

**Sunrise Children's Association Inc.**  
*"Bringing a brighter future to the needy children of Nepal"*



**NEWSLETTER**  
**Edition 15,**  
**June 2010**

**Dear Friends of Sunrise,**

**The second quarter has been another eventful quarter for the Sunrise Family in Nepal!**

**We celebrated** Easter, Nepali New Year, children's birthdays, entertainment programs and took trips to the movies, Boudha Stupa and the zoo in the children's school holidays.

**We opened a new Training and Development Centre** in the Kalimati slums, **launched a new Education Scholarship program** for 63 village girls in Jhapa, held children's **dental training** and staff **physiotherapy training** at Sunrise, filmed our **new Sunrise DVD**, had a special visit from one of our **founding SCAI committee members** and more **great volunteers** and visited numerous more sites for **building the new Sunrise home**.

The children also continued to **excel at school** and were elected into some **important leadership roles**, as well as **participating in community programs** such as a rally for International Environment Day.

Lastly, but certainly not least, we **re-integrated three children** back to their families and **welcomed one beautiful new young girl to Sunrise**.

**Sunrise children take the lead!**

The Sunrise children continued to display their talents this quarter with **Saugat Mainali and Khim Maya Biswokarma** both coming in the top 5 in an interschool poetry competition.

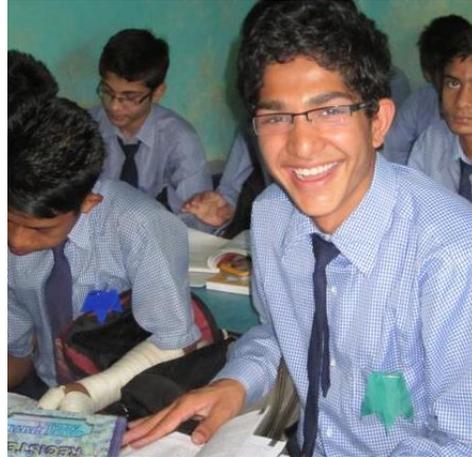
**Saugat** was also selected as Chairman of the school's Talent Exploration Group with **Lokendra Tamang** selected as Vice Chairman. **Lokendra** was also selected as 'Anchor/MC' for all school programs for the year.

**Mansing Aidee, Laxmi Rana, Lasang Lama and Palchhen Lama** were also selected as Assembly line captains of their respective school house teams.

**End of Year Exams**

As mentioned in the last newsletter, the children did extremely well in their end of year exams at the end of March/early April, with 3 children; **Mansing Aidee, Arati Tamang and Raj Kumar Shrestha** coming 1st in their

class. 12 children came 1st, 2nd or 3rd in their class and 32 children came in the top 10. As result of these outstanding achievements, **16 children skipped a grade this year**.



**Above: Our crazy, very entertaining and highly intellectual leader, Saugat Mainali, in class.**



**Above: Laxmi in her role as 'Assembly Line Captain' at Sarswati School.**



**Above: Arati Tamang came top in her class again this year, and skipped a grade this year as a result. She was also selected to represent her house in a school dance competition (in costume above).**

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## **International Environment Day Rally**

All year 8 and 9 students participated in a half day rally through the main streets of Kathmandu with hundreds of other school students, to show their support for taking care of our environment. It was a great awareness building program initiated by a group of local schools.

## **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 the 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: Laxmi Rana, Repa Tamang, Yaham Tamang and Bishu Sharma.**

## **Easter**

Sunrise is not all about achieving great things, we always make sure on top of all the hard work, we also have lots of fun!

The first event we celebrated this quarter was Easter. We asked the elder children to explain the meaning of Easter to the younger children, then we each painted hard-boiled eggs. Unfortunately chocolate Easter eggs are not available in Nepal so we ate regular sweets – we may attempt to make our own chocolate Easter eggs next year - that will be messy!



**Above: Palten Lama painting his Easter egg.**

## **Nepali New Year**

The Sunrise family celebrated Nepali New Year on April 14<sup>th</sup> with some special food, sweets, games and face-painting, followed by a dance party into the early evening. The Sunrise artists of all ages created some very funny faces! On New Year's Day the children all received a tikka blessing on their forehead for a happy, healthy, successful year ahead.



**Above: Our little pirate Dipesh Lama enjoying the New Years day party at Sunrise.**

## **Sunrise birthday party**

We celebrated our bi-monthly birthdays in typical sunrise style. The children enjoyed small gifts, ate samosa and birthday cake, had a treasure hunt of lollies in the garden (always total chaos!), danced, played musical bobs, table tennis tournaments and lots of games in the park.



