the Chinese government spent 18 years in solitary confinement. His entire family suffered as well — his wife died, persecuted and tormented, during the Cultural Revolution, all of his children were imprisoned, his brother was actually in the same prison with him although neither of them knew it, and his father died of extreme anxiety. Yet, Phuntsog Wangyal’s time in prison became a remarkable spiritual journey that inspires us to this day. This poem, about his time in prison, was published in Beijing in a book called *Liquid Water Does Exist on the Moon*, Foreign Language Press, 2002. Today he is 84-years-old, living in Beijing, and actively speaks out about the importance of the dialogue between the Dalai Lama and China’s leadership.



At dawn a beam of the sun steals through the window.
At dusk the sinking Apollo sheds his last tear on the steel door.
Heavily locked, the cell becomes colder and sadder.
Here I have passed 18 solitary years facing only walls.
Summers, Winters, came and went.
Spring flowers and Autumn Moons hide their faces from this place.
Here I discovered how many cruel tortures exist in the human world,
Yet I am gratified, for suffering has always been common for great people.
To this adversity I am deeply beholden.
In hard work and profound thinking I perceived my inspiration.
Self and other reveal themselves to me.
Everything in this universe is still changing, yet they can't confuse me any more.
I searched for happiness in the hardship,
And finding it, the hardship I overcame, and to a harvest I can lay claim.
Freedom, I lost you in pursuit of you,
Though without you, I still feel free in my heart.

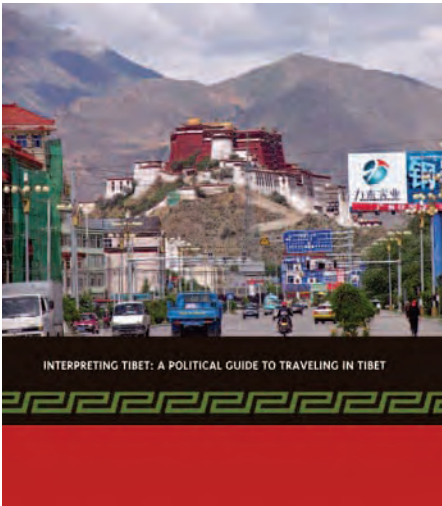
Recent Reports from ICT

Interpreting Tibet: A Political Guide to Traveling in Tibet

ICT’s ‘alternative’ travel guide to Tibet describes how China is working to promote a Tibetan culture for tourism while continuing to suppress the unique Tibetan identity. This new report provides a more balanced picture for travelers.

China wants to control how tourists experience Tibet. This alternative guide unmaskes the propaganda and offers a way for tourists and tour operators to be aware and well informed. ICT recommends that tourists read it before they leave for Tibet. Carrying a copy in a backpack or suitcase into Tibet could be regarded as a political or ‘splittist’ act (in other words, as an attempt to ‘split’ the motherland), and could therefore put local contacts at risk.

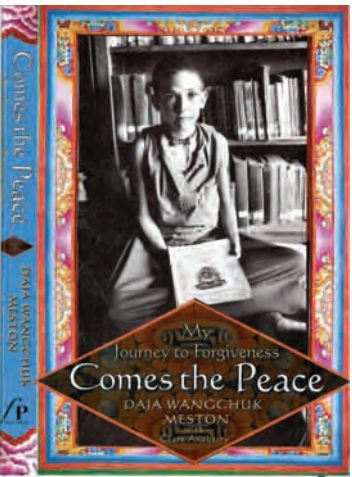
For information on other available reports, please visit the web site at www.savetibet.org/reports.



Take a Closer Look

Interested in gaining more insight into the lives and culture of Tibet? Here’s a staff recommendation for additional reading that details an American boy’s odyssey from Tibetan monastery to Chinese prison.

Comes the Peace:
My Journey to Forgiveness



Wangchuk Meston,
Simon & Schuster, 2007,
\$25

Wangchuk Meston’s life could not be more unique: Abandoned by his parents in a Tibetan monastery in Nepal, he never knew he was a Jewish boy from America. He grew up in Kopan monastery in Kathmandu, working to fit in

with the other young monks and reconciling Buddhist teachings with his experience of the world. He looked forward to occasional visits from a woman who brought him gifts — whom he later learned was his mother.

His book details his fascinating story — including how he ended up traveling to Tibet numerous times as a translator for western journalists and a member of the US Congress. But nothing would prepare him for the extreme duress and mental torture that he was subjected to when he was arrested in Tibet in 2001. He barely lived through the ordeal.

We found him to be one of today’s most articulate, sensitive and insightful voices on bridging the Western-Tibetan culture gap, and experiencing the interrogations and duress of Chinese custody.

The Communist Party as Living Buddha:
The Crisis Facing Tibetan Religion Under Chinese Control

The extreme repressions imposed upon Tibet demonstrates how seriously Beijing takes the enduring influence of the Dalai Lama — and thus the need to strengthen China’s position as the “official” arbiter of Tibetan Buddhist culture. This report documents a tightening control over religious practice and scholarship in Tibet today.

