



NEWSLETTER
Edition 19,
September 2011

Dear Friends of Sunrise,

What another great quarter this has been! We hope you enjoy all of our exciting news.

Sunrise Orphanage

We started the quarter with a day-long program celebrating the **6th birthday's of SCAI Australia and Sunrise Orphanage Nepal**, the graduation of our **first 5 children from SLC** and 10 children's birthdays. This was followed by many other exciting activities across the quarter, including **quiz and poetry competitions** and **Children's Day** programs at school, participation in an **environmental awareness rally**, an **International Day of Peace** program and an **inter-homes sports day**, an **interaction program** with a group of boys from Harrows School in London, **dental camp, eye checks**, the welcome of a **new 7 year old boy to Sunrise**, and last but certainly not least the **purchase of the land for our new Sunrise home, training centre and school!**

In addition to all these special activities, the children continued to enjoy their regular extra-curricular activities including **dancing, singing, thanka painting, computing and rehabilitation therapy**. And again we were blessed with the presence of a **wonderful group of volunteers**.

In Australia, it was an equally exciting quarter, with **3 very successful fundraising events**, as well as some of **Sunrise's supporters taking on extreme challenges around the world to raise money for Sunrise!**

Sunrise 6th Birthday (Australia and Nepal)

In early July we held a program at Sunrise Orphanage to **celebrate the 6th birthday's of both SCAI Australia and Sunrise Orphanage**, focusing on the wonderful relationship we have shared together and all the special people who have been a part of this amazing journey to date.

With 14 year old Khim Maya BK from Sunrise as MC, the program included a warm welcome to all our guests, singing, dance and drama performances, speeches from various people, and of course a feast of delicious food, prepared in the Sunrise kitchen, the best restaurant in Kathmandu!

Guests included the Sunrise Orphanage committee members, staff from our training programs (both the Sunrise Orphanage and community training centres), staff from our education scholarship programs and from the children's school.

It was a wonderful celebration, with a tremendous amount of gratitude, appreciation, congratulations and enthusiasm for the coming years from everyone involved.



Above: Bishnu Sharma performing a traditional dance at Sunrise's 6th birthday celebration

Sunrise's first school graduate wins scholarship to Engineering college!

After much preparation, SLC (School Leaving Certificate) graduate **Basudev Lama** won himself a full 3 year scholarship to Thapatali Engineering College in Kathmandu. During the holidays between graduating from school and commencing college, Basu has been doing work experience with architect and engineering company Praj Planners and Designers in Kathmandu, gaining theoretical and practical experience. **Congratulations Basu, and thank you Mr Prajwal Pant for providing Basu with this opportunity!**



Above: Engineering Scholarship winner Basudev Lama celebrating his school graduation at Sunrise

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The other SLC graduates have also been doing practical work experience and job training; **Sujata Rai** who is studying Business Management at Guinness College (majoring in Hotel Management) has been working full time in a hotel in central Kathmandu during her holidays and is working part time now that college has commenced.



Above: Sujata Rai, SLC graduate, now studying Hotel Management at college, enjoying her on-the-job training at Hotel Mandap

Lokjan Rokaya who is also studying Business Management (majoring in Accounting) at Guinness College in Kathmandu, is now also working part time at Hotel Mandap in the account section.



Above: Lokjan Rokaya, SLC graduate now studying Hotel Management at college, enjoying his on-the-job training at Hotel Mandap

We would like to thank Mr Deepak Bhandari and Hotel Mandap very much for giving our graduates Sujata and Lokjan this opportunity.

Ranjit Rana, who received a Distinction in his SLC made us very proud also by his dedication to British Army training over the past 3 months. Unfortunately with very limited places he didn't make the final selection, but may try again next year. In the meantime he is studying

Science at college and wants to be an Engineer, whether in the British Army or elsewhere.

Pasang Sherpa, the last of our SLC graduates for this year is at college, also studying Business Management, and is keen to become a graphic designer. He has undertaken some work experience and is keen to commence a specific graphic design course in addition to his Business Management studies in the next few months.

