



**PRESS RELEASE**  
**For immediate publication**

**Honouring the Past, Embracing the Present, Creating the Future**  
**Tibet Arts Fair, Montreal, May 13<sup>th</sup> to 21st, 2011\***

**Montreal, May 1, 2011:** Numbering around 130 people, the Tibetan community in Montreal nevertheless has a 40-year-old presence in the city. It is also very active on various fronts. Dungdkar, Tibetan Arts Centre, a non-profit organization that aims to preserve, promote and produce Tibetan performance and visual arts, is one of it's success stories.

In May 2010, Dungdkar launched a Tibet Arts Fair to introduce Montrealers to Tibet's rich and ancient culture, and its evolving expression in North America. Highlighting the artistry of Tibetans across generations, the Tibet Arts Fair returns this year with delectable offerings of film, food, visual arts, performance and workshops. It takes place over two weekends, from May 13-21, 2011, at various Montreal venues.

The opening night kicks off at Restaurant Shambhala with Tashi Wangyal's first film, *Endangered Culture*, which chronicles the struggles of three-generations of Tibetans to keep their culture alive. The film will be followed by a discussion with Wangyal, who is passionate about filmmaking and photography.

The evening includes a delicious, four-course meal of Tibetan specialities like Momos (dumplings), Thun Duk (noodles) Tingmo (steamed bread) and Tibetan wine, accompanied by Tibetan music performances.

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***For more information and to schedule interviews please contact Festival Director...***

***e-mail:      cell phone:***

***View the full program at***

The Tibet Arts Fair introduces Gyamtso Setso, a young photographer who is also a talented singer and actor. His images of Tibet will be on display at a photo exhibition at Le Gesù – Centre de Créativité, on May 21, 2011, from 10 a.m. to 5 p.m. The exhibition includes the work of social documentary photographer Kiran Ambwani who captures the life of Tibetan communities in exile, in India.

Yet another treat is a lecture on the beautiful and sacred art of Tibetan Thangka painting by Phenpo Tendhar, a ninth generation Thangka painter. Tendhar's large mandala creation of the Medicine Buddha decorates the Dalai Lama's private quarters. Born in Tibet, Tendhar trained with the great masters of Thangka painting. He currently lives in Toronto. This event too will take place at Le Gesù, on May 21, 2011, from 11 to 12 a.m.

“In telling our story through food, music, dance and visual works, we want to communicate the rich history and ongoing narrative of a people who represent an exemplary culture of non-violence and dialogue,” says Festival Director, Tenzing Dolma. “Embedded in our centuries old traditions is a unique wisdom, a way of knowing and perceiving the world that draws from our singular Buddhist culture; reflecting who we have been and still are.”

For those who prefer a hands-on approach, the Tibet Arts Fair also offers demonstrations of ceremonial dances, Tibetan cooking and musical instruments like the Dramgyen (Tibetan lute).

The Tibet Arts Fair takes place in May, celebrated as Asian Heritage Month across Canada and Accès Asie in Montreal.

Dungdkar appreciates the support from the Dalai Lama Foundation Canada and La Maison de L'amitié, the collaboration of the Tibetan community in Montreal and its wonderful volunteers.