



NEWSLETTER
Edition 12,
September 2009

Dear friends of Sunrise,

We hope you all made it through the chilly Winter season ok in Australia and are welcoming the warmer weather. We survived another very hot rainy season here in Nepal over the past few months, and are still experiencing the odd bit of rain. The months following rainy season are always our favourite, as the rains bring beautiful greenery, stunning views of the Himalayas, regular water supply for daily living, more power and less dust and pollution in the air.

We have so much great news in this newsletter, from both SCAI in Oz as well as Sunrise Orphanage and other projects in Nepal, so enjoy the news and photos!

SCAI fundraising events – 'Dining at Sunset, Bringing Hope at Sunrise'

SCAI held two fantastic fundraising events in Melbourne and Adelaide in late July, each attended by over 200 guests. They were both great nights of entertainment, raising around **\$35k profit at each!** The events were supported by numerous very generous sponsors and donors, including a wide range of great items for the live and silent auctions. SCAI was also fortunate enough to have a great support team who helped make the nights an overwhelming success. Please see the full details of sponsors and those that contributed in one way or another on the last page of the newsletter. We were also delighted to have **Sangita Bhandari**, local Chairperson and co-founder of Sunrise Orphanage come to Australia on her first visit for 2 weeks for the events.

Thank you sincerely to everyone again, the money raised has brought us much closer to reaching our goal of buying land and building Sunrise Children's Village here in Nepal!

There were a few particularly generous individuals who donated money to cover the costs of some immediate needs; a new heart valve for a young girl called Narayani from the Kalimati slums, new prosthetic legs for Pasang, one of the teenage boys at Sunrise, new calipers for one of the teenage girls at Sunrise and some new water tanks.

Narayani's father died when she was a baby and her mother has struggled to care for Narayani and her 6

siblings in their village since then. A few years ago, Narayani started having heart problems, medical tests and treatment requiring her mother to sell their land and move to the slums of Kathmandu. We are delighted to say that her open heart surgery was a great success and Narayani has a new lease on life. Thank you sincerely from Narayani and her family!



Above: Narayani with her mother and some relatives

Pasang lost his legs below the knee from meningitis when he was 12 years old. Through his recent teenage growth spurts he has required new prosthetics every few years, so he is delighted to be able to wear his latest more modern ones, which have given him more confidence and enabled him to move around a lot easier than previously.



Above: Pasang with his new prosthetic legs

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Sunrise Orphanage event - National Children's Day Nepal – Sunrise Culture Program

The local Sunrise team, with the help of some local event organizers and support staff, put on a fantastic culture program at the National Dance Centre of Kathmandu in August. It was attended by almost 800 delighted guests, with performances by nearly all of the Sunrise children as well as some other dance groups and well known Nepalese singers. The Sunrise children sang a beautiful welcome song, with lyrics written by **Saugat Mainali**, which was then followed by four hours of entertainment.

Saugat Mainali and Lasang Lama from Sunrise were voted as 'Chairpersons' on behalf of the children, delivering extremely impressive welcome speeches. The stage was full of colour, vibrance and many very talented performers who made us all very proud!



Above: Brothers Bhasker (left) and Deewaker (right), one of the lucky ones to be dressed up as a girl!



Above: Some of the Sunrise children on stage singing the welcome song

Gokarna Dance Program

As well as our own Sunrise culture program, eight of our teens participated in a locally run entertainment program put on by a local charity raising money for cancer. **Pema Lama, Aashish Tamang, Bijay Tamang, Bishnu Sharma, Marium Tamang, Lasang Lama, Palchhen Lama and Laxmi Rana** put on a brilliant performance of a traditional Sherpa dance, which they performed again at the Sunrise program a few weeks later.



Above: Lead dancer and spokesperson Lasang Lama (left) and one of our talented dancers Buddhiman Tamang (right) from Sunrise



Above: The 8 Sunrise children in their traditional Sherpa costumes

There were 5 group dances performed by the Sunrise children, one being by almost 40 of our smallest children in brightly coloured costumes. They received a roaring applause which was very well deserved! We were two costumes short for the small boys, so two of our brave little boys ended up having to wear girls costumes – make up and all!

