



# Buddhist Essential Support Trust

www.thebesttrust.org

Registered Charity No: 1094424  
105A St. Stephens Road  
Hounslow TW3 2BL  
UK

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## U NAY WIN—THE SUNSHINE OF OUR LIVES A Tribute to the Founder of BEST

On Wednesday 24 September, 2014 at 10:27 pm U Nay Win Founder of the Buddhist Essential Support Trust passed away. He died peacefully with his family by his bedside at Cromwell Hospital, London.

U Nay Win worked energetically for the preservation of the teachings of the Lord Buddha both in Myanmar and overseas. He practiced Vipassana meditation daily and taught everyone he met the importance of meditation to free ourselves from the cycle of rebirth, sickness and death.

U Nay Win was a legend who contributed to the wellbeing of so many and whose life was fully and joyously lived.

U Nay Win was a village boy from Nan Myint village in upper Myanmar who travelled the world and conquered the minds and hearts of everyone he met. U Nay Win was a great man who made many different contributions. Not only was he an ardent Buddhist who promoted and taught us the teachings of the Lord Buddha, he was also the philanthropist who energetically donated to help those in need. He was the broadcaster whose resonant voice and broadcasting quality was known throughout Myanmar. U Nay Win was the son of Myanmar who promoted the Burmese language and culture. He was the lawyer who defended the innocent, the writer who wrote many books, articles and songs, the adven-



ture who dared to take risks and who travelled many lands, the *gourmand* who has a passion for food, the *musician* who can play not only the violin and piano but almost every instrument he picks up, He was the *singer* with whom we have to fight over the microphone at a karaoke party and the *dancer* who can move and groove – the star of any party. U Nay Win was a *friend* who listened, who cared, who picked us up when we were down and who was always there when we were most in need. U Nay Win was the most amazing *dad*.

He was true to his name Nay Win.

**Nay: Sun  
Win: Shine**

He was truly the sunshine of our lives. What the sun is to the solar system, he was to all of us. He gave us life, guidance

and inspiration.

We learnt so much from him. He expressed his love to all of us in more than a million different ways.

### U Nay Win

We Love you. We thank you.  
Your legacy will shine on and you will forever remain the sunshine of our lives.



Forest Hermitage, 26 October 2014



Immediate above & below Dana at Tisarana Vihara, London, 3 October 2014



Below—Dana in memory of U Nay Win, Yangon, 17 February 2015



'Satuditha' dana Nan Myint Village, Myanmar, 1 January 2015



U Nay Win's ashes are buried at his home Nan Myint Village in Myanmar (above) and at the Forest Hermitage in Warwickshire (photos left above and left below)



# Buddhist Essential Support Trust

**BEST Donations - Continue** Despite the setback with the passing away of BEST founder U Nay Win, BEST Patron - Professor Robert Taylor, BEST Trustees - Daw Khin Win Mya, Dr. Min Sein, Daw Zarni Win, Dr. Thein Zaw Win and BEST Committee Members in Yangon continued with the various donations in Myanmar at the end of 2014 and the beginning of 2015.

Left: BEST Donations to Sitagu Academy, Yangon, Tuesday 16 February 2015

Below: Tipidakadara Sayadaw Ashin Thilekhandar Biwunsa (Maw Kyun) handing the Certificate of Honour to BEST Trustee Daw Khin Win Mya, Neak-kair Academy, Dagon Myothit (North), 17 February 2015



Immediate above left and immediate below: Dana to over 100 monks and novices at Yadana Pangone Monastery, Yangon, 18 February 2015



Above: BEST Trustees and Yangon Committee Members offering dana, Thaton, 16 February 2015



**On this page, there is a photo selection of BEST Donations** performed by BEST Trustees Dr. Min Sein and Daw Zarni Win in January 2015

Left: Volunteer team participating in 'Satuditha' dana in front of the Nan Myint Village Monastery



Above—dana for Sangha Maha Nayaka President and accompanying Sayadaws at BEST Yangon Committee Member—Daw San Nwei's House  
Below— Dana at Lotaya Orphanage school, (Shwepyitha, Yangon)



Above: Night time praying at 'Sirimingalar Shwe Bon Oo' Monastery ( Yangon)  
Below: Dana at 'Dhamma Maydini Academy' (North Okkalapa, Yangon)



Left: Donations to Dr. Htein's Free Clinic, Yangon

Above right - Donation to 'Maha Gandaryone' Monastery (Amarapura, Mandalay)



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**Buddhist Essential Support Trust, Donation  
List 2014-2015**