First term exam results

The Sunrise children completed Term 1 exams in early August, with **15 children coming in the top 10** in their class. A special congratulations to Khim Maya BK and Mansing Aidee who are consistently in the top 5, and achieved 1st and 2nd in their year 8 and 9 classes respectively.



Above: Khim Maya BK 1st in her year 8 class

Sunrise children's poetic talents

Many of the children participated in the school quiz and poetry competitions. All children performed very well, in particular Bijay Tamang and Palchhen Lama who came 2nd and 3rd respectively out of the entire school for their poetry.

Children's Day

As always, the Sunrise children actively participated in the school's Children's Day Program, which involved singing, dancing, drama performances and various other activities. The school also awarded many prizes, of which the Sunrise children took home many!

Sanjeev Bhatta & Dil Kumar came 1st & 2nd, respectively, in Table Tennis, Sabin Ghalan came 2nd in Chess, Raj Kumar Shrestha 1st in Caramboard, Dipesh Lama, Nabin Kariki and Pramod Rana 1st, 2nd & 3rd, respectively, in Shopping Race and Amber Bhaju 2nd in singing. In the team events Repa Tamang, Bishnu Sharma and Bipin Tamang came 1st in basketball, Yubraj Karki and Raja Rana 2nd, Mangaldas Shrestha 1st in quiz competition, Sudha Lama 1st in Teej song competition and Tshiring Lama 1st in the quiz competition.

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Above: Dil Kumar 1st in the school table tennis competition

Teacher's Day

The Sunrise children enthusiastically participated in various performances on Teacher's Day to show their respected teachers their appreciation. The year 8,9 and 10 students collected money from their classmates and bought their teachers flowers and sweets. They also blessed them with tikka's. **Khim Maya BK wrote a poem** which the teachers greatly appreciated and **Laxmi Rana (Talent Exploration Group Chairperson) closed the program with an excellent speech.**

International Day of Peace Program

Ten of the Sunrise children joined more than 100 other students from various schools in a day long peace conference, held by Dr. Chintamani Yogi and Peace Service Nepal. The children enjoyed the various activities including group discussions and interactions, learning new songs & prayers, delivering speeches, and listening to a very inspiring speech about life, love and peace from Dr. Yogi. We were then also fortunate enough to then have Dr Yogi come to Sunrise to speak with and inspire all of the Sunrise children.

Sunrise teens hit the streets for an Environmental Awareness Rally

Sunrise students from class 8 and 9 joined around 300 other teens from the local area in a rally to build awareness of environmental issues and what we can do to address them. The rally was organized by a local youth club and began with talks on the various issues and how to create a clean, healthy, peaceful, sustainable environment, followed by a 3km march down the main street.

Inter-homes Sports Day

Around 40 of the Sunrise children were invited to participate in an inter-homes sports day with youth from various other children's homes around Kathmandu. The program, kindly organized by SPEC Japan and their local Nepali NGO partner was full of fun and laughter. There were numerous games for all ages including egg and

spoon, tug of war, sack races, running races and a relay involving the bigger children dragging the smaller children in rubber tyres – this one attracted lots of laughs from the smaller ones when they flew out as they went at full speed around the corners! The day ended with a nail biting football match, which the Sunrise team finally won after 3 penalty kicks. **Thank you for organizing such a great day!**



Above: Yaham Tamang, Raja Rana and Repa Tamang celebrating their football match victory.

Sunrise Encouragement Awards

We have continued to reward not only the academically successful, but those who strive to excel in the areas of:

- Love, respect, care, kindness and service to their Sunrise family members;
- Have a positive attitude and dedication to their education and personal development; and
- Show responsibility and care of themselves and their belongings, including prayer, meditation, personal cleanliness and hygiene etc through our bi-monthly Encouragement Awards.

The most recent awards went to: Buddhiman Shrestha, Mansing Aideo, Deewaki Shrestha and Sunita Tamang.