**Above: Nabin Karki excitedly receiving his birthday gift at the Sunrise birthday party.**

## **Sarswati School Farewell and Welcome Program**

Some of our teenage boys performed in the school's Farwell to SLC students and Welcome to New Student Program in April. Saugat put on a great show in a drama, Basudev, Lokjan and Pasang performed a great rap song

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and Aashish and Ranjit performed a very impressive modern group dance with some friends. All children choreographed their dances and developed their performances themselves with their school friends.



**Above: Aashish Tamang and Ranjit Rana, dancers at the Sarswati Farewell to SLC and Welcome to New Students Program.**

### **Excursions**

The children also enjoyed excursions to beautiful Boudha Stupa, the movies and the smaller children to the zoo in their end of year school holidays in mid April.



**Above: Laxmi, Lokendra, Lal and carer Kalpana at Boudha Stupa in the children's school holidays.**

### **Sunrise Medical / Rehabilitation Therapy Program**

This quarter all dental treatment for the children was completed, and 6 year old Binam Thapa underwent successful cataract surgery on both eyes at the well known Tilganga Eye Centre in Kathmandu.

The disabled and otherwise physically impaired children continued to receive regular rehabilitation therapy from our Sunrise physio Surendra Bajracharya. This quarter included treatment for a few minor injuries such as sprained ankles from soccer and a fractured arm from a playground accident at school. This program not only

benefits the children physically, but continues to give them greater confidence and enthusiasm through their improved mobility and support.



**Above: Binam back at home at Sunrise the day after his cataract surgery – nothing can stop this little one smiling!**

### **Sunrise Training and Development Programs**

#### **Children's dental training**

As well as receiving dental treatment, the children also received dental training. This periodic training reminds them how to brush and look after their teeth properly and the importance of prevention, rather than reliance on treatment.

#### **Staff physio training**

The Sunrise staff received very useful training from our Sunrise physio, Surendra, covering techniques for how to go about their daily chores whilst preventing any damage to themselves or those around them e.g. how to lift or move heavy things correctly to minimize strain on their back, maintaining a good posture etc. This type of training is also carried out on a periodic basis to ensure that not only the children, but our wonderful and extremely important carers are also looked after.

#### **Dance/Singing/Music**

Many of the children continue to participate in our weekly dancing, singing and music programs. These classes not only develop their skills, but their confidence, physical and mental health, co-operation and they always have a tremendous amount of fun!

#### **Thanka Painting**

We have 15 new beautiful Thanka Paintings which have just been completed and will be available to buy from 1<sup>st</sup> August, so if anyone is interested in seeing some pictures of the new ones to potentially purchase please contact [emma@scai.org.au](mailto:emma@scai.org.au).

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### **Family Re-integration of 3 children**

Siblings Pema and Susmita Lama and Tashi Sherpa recently left Sunrise to go and live with relatives. All 3 of the children were sent to a terribly run orphanage in Kathmandu, and were then transferred from there to Sunrise April 2006 and August 2005 respectively. Where possible Sunrise encourages relatives to take care of the children, and to support them if they are willing, we then put the children under our Community Education Scholarship Program, continuing to support their education and some other basic needs. Whilst sad to leave their Sunrise family, the children were very happy to have the opportunity to go and live with an aunt, cousins and older brother (Pema and Susmita) and with an uncle and grandparents (Tashi).

### **Welcome Parbati Rai!**

We are so blessed to have little Parbati Rai join the Sunrise family in May. From day 1 she has been an absolute bundle of joy. She settled in straight away, with not a single tear when her uncle left her with us, and she has rarely been without a smile since. Her mother sadly passed away in September 2009, and father in October 2009, both due to jaundice.



**Above: The bright and very bubbly 8 year old Parbati, who joined Sunrise in May.**

### **Volunteers**

The Sunrise family was thrilled to have **Penny Sippe** stay with us for 6 weeks in May/June, and **Briony Hume** back for her second visit with us in June.

Both the girls were extremely helpful and the children and carers greatly appreciated all their support. Their meal preparation skills came in very handy (imagine how many potatoes have to be cut to feed 75 children and 10 carers!), as was their help around the house in various ways; **Penny** was a great help monitoring the teeth brushing in the evenings, helping with their homework, playing hairdressers with the smaller girls, doing lots of paper origami, making delicious white Xmas balls with Briony among other fun things such as dog walks, excursions to the park, a visit to Boudha Stupa...