Sunrise Kids on Metro FM Radio Nepal

As part of our extra-curricular training, the Sunrise children took to the airwaves on **MetroFM** in Kathmandu twice a week for 2months. Many Sunrise children participated, with interviews about their past, their current life at Sunrise, Child Rights, politics and other issues relating to children, as well as reciting poems, singing songs and telling jokes. The radio Dj's were so impressed, they started ringing Sunrise instead of us having to ring them to get them on air!

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Above: Laxmi Rana singing a song in the studio at Metro FM radio in Kathmandu.

Dasain Festival

Dasain is the most widely celebrated and most important festival of the year in Nepal, particularly for Hindus. Dasain runs for a period of 15 days and is a time when families get together either in Kathmandu or back in their home villages, to celebrate the victory of the Goddess Durga over the forces of evil.

The 10th day of Dasain, known as **Vidaya Dashami**, is the main day of the festival, on which the children each receive tika's (a red mark made of rice, red dye, curd and banana on their foreheads) and blessings for a long, healthy, happy, prosperous life from their elders.

This year we were thrilled that 58 of our 77 Sunrise children were able to go back to their villages to spend time with relatives; an aunt, uncle, cousin, grandparent, older brother or sister for 1-2 weeks.



Above: One of the remaining children, Sunita Lama, well beyond her 5 years, giving Emma a tika blessing at Sunrise – very special!

To keep the remaining 19 children entertained and feeling special, we took them to see a lovely Nepali movie at the **cinema** and to a fantastic **swimming pool**, equipped

with a small water slide and all! Not too many of the children can swim very well, so it was a tiring but very fun day trying to teach them, keep an eye on the over-adventurous ones and carrying round the ones who needed a bit of extra support! Everyone had an absolute ball and are very keen to go again!



Above: Chham, Dil Kumar and Kamdev at the pool

Pokhara

We also took the eldest 9 children to Pokhara for a special treat again this year for 3 days. The children were extremely well behaved and we all had an absolute ball boating on Fewa and Begnas lakes, riding bicycles out into the countryside, visiting some caves and a waterfall, visiting the World Peace Stupa and getting up at 5.30am to go up to Sarankot to see the Sunrise over the Himalayas – stunning!

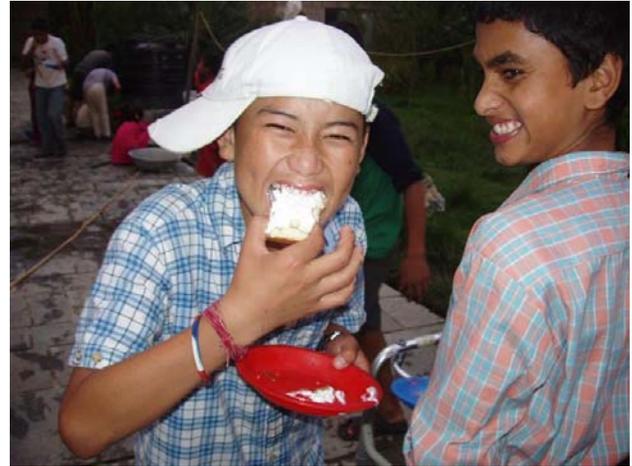


Above: At Begnas Taal before boating; Ganesh Rokaya, Chham Gurung, Bishnu Sharma, Basudev Tamang, Subash Dhitan, Mansingh AD, Lokjan Rokaya, Binita Tamang and Dil Kumar.

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Above: Subash Dhitan, Bishnu Sharma, Lokjan Rokaya, Ganesh Rokaya and Basudev Lama heading off on a fun filled bike ride.



Above: Pema Lama (left) and Yuvraj Karki (right) devouring their cake in their usual style!



Above: Sleepy faces at 6am after watching the Sunrise at Sarankot in Pokhara

Sunrise Birthday Party

The Sunrise birthday parties are always a highlight, with yummy cake, some much appreciated gifts for the birthday children and lots of fun and games for all!



