

Sunrise Children's Association Inc.

"Bringing a brighter future to the needy children of Nepal"



NEWSLETTER Quarter 4 October-December 2013

Dear Friends,

Sunrise Orphanage (at SCV)

Quarter 4 started off in a very busy way, with Nepal's largest festival Dasain and the 'Sunrise Mountain Challenge' Trek fundraiser in early October, then Tihar Festival and a birthday party in November, numerous wonderful visitors, 2nd Term exams and a Christmas celebration in December. In addition to these both the staff and children were busy with various training programs, lots of exciting news from the college teens!

2nd Term Exams

The 2nd term exams were held in December, **with 52 of the 63 children passing**, which was very similar to 1st Term. Since the move, the children have been doing homework in their own flats rather than in class groups as they did when they all lived in the one home. Due to the flats being overcrowded (15-18 children instead of 10 in each) we have found the children get more easily distracted, so from January the children are back studying in their class groups after school. We hope this improve their results further in 3rd Term and even further when we are able to complete the extra 2 flats planned in phase 2 of SCV so they have a bit more space in each flat.

Training

4 staff, Tulsi Mainali, Krishna Ghimire, Manju Karki and Rupmala Shrestha attended a **workshop on Oral Health** at Kantipur Dental Hospital in Kathmandu to ensure the kids teeth stay sparkling clean and healthy!

Sustainability Research & Development Continues!

Throughout the last quarter **research for the most suitable cows** continued, with Tulsi Mainali and other staff visiting various dairy farms and looking into the various options. Sunrise plans to buy some cows in the 1st quarter of 2014, and will

use the fresh milk for the children and sell the surplus as well as use the cow dung for the bio gas. The kids also got involved with **planting some crops on our new Sunrise land!**



Above: Tulsi Mainali and the Sunrise farmers planting veges on new Sunrise land

Jobs/Work Experience

Dance superstar following her childhood passion!

Laxmi Rana who is studying Management in year 11 at college, followed her long time passion and started attending dance school in the evenings in April. She has immense talent as well as passion and in August **became the official dance teacher at Sunrise** (so travels from the transition home on Friday and teaches on Fri afternoon and Saturday morning), then in December was **awarded a scholarship** to attend her dance school for free for the next 3 months. She has also **choreographed some dance programs at various schools** in the school holidays, and has just added classical classes to her repertoire. **Congratulations Laxmi!**



Above: Laxmi Rana teaching dance at Sunrise

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Talented college student sharing his knowledge

Bijay Tamang who got a Distinction in his SLC and is now studying Science at college (year 11) started **giving daily tuition classes for 2 needy young students** in the Kathmandu Education Scholarship Program for his part time job. Bijay goes to their house and tutors them from 6.30-8am 6 days a week. Reports are that the students are happy to have his support and are slowly making progress.

A determined Civil Engineer in the making!

Basudev (Roshan) Lama who is now in his 5th of 6 semesters of his Engineering Diploma (which he won a scholarship for 2 years ago), just started an **8 month Bachelor Preparation Course** in addition to his full day at college. This means he is now studying from 6.30 almost right through till 6pm! **Great work Basu!**



Above: Engineer student Basu Lama

Watch out Jamie Oliver!

Year 11 student **Lal Bahadur BK** is well on his way to achieving his dream of becoming a **chef**. After completing his SLC (School Leaving Certificate) exams in March, Lal undertook a **3 month cooking and food preparation course** at RMTC Institute in his holidays, followed by **3.5 months work experience** at Hotel Mandap in the tourist centre in Thamel. He then found himself a **full time job cooking at a friend's new cafe** and was working 7 days a week and attending college on top of that until it unfortunately closed down. **Congratulations Lal!**

Sunrise teens join outreach program

Year 12 Science students, Saugat Mainali, Lokendra Tamang and Binita Lama and Transition Home Manager and carer, Angur Bhandari, enthusiastically

joined our Kalimati team to **distribute 529 Winter tracksuits to the children of Kalimati slums**. It was a very well organised day and enriching to see the excitement on many of their faces. **Thank you to Kathmandu Kids** in Perth for your sponsorship again this year!

Encouragement Awards

The awards for October went to Suruchi Mainali, Dinesh Bhandari, Kabi Raj and Dinesh Lama, **November to** Sunita Tamang, Dewaki Shrestha, YuvRaj Bhatta and Isack Tamang, and **December to** Mangal Das Shrestha, Diwakar Bhandari, Kabi Raj Buddha and Nabin Karki.