Above: Buddhiman Shrestha, recipient of one of the Sunrise Encouragement Awards

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Visit from the boys of Harrow School London

A group of 10 boys and two of their teachers spent an afternoon at Sunrise interacting with a group of 23 of our teenage children. In mixed groups of 3 or 4 the teens spent time sharing their thoughts about their cultures, schooling, hobbies and interests, and ended with some songs from both groups. It was a great opportunity for our children to practice their English with teens of their own age and for both groups to learn about each other's lives.



Above: Interaction afternoon between the boys from Harrow School London and our Sunrise teens

Sunrise Medical / Rehabilitation Therapy Program

All children underwent **general health checks** including further **eye checks**. There were no major health problems and all eye checks were good.

Dental camp was also held at Sunrise this quarter, with all children receiving follow-up treatment as required.

The 7 disabled and otherwise physically impaired children at Sunrise continued to receive regular **rehabilitation therapy** from our Sunrise physiotherapist Surendra Bajracharya. This program not only benefits the children physically, but continues to give them greater confidence and enthusiasm through their improved mobility and support.

Sunrise Training and Development Programs

Dance/Singing/Music

The children have continued their weekly singing, dance and music lessons and continue to perform regularly at various local festivals and programs.

Thanka Painting

After several months of hard work, 15 children and 2 carers finished their thanka paintings, which we then sold in Australia at our fundraising programs. 75% of the proceeds go into the children's personal bank accounts, with the remaining 25% going to cover the cost of the art teacher and materials.



Above: Aashish Tamang proudly showing off his almost completed thanka painting before it being sold in Australia.

Computing

The children continue to use the 4 computers at Sunrise to develop their skills in various programs.

Welcome Manoj Subba to Sunrise!

We were absolutely delighted to welcome 7 year old Manoj Subba to Sunrise in early September. Manoj reportedly lost both of his parents when he was a baby and has been living with his aunty since then, however she can no longer care for him properly. Manoj is an incredibly bright, happy boy who settled in to Sunrise immediately. Whilst now being the smallest at Sunrise in size, he is definitely not the smallest in personality!



Above: Sunrise welcomed new orphan Manoj Subba to our Sunrise family in September

Volunteers and Visitors

We were again blessed this quarter to have more wonderful volunteers spend time with us, bringing lots of joy, laughter and some very practical assistance too!

Our much loved **Briony Hume** returned for the 3rd time, and as always kept herself very busy doing karate and other exercises with the children, various art and crafts,

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dancing and other fun games. She helped the carers, accompanied us on a very adventurous trip to one of our village projects and again very kindly filmed more footage for our 2011 DVD, which was then again very kindly edited by her husband Tony Clark back in Adelaide.



Above: Volunteer Briony Hume with Sudha Lama and Niruta Lama during one of Briony's sewing classes

Vanessa Sargent joined us for a month from Mudgee, NSW. Vanessa was not only did some beautiful paintings and various other activities with the Sunrise children, but she also spent a bit of time at one of our other projects in the Kalimati slums, helping teach our pre-school children in our little community school. The children and staff greatly appreciated the extra help.



Above: Vanessa Sargent with Anita Lama at Sunrise

Lolita Rodriguez joined us from WA in August. Lolita was a great help to the carers in the kitchen, as well as to the children with their homework, teaching them some new English words and phrases as well as various other fun activities. The children very much entertained by her French/Australian accent!

Jenny Smith and Elkie Hogg joined us in September from SA. The girls were both very active and also very helpful to the carers in the kitchen, helped the kids a lot

with their homework and other day to day activities, as well as some great fun extra-curricular activities like story-telling and drawing. The kids and carers remember all your help very fondly. Thank you both for everything!



Above: Lolita with some of the Sunrise children



Above: Jenny Smith helping Nirmala prepare dinner in the Sunrise kitchen



Above: Elkie Hogg with some of the Sunrise children

Everyone at Sunrise thoroughly enjoyed having you all, so thank you again sincerely from all of us for your time and everything you bought to Sunrise!

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Special Visitors

Joan O'Connor, Secretary of SCAI Australia visited Sunrise in September. Joan very much enjoyed spending time with the children again as did the children seeing her again. Joan, who works closely with Dr Chintamani Yogi here in Nepal (see International Peace Day above) was instrumental in bringing him to Sunrise to share a beautiful day with the children. Thank you Joan!