Above: Three circles of 'Pass the Parcel' in the Sunrise garden, which was followed by a chaotic treasure hunt, musical bobs and various other games.

Welcome Pramod Rana Magar!

In July this year we welcomed 8 year old **Pramod Rana Magar** to Sunrise, becoming our 77th child. Both of his parents passed away when he was a toddler, and he has since been living with his grandmother, who is now too old to care for him properly. He has an elder sister in their home village who is caring for their grandmother. With little if any previous education, Pramod has started school in Class 1, but with his bright spirit and confidence we are sure he will progress quickly. He is an absolutely delightful boy to have around, and is loved by all of the Sunrise family. He has settled in very well and seems very happy to have 76 new brothers and sisters as well as a few new aunts and uncles!



Above: A very happy Raj Kumar Shrestha with his birthday toy car, stickers, pencil and balloon.

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Above: Bright happy little Pramod Magar at Sunrise.

KTM Marathon – 5km Fun Run

The **Sunrise 5km Fun Run team** expanded from 16 to 24 this year (including 2 volunteers Liv Jensen, Laura Taylor and our Sunrise physio Surendra). With no training due to other commitments, everyone did extremely well. Out of 200-250 school children (above 12 years), **Lokjan Rokaya came 32nd, Pema Lama 39th, Ganesh Rokaya 41st, Saugat Mainali 43rd, Buddhiman Tamang 55th, Lal Biswokarma 59th, Lokendra Tamang 61st, Bishnu Sharma 64th, Ranjit Rana 68th, Sabin Ghalan 69th, Repa Tamang 71st and Laxmi Rana our first girl 74th**. Next year we all hope to get a few months training in so the children can reach their true potential.



Above: The very happy Sunrise fun run team after the event; Back L-R: Lal, Buddhiman, Tulsi, Liv, Lokendra, Laura, Surendra, Marium, Aashish, Palchhen, Mangaldas, Middle: Bijay, Sabin, Dil Kumar, Basudev, Emma, Front: Repa, Ranjit, Yaham, Mansingh, Pema, Binita, Laxmi and Lasang



Above: The boys still not tired! Lokendra, Dil Kumar, Buddhiman, Repa, Saugat and Bijay

Exam Results

Whilst we always try and have lots of fun and try to provide the children with extra-curricular opportunities, they never lose focus on their school work. They continued to work hard through first term, with **15 children coming 1st, 2nd, 3rd** in their classes (Saugat, Mansingh, Raj Kumar, Arati and Bipin Thapa 1st). Mansingh, Bishnu, Bijay, Pema, Buddhiman, Dinesh and Lokendra all deserve a special mention after skipping a grade then still coming 1-4th in their class. Overall attendance was outstanding with very few days absent. **Well done kids!**

Encouragement Awards

Bi-monthly we provide encouragement awards to those children who stand out in the following key areas:

- Displaying the greatest love, respect, care, kindness and service to their Sunrise family. This includes staff, carers and importantly their numerous brothers and sisters.
- Positive attitude and dedication to their education and personal development. This is not only results based, but is heavily focused on dedication and effort, courage, and persistence in achieving their goals.
- Responsibility and care of themselves and their belongings, including prayer and meditation, personal cleanliness and hygiene, care of school items, books, toys etc.

We are pleased to announce the following children were awarded over the past couple of months; **Yuvraj Karki, Lasang Lama, Dil Kumar Budhamagar, Bijay Tamang, Sunita Lama, Tashi Sherpa, Bipin Tamang and Jivan Tamang.**

Volunteers

The past few months we have been very blessed to have some more wonderful volunteers come and work with us at Sunrise. Among other things **Beverly Garritt-Jones** brought her very vibrant, fun and creative teaching style not only to Sunrise, but to the children's school. The

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students and teachers (who typically teach and learn in a very structured manner) were very entertained by Beverly's 'new' way of teaching. We hope Beverly and some friends will return when we set up our own Sunrise school in years to come!