**Briony** was again extremely busy not only enjoying her time with the children in many of the same ways, as well as inspiring the children with her dance and karate lessons, but spent many hours filming the children and our other projects with us for our new DVD, which we will be showing at our upcoming event in Adelaide on 7<sup>th</sup> Aug.

It was fantastic to have Penny and Briony with us, we miss you both already, and thank you for everything you contributed whilst you were here!



**Above: Penny Sippe with Sunrise children, Anita, Laxmi, Parbati and Pramod.**



**Above: Briony Hume with Laxmi and Sanjeev at Sunrise.**

### **Special Visitors**

We were also very lucky to have a visit from **Sarah Kemp**, one of the 3 founding members of SCAI. Sarah, following Michaela Killips and I, spent time volunteering at a locally run orphanage in Kathmandu in 2004, where we met 31 of the children we have with us at Sunrise today. After our experience volunteering, we rallied together and opened SCAI in mid 2005. After 3 years of tremendous dedication and contribution, Sarah made the tough decision to resign from the SCAI committee to focus on her medical studies, as well as her new marriage

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to Bikash Bhattarai and more recently their beautiful baby girl Matilda. Sarah continues to support Sunrise and we were delighted to have she, Bikash and Matilda visit us in late June.



**Above: Beaming Sarah Kemp, co-founder of SCAI, with her beautiful baby Matilda on their recent visit to Sunrise Orphanage.**

**As well as Sunrise Orphanage, SCAI runs the following projects along with its local partners;**

- 1) Community Training and Development Centres**
  - i. Jorpati area in Kathmandu**
  - ii. Kalimati Slums in Kathmandu**
- 2) Community Education Scholarship Programs**
  - i. Kathmandu Valley**
  - ii. Jhapa District (Sth Eastern Nepal)**
  - iii. Kalimati Slums in Kathmandu**
- 3) General Community Aid**
  - i. Kalimati Slums and other**

**1) Community Training and Development Centres Benefiting over 330 students...**

**i. Jorpati area**

This project, currently supported by the **Hindmarsh Island Rotary Club**, was established to assist people from within the local community who lack skills, employment and income opportunities.

Since its establishment in October 2008, over **300 students** have joined the centre to learn sewing, computing, English and use the community library.

**ii. Kalimati Slums**

**On the 1<sup>st</sup> April, we opened a new Training and Development Centre within the Kalimati slums,**

**providing training in sewing, literacy and candle making.** The motivation behind this was that rather than simply providing Education Scholarships for 118 children from the slums, we believe it's important to develop the skills of the parents so they can become more employable, earn a more regular salary and start to contribute to their child's education and improve the overall standard of living of their family. There are now **over 30 students**, with more expected to join over coming weeks with the introduction of Nepali literacy as well as English literacy. The training rooms are being provided free of charge by the trainers who themselves live in the slums.

This project is generously supported by 'Kathmandu Kids' in WA.



**Above: Sewing room and students at the new Training Centre in the Kalimati slums.**

**2) Community Education Scholarship Programs Benefiting over 270 needy children...**

**i. Kathmandu Valley**

This project, currently supported by **Christian Theisen** from Germany, provides sponsorship of the **education for 52 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 program, as well as the Kalimati slums Education Scholarship Program and new Training Centre is monitored by a new member of the Sunrise team in Nepal, Sunimaya Tamang, who regularly visits each school, conducts home visits and counsels the parents and children. She is doing a fantastic job so far and attendance and results of the children have improved considerably since commencing the program.

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**ii. Jhapa District**

**In mid May we established another exciting new program 'Eve Foundation's Education Scholarship Program for Village Girls'** in the far South East corner of Nepal in a needy village of Jhapa District called Rajgadh. Eve Foundation was established by Linda McGregor, Business Principal of All About Eve in Sydney.

Bordering India, Jhapa has one of the most diverse mixes of ethnic groups (castes) in the whole of Nepal, making it an extremely colourful and entertaining culture.

The only vehicles that can be found in Rajgadh are a few motorbikes, with most people still getting around on pushbikes, ox carts or on foot. Some children are required to walk an hour or more to school each day, which in the hot, humid Terai climate can be extremely exhausting. Many of the families SCAI/Eve Foundation is now supporting survive on daily wages, from the sale of their agricultural produce if they should be so fortunate or sporadic work in construction, assisting others on their farms and other ad-hoc menial labour.