First-person testimonies tell the realities of life in Tibet with harrowing detail, and an examination of critical official documents obtained from Tibet shows the Chinese strategy. Songs and poems celebrating the Dalai Lama and the Panchen Lama are included, and offer a remarkable balance to the bureaucracy of repression.



Helping Released Prisoners

The International Campaign for Tibet not only works to secure the release of political prisoners but, under certain circumstances, we can provide aid and support once the prisoners are released.

Through the generosity of our members and supporters, ICT has managed to provide not only a warm welcome but also basic living needs (including housing, medical care and an introduction to the Tibetan society in the US), legal assistance, as well as help adjusting to a radically new lifestyle.

For those who wish to share their experiences, ICT's Rowell Fund provides small grants that have gone to many former political prisoners who are working on behalf of those still imprisoned, or also released. The Fund also focuses on environmental and women's issues.

In the past, the Rowell Fund has provided many grants like these:

Gaden Tashi, U.K. To publish "The Memoirs of Yulo Dawa Tsering" about a prominent monk who endured imprisonment and torture for his country.

Chakmo Tso, US-India. Funds to translate and publish Woesser's works in Tibetan. Woesser's controversial writings in Chinese are widely read in China, but not sufficiently available to Tibetans.

Dolma Ling nunnery, India: to publish three books in Tibetan about the



ICT provided support to help these former political prisoners learn new languages, so they could settle and find employment in Europe and the U.S. This photo of the released Tibetan nuns was taken just after an audience with His Holiness the Dalai Lama that ICT helped to arrange.

imprisoned religious leader Tenzin Delek Rinpoche, including his biography and selected articles by Chinese scholars about him.

Ngawang Choephel Productions, USA: Funding for the production of the film *Through the Hollow Bamboo: Tibet in Song*, a documentary on traditional Tibetan music including performances from within Tibet, Losar celebrations in exile and interviews with Tibet experts.. Ngawang Choephel, a musicologist and musician, served 6

years of an 18-year prison sentence for filming in Tibet but never lost the determination to complete his film.

Art Refuge Program, Nepal and India: to pay the salaries for 4 staff members to provide a safe haven and vehicle for artistic expression and confidence for Tibetan refugee children recently arrived from Tibet.

Ways to Support Tibet and ICT

Become a Friend of Tibet!

Join an exclusive inner circle — the **Friends of Tibet** — by pledging to contribute just a few dollars each month to the International Campaign for Tibet. Your monthly pledge gives us the steady, reliable funding we need to act (and not only react) in support of human rights in Tibet.

Even a small pledge of just \$10 a month will add up over the year to a significant boost to ICT's important work. To become a Friend of Tibet by automatic credit card deduction or through a pre-approved electronic transfer from your bank account, please visit our web site at www.savetibet.org/FriendsofTibet.



ATTENTION FEDERAL EMPLOYEES

Give to ICT through the
Combined Federal Campaign.

CFC #11370

Contact Melissa Winchester at
202-785-1515, ext. 225,
for more information.

Speak Out to Help Political Prisoners

The Chinese government counts on secrecy when it detains political prisoners. That's why it is essential that as many people as possible protest when the human rights of Tibetans are violated.

You can help: Sign up to be a part of our Political Prisoner network. Each month you'll get an email from our campaign team that highlights a current prisoner. You'll receive the facts as well as suggested actions you can take on his or her behalf. Your participation could make conditions better — or even secure a release — for a political prisoner in Tibet.

To sign up for the monthly political prisoner update, please visit our website at www.savetibet.org/PoliticalPrisoners.

Plan to Make Your Support Last!

Your commitment to helping the people and culture of Tibet can go on long after you when you make a planned gift to ICT from your estate. Those who put ICT into their will, make a gift of stocks, retirement funds, or real estate, or participate in our gift annuity are inducted into our Mandala Society to honor their commitment.

For more information on putting ICT into your estate plans, please contact Melissa Winchester at 202-785-1515, ext. 225, or email her directly at Melissa@savetibet.org.

Dear ICT,

We are the people who were in jail in Nepal and without you we may be in jail around a year or more. Really, we are nothing but just nation-less Tibetans and ... we will never forget your kindness. Your love and care must be worth a thousand glances.

Yours sincerely,
[names withheld]

Take Action Today!

ICT's websites provide flexible, secure donation options where you can support specific campaigns or renew your annual membership. (And you can encourage friends to join here, too.) Plus you can make memorial or honorary gifts, and more. For general information and all donations, please visit us at www.savetibet.org.

To support our efforts to publicize China's abuses in Tibet in the run-up to the 2008 Summer Olympics in Beijing, take action at www.RaceforTibet.org.

To celebrate the decision of the U.S. Congress to award His Holiness the Dalai Lama our nation's highest civilian distinction, the Gold Medal of Honor — and to learn more about events surrounding this memorable event — please visit www.DalaiLamaDC.org.

Our Policy

The International Campaign for Tibet will never sell or trade email addresses.