Above: Star student and Encouragement Award winner Suruchi Mainali

General Activities

School

Class 7 went on tour around the local village to learn about agriculture and the tools used and class 8 re village life in general. A few students also participated in some inter-school competitions; dance and poetry for the secondary and lower secondary levels and spoon race for the primaries – Nabin from Sunrise was the winner after having so much practice at our Sunrise birthday parties!

Home

All children celebrated **Nepal's largest festival Dasain** again this year. It is traditionally a time spent with family, so many people from Kathmandu travel back to their villages - **around 40 Sunrise children spent two weeks with their natural families** while 23 stayed at Sunrise and celebrated. On the main day, Dasain Tika, people are honored to receive a tika blessing (red dye placed on forehead) from their elders for a long, happy, healthy life. Sunrise upheld tradition feasting on

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various delicacies and giving gifts, while 10 teens received their tika blessings at the end of their trek. Sunrise also **sponsored a community swing to be built** outside our front gate, a very fun tradition throughout Nepal for children and adults from all walks of life!



Above: Ten of the Sunrise teens receiving their tika blessings during Dasain Festival

'Sunrise Mountain Challenge' Trek Fundraiser

A group of our very enthusiastic teenagers took on a "Sunrise Mountain Challenge" in October to help raise funds for the 2 new flats at SCV – **Basudev Lama, Chham Bahadur Gurung, Niraz Ghimire, Ganesh Rokaya, Bishnu Sharma, Buddhiman Shrestha, Mansingh AD, Mangaldas Shrestha, Lal Bahadur BK and Shankerman Shrestha. The challenge was to complete a 9-10 day trek to Annapurna Base Camp in 7-8 days** (whilst ensuring there are no problems with altitude). The kids battled through 3 days of almost constant drizzle and the big day to base camp involved 13 hours of hiking – quite an achievement!



Above: The "Sunrise Mountain Challenge" team at Annapurna Base Camp

We are extremely excited that **we have raised just over \$55,000** since the end of August! **It was an incredibly generous response so THANK YOU VERY MUCH to those of you who helped spread the word, and of course made donations and sponsored the kids trekking challenge, which in itself raised just over \$30,000!**

Sunrise brothers and sister strengthen their bond with 'Bhai Tika' blessings

November started with the beautiful **Tihar Festival**, otherwise known as Festival of Lights or Deepawali. It runs for 5 days, each day with a different offering and blessing. Day 1 is to honour crows, day 2 dogs, day 3 and 4 Lakshmi, the goddess of wealth and prosperity and day 5, known as 'bhai tika', is to offer blessings to ones brothers (and in return brothers bless their sisters and given them money!). **This is one of the most special days of the year for the Sunrise children when they once again re-confirmed their devotion, love and respect to their Sunrise brothers and sisters.**



Above: Upendra Thapa, happy to have received his blessing from his Sunrise sisters

And of course a quarter is not complete without a **Sunrise birthday party!**

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Above: Raja, Mangaldas and Palten enjoying the Sunrise birthday party

Christmas at Sunrise

Despite Nepal being a predominantly Hindu country, there are some Buddhist and Christian children at Sunrise, so we encourage all children to appreciate and celebrate all religious festivals – which of course are not met with much resistance at all! This year **Santa and his 3 helpers (the 4 Encouragement Award winners)** gave each child a pair of brightly coloured slippers for winter, which along with yummy food, including white Christmas balls, brought huge smiles all round!



Above: Sunita, Isak, Deewaki and Yuvraj giving out Christmas wishes and slippers

Health check-ups and tests

All staff and children at Sunrise underwent a full health check in November including blood test for HIV, TB and blood grouping, stool and urine tests as well as a general health check (including ears, eyes, mouth, throat, chest, lungs, BP etc). The children were so brave, even the small ones didn't

mind the blood test and some even asked for their photos to be taken! Results were good too, with no serious illness, just a few minor stomach bugs which have now been treated. **Thanks to Nada Tuta and friends** for sponsoring this day of fun.



More great news was that Bharat completed his TB medicine and his now all clear and back to normal!

Special visits from sponsors and donors

Quarter 4 was the busiest yet with many wonderful visitors!