Briony Hume

The beautiful Briony was dearly loved by all the children and the carers at Sunrise from the moment she arrived. Not only did she bring with her absolute dedication, she brought with her a warm heart, patience, incredible easygoingness, kindness as well as some belly-dancing and karate lessons for the children!

Briony was also largely responsible for our **new Sunrise DVD**, which those of you who attended the events in July and sponsors would have now seen. She hit the ground running and spent the first week in Kathmandu madly filming hours and hours of footage, not only of the Sunrise children, but of our other projects as well. Along with her husband Tony Clark she then very kindly edited it for us on her return to Australia. **Thank you Briony!**



Above: Sangita, Beverly and Briony

It is a very informative and beautiful DVD, so if anyone would like a copy, please email emma@scai.org.au or view it on our website www.scai.org.au. **For those of you who already have a copy, we encourage you to pass it on to family, friends, colleagues...**



Above: Briony with some of the children in the Kalimati slums during filming

Jamila Parkin volunteered at Sunrise almost a year ago, and much to the children's delight returned for two stints this year. Jamila is always a bundle of joy to have around and the children adore her. Everyone was sad to see her go, but we think she will be back! She is also an animal lover so helped care for our two dogs Annapurna and Makalu, which was a big help as pets are not very common in Nepal so it's a continual education process!



Above: Jamila with Repa and Annapurna

Laura Taylor joined us from America and brought with her a bundle of energy. She is extremely sporty which the children loved and I don't think even the children were able to tire her out! She kindly filmed the children's dance rehearsals in the lead up to the culture program so they could watch it in the evenings and joined the kids in the KTM marathon.



Above: Laura Taylor with Binam Thapa & Ganesh Tamang

Kaarina Lindell joined us from Australia after a trek to Everest Base Camp. She is a very talented salsa and ballet dancer so was able to share some of her skills with the kids, even the boys enjoyed trying their hand at a few pirouettes! Back in Australia she then very kindly volunteered her time at the Melbourne fundraising event, which was a tremendous help.

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Above: Kaarina with Raja at Sunrise

Nadyiah Browne from America has visited Sunrise several times over the past few years, so the kids are always happy to see her when she comes back. This year she also helped teach English at the Community Training and Development Centre which was greatly appreciated.



Above: Nadyiah with some of the Sunrise children at a picnic in Godawari

Sponsor/Donor visits

We were delighted to be visited again by some of the children's sponsors from Australia; **Sue and Charlie Soord** came for the 2nd time to visit Pasang and Repa, and **George Kozic** came to visit Yuvraj and Suruchi. The children are always delighted to meet their sponsors whom they write to and often talk about. We also had a visit from **Nola Bailey** and her family, another one of Sunrise's generous sponsors.



Above: George Kozic with sponsor children Yuvraj and Suruchi at Sunrise

Carry for Kids

We would also like to thank Diedre Parker, Robin Ides and Maree Fiddes who carried donated goods over from Australia for the Sunrise children, as well as a group from Friendship Force from Adelaide.

Carry for Kids is an Australian based organization who also have affiliations with orphanages and schools Bali, Cambodia, Thailand and Vietnam. So if anyone is visiting these places you may like to think about carrying a few extra kilos of goodies over for some needy children.

Sunrise Training and Development Programs

We continued various training programs in house at Sunrise; one of our live-in carers Krishna attended a refresher 1st Aid course and the children continued their dancing, singing, computing and thanka painting.

We were thrilled to sell 9 or so of the children's thanka paintings in Australia recently with the **profits going into bank accounts here in Nepal for those children**. We have 5 paintings remaining, so if anyone is interested in purchasing one please contact emma@scai.org.au.

Rehabilitation Therapy Program

The disabled and otherwise physically impaired children at Sunrise Orphanage continued to receive regular rehabilitation therapy at Sunrise Orphanage, under the guidance of Surendra Bajracharya, qualified physio and rehabilitation therapist. It is great to see them becoming stronger and more independent as a result.