Maddi Mellish a year 10 student from Abu Dhabi very kindly collected a **huge** amount of football clothing and equipment from her local rugby club, and with her mum Janine, flew all the way to Nepal for one day and night to personally deliver the goods to the Sunrise children. Football, being the children's favourite sport, they were absolutely thrilled at the sight of all the goodies and have made great use of it all since!



Above: Maddi and some of the Sunrise children with the football gear she kindly collected and flew to Nepal to present to the children

In addition to our main project Sunrise Orphanage, we also run some other very exciting projects, so please read on!

Community Training and Development Centres

Benefiting over 620 students!

- 1) Jorpati area in Kathmandu**
- 2) Kalimati Slums in Kathmandu**

i. Jorpati area

This project was established in October 2008 to assist people from within the local community who lack skills, employment and income opportunities. Since its establishment, **over 500 students** have joined the centre to learn predominantly **sewing, computing and English**.

This project was kindly supported by the Hindmarsh Island Rotary Club in SA since 2008 and is now being **sponsored by Count Foundation in NSW**.

ii. Kalimati Slums

This training centre within the Kalimati slums was established in April 2010, and provides training predominantly in **sewing, Nepali and English literacy**. The motivation behind this was that rather than simply providing Education Scholarships for over 100 children from the slums, we wanted to encourage the parents to develop their skills too so they can become more employable, earn a more regular salary and start to improve the overall standard of living of their family. **Over 100 students** have registered at the centre so far.



Above: Nepali literacy class in Kalimati slums training centre

This project is generously **supported by 'Kathmandu Kids' in WA**, along with the sponsorship of **over 100 children in the Kalimati Education Scholarship Program** below.

Community Education Scholarship Programs

Benefiting over 320 needy children!

- 1) Kalimati Slums in Kathmandu**
- 2) Kathmandu Valley**
- 3) Jhapa District (Sth Eastern Nepal)**
- 4) Sindhupalchowk District**

i. Kalimati Slums

This is the 3rd year this program has been running in the Kalimati slums and includes:

- **Sponsorship of 107 children** to attend a good quality, local government school;
- **Before and after school tuition in the slums** for the class 4-9 students to give them support in doing their homework, as they receive little support, if any,

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from their parents/guardians who are generally illiterate; and

- Classes during the day in the slums 'school' for around **40 pre-school children**. By having a school located in the slums, it has encouraged some of the parents from the lowest caste's who may often prefer to have their children out working, to attend on a regular basis.

Several of the children did very well in 1st Term, with 14 of them achieving top 10 in their class. A great effort considering a lack of formal education prior to joining the program, and **classes sizes of up to 68 students!**



Above: Anita Moktan 3rd in her class in 1st Term with younger sister Sabita

ii. Kathmandu Valley

This project was expanded in April 2011 to provide **education scholarships to 90 needy children** from around the Kathmandu Valley. These children generally have a single mother who does some form of manual labour work earning \$30-50 per month, barely enough to pay the rent of a room and food. The opportunity to attend school, which some may never have had, is transforming their lives in the same way education has done for the Sunrise and other children we support through education.



Above: Ashmita Thapa, one of the happy girls supported through the Education Scholarship Program in Kathmandu.

This project is kindly **sponsored by Paul Hameister from Melbourne. Read about Paul's very inspiring fundraising challenge below!**

iii. Jhapa District

Through this project, established in May 2010, we now sponsor **90 girls** from the surrounding areas of Rajgadh Village in Jhapa District in South-Eastern Nepal. The standard of living of these families is extremely low, with the majority of families living in simple mud-dung houses. The parent/s rely on minimal daily wages earned on an ad-hoc basis through construction work and basic farming.

This project, **'Eve Foundation's Education Scholarship Program for Village Girls'** is kindly sponsored by All About Eve from Sydney.



Above: The girls from Sadhuparti School we sponsor in Jhapa District.

iv. Sindhupalchowk District

This new Education Scholarship Program was established in April 2011 and provides scholarships for 38 children. As with all of our scholarship programs, the children are sponsored for all of their educational needs, including fees, books, uniforms, shoes, bags and stationery.

