

COLUMBIA HEIGHTS

PROCLAMATION

Tibetan Uprising Day: March 10, 2026

On March 10, 2026, Tibetans across the world will gather to commemorate the 67th anniversary of the Tibetan National Uprising and to honor the more than 1.2 million Tibetans who lost their lives in the struggle that followed. This day is both a remembrance and a call to conscience.

The occupation of Tibet and the continued suppression of fundamental human rights – including restrictions on cultural expression, religious freedom, language, and livelihood – concern all who value dignity, identity, and self-determination. The preservation of culture and faith is not merely a political issue; it is a human one.

Reports that approximately one million Tibetan children have been separated from their families and placed into state-run boarding schools for forced assimilation raise profound humanitarian concerns. The protection of children, language, and cultural identity is foundational to any just and compassionate society.

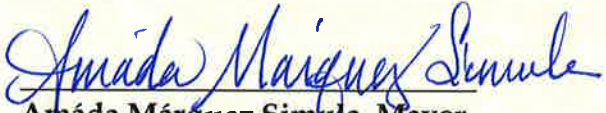
In 2025, His Holiness the 14th Dalai Lama marked his 90th birthday, a milestone honored as the “Year of Compassion.” For nine decades, he has embodied nonviolence, dialogue, and universal responsibility. His leadership reminds the world that courage can be rooted in peace, and strength can be expressed through compassion.

Minnesota is home to one of the largest Tibetan communities in North America. The Tibetan American Foundation of Minnesota, founded in 1992 and representing more than 6,000 Tibetan Minnesotans, continues to preserve culture, heritage, and faith while contributing vibrantly to our shared civic life. Our state – and communities like Columbia Heights – are enriched by the resilience, traditions, and leadership of Tibetan neighbors.

Columbia Heights affirms the Tibetan people's determination, both in Tibet and in exile, to protect their heritage and identity. In Columbia Heights we stand for human rights, religious freedom, cultural preservation, and the peaceful pursuit of justice. We celebrate culture, community, and connection and honor the diversity of our residents and the traditions they bring. Let this proclamation reflect our ongoing commitment to belonging, equity, and shared humanity in our city.

Now, therefore, I, Amáda Márquez Simula, Mayor of Columbia Heights, do hereby proclaim March 10, 2026, as **Tibet Day** and encourage residents to reflect on the values of compassion, nonviolence, and human dignity.




Amáda Márquez Simula, Mayor

March 4, 2026