As well as Sunrise Orphanage, SCAI runs 3 other main projects in Nepal along with local partners;

- **Education of 103 children** from Kalimati Slums
- **Education of 31 children** from local community
- **Community Training and Development Centre**

All three projects are progressing extremely well, and are set to grow further with some recent new very generous sponsors!

Kalimati Slums

This is our second year of sponsoring the education of some of the children from one of the major slum areas of Kathmandu, Kalimati. **Over 300 families**, many of whom live in make-shift homes of bamboo and plastic struggle to feed their families let alone provide their children with an education. Many of the children are still used for begging by their parents, however we have been fortunate enough to have developed relationships with the guardians of **103 beautiful children** who support and encourage the education of their children.

Most of the children's guardians are illiterate, so we have recently expanded the program, so not only are these

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children able to attend school, but we are providing the class 4-9 children with before and after school tuition in the slums classroom, assisting them with their homework and adjusting to the new school system.

As well as this, we are holding classes in the slums for the **3-6 year old children** during the day, which gives them a sense of purpose and a clean, safe environment whilst many of their parents may be out begging or doing some sort of manual labour, keeping them out of the dirty river and out of trouble where possible!

This project has been very generously supported by **Paul Cumming and friends** from Perth, who recently held a very successful trivia night, raising over **\$20,000** for these children. We are very much looking forward to Paul and his groups visit in a few weeks. **Thank you sincerely!**



Above: Two of the happy children now attending school from the Kalimati slums



Above: Some of the younger children attending class in the Kalimati slums classroom

Family Re-Integration Program – Community Scholarship Program

Sunrise now sponsor **31 children** from within the local community to attend school. 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 covers all the education costs and provides them with one meal at school per day.

This project has been kindly supported by **Christian Theisen** from Germany. In the few months leading up to Christian's recent visit, he very creatively jumped on board Twitter, drumming up votes from friends and family to become Mr Twitter Germany (which he won!). Christian generously pledged to match the number of votes he received with \$, raising over **\$10,000** for these children. **Well done and thank you Christian!**

Community Training and Development Centre

The Sunrise Community Training and Development was developed to assist predominantly underprivileged people from within the local community who lack skills, employment and income opportunities. We currently offer computing, sewing, candle making, English language training and a library. The courses are developed based on the needs of the local community and are being expanded accordingly, with input coming from the local trainers as well as the students themselves.

This project has been kindly supported by Helen Davis and her team at Hindmarsh Island Rotary Club, who built a house and generously donated **\$20,000** from the proceeds to Sunrise for this project. **Thank you Hindmarsh Island Rotary Club!**

Sunrise Children's Village (SCV)

SCV is the facility SCAI is planning to develop in conjunction with Sunrise Orphanage and local partners in Nepal to house up to 100 children. The plans include a home for the current and future children of Sunrise, with a library, training centre, music centre, rehabilitation centre, playground, sports grounds, vegetable gardens and animal grazing. We plan to minimize the impact on the environment and enhance the local community by using renewable energy and practical recycling methods, local materials and resources. Our goal is to buy land by the end of 2009, with building to commence in 2010.



If you are interested in contributing financially to the Sunrise Children's Village land and building fund or can offer expertise in areas such as building/construction, renewable energy etc please contact emma@scai.org.au.

This is a very exciting and large scale project which will be of great benefit to the local communities on the outskirts of the Kathmandu Valley and beyond.

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From all of us at SCAI, we would like to thank our local partners in Nepal and in particular all our incredibly generous supporters in Australia and overseas. It is through your kindness and support that so many children in Nepal are being given these new opportunities.

With love and sincere thanks,

Emma and the Sunrise family

'Dining at Sunset, Bringing Hope at Sunrise' Events.....Special Thanks to....



SCAI Committee:

Emma Taylor, Lia Jenkins, Moira Fogarty,
Sarah Thom, Angus Sobels

**Supporters of the Adelaide Event,
25th July 2009**

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The Wine Gallery

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17th July 2009**

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