This program is kindly **sponsored by Paul Cody and family from the UK.**

All of the programs are closely monitored with our local staff conducting regular school and home visits.

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Above: Some of the children we sponsor in Sindhupalchowk District.

v. Mustang District

Established in July 2011, this is our newest Education Scholarship Program. Through this program we are providing educational support including all books, uniforms, shoes, bags and stationery to **50 of the most needy children** in 10 schools throughout this district.



Above: 5 of the girls we now sponsor in Ghassa, Mustang District

We would really like to expand these Education Scholarship Programs into more village areas, so if anyone is interested please contact emma@scai.org.au. Increasing the number of children educated and improving the quality of education in rural areas is vital for preventing many negative social issues such as trafficking, child labour, abuse and migration to the already over-populated and heavily polluted cities such as Kathmandu. **A small amount of money goes a long way in rural Nepal.** For example, it is possible to sponsor 10 children for less than \$1000 per year.

"Dining at Sunset, Bringing Hope at Sunrise" Gala Dinners 2011 an overwhelming success!

In September SCAI held 3 very successful fundraising events in Sydney, Melbourne and Adelaide with **over \$220,000 being raised across the 3 events.** Nearly all of this was raised specifically for the building of our new **Sunrise Children's Village, which we plan to start building towards the end of the year. More details coming soon!**

We are deeply grateful to everyone that attended the events, donated items for the auctions and wine wall and to all of the wonderful volunteers who gave their time, energy and skills leading up to and at the events. Without all of you, we could not have achieved what we did. A truly collaborative effort from everyone and a huge step forward for Sunrise! **Thank you!**



Above: Sponsors and friends of Sunrise enjoying the Melbourne dinner 2011

Fundraising Challenges for Sunrise!
Paul Hameister's incredible summit of Mount Everest!

Paul Hameister, a property developer from Melbourne with a unique drive for extreme challenges, was **the first climber to summit Mount Everest in 2011.** After 9 months of intensive training, 45 days on the mountain acclimatising, and a final 6 day climb from base camp, **he successfully reached the summit at 8848m!** As expected, the climb was extremely challenging and at times extremely dangerous; only the very next day an experienced Japanese climber died and many others were left with frostbite injuries requiring amputation after the weather unexpectedly turned. Despite knowing the dangers and having faced several near death experiences throughout his life, Paul and his very big heart confidently took on the challenge of Everest, succeeded and **raised over \$25,000 for Sunrise!**

We would sincerely like to thank Paul and all the people that donated money to Paul's cause. Through your generosity, we have been able to continue the sponsorship of **over 90 children throughout Kathmandu for at least 18 more months.**

Congratulations again on this incredible achievement Paul!

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If you would like to read more about Paul and his inspiring journey, please read the article at <http://www.theweeklyreview.com.au/well-read-article-display/Climbing-with-the-highest-of-motives/4166>.



Above: Paul Hameister on the summit of Mount Everest. Through his climb he raised over \$25,000 for Sunrise's Education Scholarship Program in Kathmandu

Kathmandu Kid's highly successful Cocktail party in Perth, WA

Kathmandu Kids, headed by Paul Cumming, held their 3rd successful fundraising event for Sunrise in September. For the past 2 years, the group has raised money through trivia nights - this year's event was a fantastic cocktail party which **raised over \$30,000 for Sunrise**, \$10,000 more than expected!

Through the support of Kathmandu Kids we provide **education scholarships for over 100 children, run a pre-school within the slums for around 50 children and a community training centre** (see page 5 for project details). As well as these regular programs their funding supports our one-off programs in the slums such as **Christmas gifts of warm winter tracksuits, this year being for around 370 children.**

We would like to thank Paul and his team for their incredible ongoing support of this very needy community. There is not only a wonderful team of volunteers who put the event together, but a host of very generous guests and donors who, through providing the venue, the auction prizes and other forms of support, ensure the night is always a great success. **Thank you all for your support!**



Above: Guests enjoying the Kathmandu Kids Cocktail Party in Perth

Ryan Hill's grueling race across the Sahara Desert!