Volunteer Rebecca Hunt joined us from Adelaide in November. Rebecca, a secondary level English teacher, focused on teacher training at the school which was greatly appreciated by management and the 5 teachers involved in particular. The training focused heavily on lesson planning and the importance of practical demonstration. Rebecca has also been raising funds by selling her student's book so if anyone is interested in purchasing one of these teen thrillers, contact us!



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The children always love meeting their sponsors, and this quarter Chirring Lama had the chance to meet her **sponsor Judi Corcoran** from Adelaide. They were both very happy! The children were also very happy to meet sponsor **Mike Roberts** from NZ and see **Laura Taylor** from America again, who was a volunteer with us a few years ago.



Donors from Himalayan Children's Education Foundation (HCEF), Duncan Chessell and Greg Perks, visited us in September and saw first-hand the 2 new classrooms they sponsored at the new school in action. **Thank you HCEF for your very generous donation of \$30,000!**



Above: Duncan and Greg in the Nursery classroom with volunteer Annie Kruckemeyer

Mark Bloom from Komodo UK, who has sponsored our playgrounds soon to be built, kindly made the time to come out and see us, as well as numerous other very kind people, who donated a range of wonderful and very useful goodies for the children. **Thank you especially to Lynton Pahl and Phil Mount** from Adelaide, **Adrian Manafis, Jayde McSeveney, Greg**

Markey and Charlotte Mosley from Melbourne, **Debesh Koirala** from Sydney along with his family from Nepal, **Bianca Kremer** and family, **Lachlan Jones, Siobahn Leyne, Cecilie Giskemo, Sumaya Said, Annette** all for clothes, stationary and many other great bits and pieces, **Justin Walsh, Geoff Heney, Dennis Wells, Heather Knoflick and Mindy Martin** from the **American School of Doha** with **300** beautiful children's books, **Gemme Richie, Stan Lawrence, Tracy and Rene Sweere, and Mark Taplin and Pamela Lockyer-Scrutton** for the sports equipment. Thank you all for your time and generosity.



Above: Mark Blook from Komodo UK with some of the Sunrise boys

Football fanatics **Darren Gallagher, Dave Noonan and Marc Landers** from Melbourne also very kindly bought a pile of football jerseys and balls and organised some football (soccer) tournaments with the children on our mini field at our new school. The children from 4 up to 18 participated and had an absolute ball (excuse the pun!).



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Above: Some of the excited boys during one of the football matches at Sunrise

Last but not least was a visit from **Pamela Lockyer-Scrutton** and daughter **Skye Scrutton**, winners of the Auction prize from the 2012 event in Adelaide of a trip to Nepal for 14 days, accompanied by friend **Mark Taplin**. They made the most of their time in Nepal and experienced lots of fun and challenging adventures!



Education Scholarship Programs
2nd Term Exam Results

In December, most children sat their 2nd Term exams and again we were **very pleased overall with their results**, with an overall improvement on 1st Term:

Kathmandu Program: Of 85 children, **62 children passed (73%)**, up from 64 in 1st Term), 13 failed, 2 didn't sit, 10 n/a yet

Sindhupalchowk Program: Of 60 children, **53 passed (88%)**, 2 didn't sit, 5 n/a yet

Results for Kalimati slums, Jhapa and Mustang Programs are not available yet.



Above: Some of the children Sunrise sponsors in Mustang

Closure of the Jorpati Community Training Centre in Kathmandu

The Jorpati Training Centre was opened in October 2008 to meet requests from the local community for a training centre, for predominantly sewing. **Over the past 5 years almost 700 students registered at the centre**, which has been a fantastic achievement by everyone involved; with 296 registering in sewing, 309 in computing, 76 in English and 37 in Nepali/Library. Sewing was the most successful and longest running program, with many of the women finding employment in tailoring on completion of the 3 month course.

The staff, students, local community and of course Sunrise are extremely thankful to **Helen Davis from Hindmarsh Island Rotary** who provided a **\$20,000 sponsorship** from for the first 3 years of the program and **Caress Andrews from Count Foundation** for provided a **\$10,000 sponsorship** for the last 2 years.

And a **HUGE special thanks** also to **Sita Bhandari** and **Shanti Ghimire** in particular who ran the centre and trained all of the sewing students over this 5 year period. **What a fantastic job!**



Above: Our wonderful trainers Sita and Shanti with some of their sewing students

As you can see 2013 was an action packed and very rewarding year, with some major milestones. We thank you all for your support and wish you all a peaceful and joyful year ahead.

With love, thanks and appreciation,
The Sunrise Team, Australia and Nepal