**The sponsorship of these 63 needy girls** has been welcomed by the local Village Development Committee (VDC), the local community, the schools, the parents and the children with great enthusiasm and appreciation. It has provided great hope to many people in this area for a brighter future for their children.



**Above: One of the girls being supported by our new program 'Eve Foundations's Education Scholarship for Village Girls' in Jhapa District.**

**iii. Kalimati Slums**

As well as the new T&D Centre in the slums, this is the main project generously supported by **'Kathmandu Kids' in WA**. The project has various programs including;

- Sponsoring **118** children to attend a good quality, local government school;

- Providing **before and after school tuition** for the class 4-9 students to give them support in doing their homework, as they receive little support if any from their parents/guardians who are generally illiterate;
- Providing classes during the day in the slums classroom for around **40 3-5 year old children** who do not yet attend school, and some of the children from the **lowest caste's** who are not permitted to attend proper school by their parents, often preferring their children to help support the family by begging on the streets.

**4) General Community Aid**

This quarter we were able to provide 3 pieces of much needed assistance to the children in the Kalimati slums.

**Medication for girl requiring heart surgery and boy with rare blood condition**

Malina needed heart surgery. The hospital kindly agreed to do the surgery at no charge given her poor condition providing that we provided the necessary medication, which would come to around **\$380**. Jivan has a rare blood condition and was suffering daily blood noses and required medication costing around **\$230**.



**Above: Malina and Jeevan, two children who needed emergency medical assistance in the slums**

**New tin roof rescued family of 5 from monsoon rains for only \$230.**

This quarter we were also very happy to be able to provide a new tin roof for one of the very needy families living in the Kalimati slums. 3 of the 4 children are being supported by the Education Scholarship program, the other is attending sewing classes at the new Training Centre. The children's father passed away last year and their mother struggles to earn enough to provide them with food. With the arrival of monsoon season here in Nepal, the only dry shelter the 4 children and their mother could find was under their bed on the muddy floor, as their plastic tarpaulin roof was so old and was full of holes.

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**Above: The family home in the slums where SCAI provided a new tin roof for a single mother and her 4 children.**

If anyone is interested in sponsoring a program, from village girls to one off aid assistance, please contact [emma@scai.org.au](mailto:emma@scai.org.au). We and all those we currently and can potentially support here in Nepal would greatly appreciate your assistance.

#### **2010 and beyond – Sunrise Children's Village**

**For SCAI and Sunrise Orphanage, our major goal for 2010 is to purchase land and start building Sunrise Children's Village, a permanent home for the current children of Sunrise Orphanage and hopefully thousands more in the future.**

We call it Sunrise Children's Village rather than simply Sunrise Orphanage, as it's so much more than an 'orphanage', a place to sleep, be fed and clothed. It is a place they can develop as individuals, they can not only receive a good education, but develop life skills in everything from singing, dancing, music, sport, reading, speaking, performing, leadership, responsibility, and importantly a community spirit.

It's great to hear some of our older children talking about wanting to do 'social work' and return to their home villages when they are a bit older to educate the people there about the environment, the importance of education and other important social issues.

Some children are determined to become doctors (one very determined cardiologist), pilots, artists, business people, nurses and many want to become teachers.

**Sunrise Children's Village will provide a safe, secure, healthy, happy, nurturing 'training ground' for achieving these dreams and helping transform lives of others worse off in the future.**

We also plan to provide some training facilities to the local community as part of this project, as these community development projects in other areas have provide **highly successful** so far.

We have managed to save some money over the past few years to buy land **but WE NEED MORE! We are only 70% where we need to be!**

If we don't buy land soon we will continue to face the same issue of land prices increasing faster than we can save it.

**So please, if you know anyone that may like to contribute in some way, please let us know!**

**AND DONATIONS ARE NOW TAX DEDUCTIBLE!**

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**Sincere thanks** to all sponsors, donors, volunteers, visitors and our Sunrise teams in both Australia and Nepal that make all the programs we facilitate possible.

**Currently 75 children are directly benefiting from the full time care at Sunrise Orphanage; over 330 students from our Training and Development Centres and over 276 children through our Education Scholarship Programs – that's over 680 people we are directly helping!**

We look forward to continuing to work together with all of you and our wonderful partners in Nepal to improve the lives of many more needy people.

**Best wishes,**

*Emma and the Sunrise Family*