In an unbelievable physical and mental pursuit, **Ryan Hill, set off on the 1st October for a 250km race across the Sahara Desert in Egypt.** The race started in the Valley of the Whales and ended at the Great Pyramids of Giza. The race consisted of 4 x 40km stages, a 1 x 80km stage and a 10km stage on the final day. The race is fully self-supported apart from water and accommodation in a tent, which means everything else has to be carried. Battling physical injuries in addition to the strain of the event itself, Ryan thankfully made it back in one piece, albeit very tired and sore!

As if he didn't have enough on his plate with his training for the event, Ryan very kindly took the time to build awareness of Sunrise amongst his friends and colleagues and as a result of his tremendous efforts and their generosity, **raised almost \$40,000 for Sunrise.**

If you would like to read more about the race or Ryan's blog, please go to <http://www.4deserts.com/sahararace>.



Above: Ryan and a team mate enjoy a moment of rest during the grueling 250km race across the Sahara Desert, raising almost \$40,000 for Sunrise

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Edrington Group HK Ltd's Virtual Rugby World Cup competition win!

Ryan did not stop there! He and his company, Edrington Group HK Ltd, then nominated Sunrise as their charity to receive proceeds from winnings from 'The Moodie Report Virtual World Cup' competition. 11 teams participated and raised a total of \$33,000 for charity. Under the rules the pot is split two ways – 50% to the winner of the virtual competition (won by Scotland – Edrington Group) and 50% to the winner of the actual World Cup (New Zealand) sponsored by The Moodie Report. **Sunrise was therefore the very lucky beneficiary of a further \$16,500!**

Thank you Ryan for your inexhaustible support and dedication!

Coulson family conquer Everest Base Camp

11 year old Jesse and 9 year old Chelsea Coulson bravely undertook the challenge of trekking to Everest Base Camp with parents Sylvie and Neal to raise money for Sunrise. After arriving back to Kathmandu safely and happily, they visited Sunrise to meet the children their donation would be benefiting, which was a great experience for all of the children. Our children were very inspired to meet children their own age taking on personal challenges and raising money for them. **Chelsea at the age of 9 became the youngest Australian to reach Base Camp – even more impressive!** Jesse and Chelsea raised money through a school casual day and actively drumming up support from various friends and family and some media exposure, **raising almost \$4,000. Thank you Jesse and Chelsea, and of course Sylvie and Neal, for all your work helping the kids with this great achievement!**



Above: Jesse and Chelsea Coulson trekked to Everest Base Camp with mum and dad Sylvie and Neal and raised almost \$4000 for Sunrise



Above: 9 year old Chelsea Coulsan with Durga and Deewaki at Sunrise Orphanage after their successful trek to Everest Base Camp

Sunrise Children's Village (SCV)

Successful purchase of land!

Finalising the purchase of just over 10,000 sqm (over 2.5 acres) of land on which to build Sunrise Children's Village was a very exciting milestone for Sunrise! The land, located around 20 kilometres north of Kathmandu city, in a village called Gurje, will house our eco-friendly development that will contain 3 main facilities;

- 1) A permanent home for the children of **Sunrise Orphanage**;
- 2) A **School** for the children in our care and for the children of local families; and
- 3) A **Training and Development Centre** for the children in our care and members of the local community.

The building plans are almost finalized and we hope to commence building next month. **For more information please see our Sunrise Children's Village brochure.** This is available via email or hard copy, so please let us know if you would like a copy.

Despite the incredibly generous support over the past few years which has enabled us to purchase land and commence the building of SCV, we still have a long way to go to enable us to complete the building. So if you wish to be a part of this inspiring project or one of our other projects in some way, or would like to take on a personal challenge, big or small, to help us raise money, please contact emma@scai.org.au.

Donations over \$2 are tax deductible!

Sincere thanks to all sponsors, donors, volunteers and other supporters and our Sunrise teams in both Australia and Nepal that work with us to help so many in need.

The Sunrise Team