	Dr Hla Bu	100
	Mr John Okell and Mrs Sue Okell	70
<b>Names of Donors</b>	£ U Ye Min Shwe and Daw Mon Mon Tun	30
	Dr Kyaw Myint and Dr Khin Hla Myint	100
Mr Robert H Taylor	1,000 Dr Kyaw Thinn and Daw Sat Phone Kyat	50
Mr Mike Graham	350 Dr Mg Kyi and Daw May Yi Yi Sein	100
Dr Mg Mg Lwin	100 Dr Soe Myat Yin and Dr May San Kyi	30
Dr Daw Myo Aye	100 Mr Derek Brooke-Wavell	100
Dr Marlar Aye	170 U Nwe Win and Kalyar Win	30
Dr Kyaw Lin and Dr K P Maw	100 Ma Pyay Pyay and Mg Aung Aung	30
Dr Khin Mg Thauing and Dr Tin Ohn Myint	600 U Htein Kyi Lin Win , Daw Lwin Mar Ko, Zabu, Myat Thuta	3,250
Mr David W Masters and Jenny	250 Daw Khin Win Mya	5,000
U Myint Swe	30 Dr Ko Ko Hlaing and Daw Nu Nu San	50
U Tun Win , Daw Khin Phyu Phyu Soe and U Soe Yin	150 Embassdar U Kyaw Myo Htut (USA)	100
Dr Ko Ko Gyi and Daw Ni Ni Aung	100 Embassdar U Kyaw Swar Min (UK)	100
U Mya Han, Daw Than Htay and Ohmar Myo Tun	130 Myanmar Association UK	300
Dr Aung Yi and Dr Yin Yin Myaing	100 Ma Yin Yin Nu	65
Dr Aye Ngwe	100 Mr Jos Lemmers, Aye Aye Win, Zina, Petra and Oli	2,000
Dr Myint Thein and Daw Ohmar Thein	150 Dr Thein Zaw Win	1,190
Dr Thura Han and Dr Thidar Aye	230 U Tin Aung	80
Dr Myint Wynn	100 U Aung Kyaw Thu, Daw Hla Hla Win, Kaythi, Kalya and Naythan	2,600
Ms Leilei Win	2,000 U Kevin Nyo and Daw Aye Aye	360
Dr Min Sein and Daw Zarni Win	2,500 Dr Oo & Mrs Oo	100
Thulangit Mahind Wijesuria	60 U Moe Moe Zaw	40
Zina, Petra, Oli Lemmers	50 U Soe Win Tin and Daw Min Min San and family	300
U Yan Myo Kyaw and Daw Yi Yi Htay	30 Dr Ko Ko and Daw Molly Ko	100
U Kyaw and Dr Lei Lei Khaing	30	
Dr Khin Mg Tun and Mrs N Cho	100	
Mr Aung Kyaw Moe, Sally ,Theo and Zarni	160	
Mr B D Cave and Daw Yu Yu Wai	100	
Dr Mya Than	30	
Dr Zeyar Shwe and Dr Moe Sann	50	
Dr Thet Tun and Dr Tin May Aye	30	
Dr Tint Lwin and Daw Yu Yu Din	30	
Dr Soe Aung	50	
Daw Molly Soe	100	
	<b>Total Donations</b>	<b>25,355</b>
	<b>Income &amp; Expenditure 2014-2015 (£)</b>	
	<b>Opening Balance (1/4/2014)</b>	<b>30,246</b>
	Total donations:	25,355
	Total Gift Aid:	3,573
	Total Rental Income:	10,800
	Total Income:	39,728
	Total Expenditure:	25,637
	<b>Closing Balance (31/3/2015)</b>	<b>44,337</b>

**THANK YOU TO ALL DONORS  
THADU. THADU. THADU.**



Photos: BEST AGM July 2014



**INVITATION**

**2015 BEST AGM**

**When?** Sunday 19 July 2015

**Where?** 105A St. Stephens Road, Hounslow, TW3 2BL

**What time?** From 11.00 AM.

Lunch will be served from 12 noon.

To confirm your presence please send an e-mail to [winzarni@hotmail.com](mailto:winzarni@hotmail.com) or phone 0780 9717528. See you there.

**CALL FOR DONATIONS  
(2015/2016)**

Please donate either by cheque to the **“Buddhist Essential Support Trust”**

OR

by bank transfer (Barclays Bank—Sort Code: 20-72-17 Account number: 00650374 Account name: Buddhist Essential Support Trust)

Experience the joy of giving. Let the rain of loving kindness and generosity pour down.

Donate to BEST