



NAFA NEWS

May. 2011 No.2

NEPAL AUSTRALIA FRIENDSHIP ASSOC (QLD) INC

Donations to NAFA are tax deductible & 100% of funds raised go directly to Nepal

NAFA aims to improve the well being of people in Nepal by supporting sustainable health, education and infrastructure projects.

For more information on NAFA & the current projects & appeals please visit the website

www.nafa.org.au

*** Upcoming Events ***

"Nepal in the Park" ... Cultural Day & Fundraising Hike.

When: Sunday 11th of September
Where: Simpsons Falls Picnic Ground, Mt Cootha.

"What a great day! ... plenty of children's activities, delicious food & lots of entertainment" ... comment from a family who attended last year.

The Nepalese community will join with NAFA again this year to organise this wonderful family day out "with a difference". There will be Nepalese dancing, dress, cooking and food, free activities for the children, Nepalese hand-crafts and lots of prizes.

In 2010 some of the funds raised on the day went towards the construction of two classrooms in the remote village of Tawal (completed Jan 2011) ... so come along on Sunday 11th Sept and join in the fun!!



Classrooms were co-funded by Non-Resident Nepali Association NRNA

"Challenge Yourself" - and help change the lives of young people in Nepal!

The challenge ... make a change to improve your health or give something up for just one month.

The aim ... donate the money you save & help educate a rural student in the area of health.

When ... June 2011 (for more information see webpage & flyer)

Welcome to the second edition of NAFA News.

We hope you enjoy this newsletter as much as we enjoy sharing the heart warming stories from Nepal.

Thank you for your continued support to help make a difference in this wonderful country!

Creativity & Ingenuity at PA Nepal !

NAFA is very proud of the children's creativity and ingenuity at the PA Nepal homes.



At **Sankhu**, NAFA's craft program (started in 2005 by Brenda, current Vice President), has seen the children progress from knitting & crocheting scarves & pencil bags to

creating their own designs without patterns or instructions. These talented children have knitted & crocheted jackets, vests, sweaters, scarves, bed covers, socks, sewn patchwork cushion covers & made beaded jewelry (earrings & bracelets). These children have very little themselves but many of the items they create are given as presents to friends and family. Their generosity is inspiring.

At the **Palpa** home, the ingenious boys constructed a 10-metre basic foot bridge in one day across a small creek after the old one fell apart.



Babies ... Babies ... Babies ...



While NAFA members were visiting Tawal in January, a group of mothers & their babies arrived at the Health Clinic one morning for the baby clinic.

The babies were given a thorough health check which included a weigh-in and/or vaccinations.



NAFA members had brought knitted baby jumpers, beanies and socks ... the mothers (and babies) were so happy to receive these special hand knitted clothes.

NAFA members were told that due to the clinic's special health care services for mothers while expecting and at birth, there has not been one child-birth related death in 4 years!



Determination goes a long way!!

Jaya Karki is the first disabled student to attend UCEP College in Sano Thimi since it began in 1978.

Jaya is a young man with paraplegia who heard that the "Joy Foundation Nepal" had helped other disabled people with vocational training. Jaya wheeled himself 4 km through the Kathmandu traffic to the JOY office to submit his application to JOY & NAFA. He applied for assistance to complete an electronics course focusing on repair of mobile phones.



NAFA and JOY will be jointly sponsoring Jaya's 6 month course and his fellow students will assist to get him up and down the stairs to his classroom. NAFA and JOY are very proud of the role they have played in helping this young man achieve his dream to become self sufficient.

A split chin & two stitches!



While NAFA members were at Tawal, a father brought his 9 year old daughter to the Health Clinic for treatment. She had fallen and split her chin; a common occurrence for children worldwide but this was a unique situation as it happened in a remote village of Nepal. Beg, the senior health worker, set up a makeshift surgical area outside the health clinic, as the treatment room was being used, and quickly stitched the girl's chin **without** anaesthetic.

NAFA members were in awe of Beg for his skill but mostly in awe of the little girl who was completely silent through the whole ordeal ... the only evidence of her pain were tiny tears in the corner of each eye. It hit home how vital this health centre is for this remote area of Nepal.



Joy Foundation Nepal ... is NAFA's partner in Nepal. JOY's mission is to support equal opportunities & provide educational & health care services to disadvantaged and specially challenged people in Nepal to help them to be part of society.



JOY supports NAFA's work in Nepal by joint funding of some projects including an annual remote cataract surgery eye clinic conducted by Tilganga Eye Centre, co-sponsorship of students supported through NAFA's Further Education & Training (FEAT) program & co-funding other projects, particularly in the disability area. JOY also provides office & storage space for NAFA members & supports the Jumper and Hearing Projects.

JOY staff, Ramita, Pradeep & Karmala also support NAFA in assessment & monitoring of projects, including help with translation, cultural & program related advice, community work, finance & other general administration.

NAFA is very appreciative & proud to be associated with JOY & look forward to a strong partnership long into the future.

www.joy.org.np



The **Hearing Nepal Program** was conducted at Tawal in January by NAFA members, Sue and Lew Tuck in association with Keshab Dangol of the Nepal Association of the Hard of Hearing (NAHOH), Tashi Sherpa from Kopan Monastery and Jade Frederiksen, a volunteer audiologist from Australia.



A Primary Ear Care clinic, staffed by Keshab and Tashi (two Nepalese men who volunteered their time to the project), was set up in the multipurpose room at the school. The ears of 509 school children and adults from Tawal and surrounding villages were checked over the 5 days and NAFA funded medication was dispensed to those with ear infections. Any audi-



ological referrals were made to Sue and Jade; this allowed audiological reports to be provided to those where ENT referral was recommended. These referrals will be facilitated through NAHOH in Kathmandu.

Keshab advised that there were similar outcomes to other ear camps held in Nepal, with only the foreign bodies being different ... (apart from a lot of wax), the foreign bodies included a cockroach, stones, wire, bits of feather and straw and a grain of rice!



The Hearing Program at Tawal was a great success and NAFA is very happy to be associated with NAHOH to promote Primary Ear Care in remote Nepal.

www.nahoh.org.np

From October 2010 to March 2011, as part of NAFA's very important **jumper & beanie distribution program**, over 1,000 jumpers, beanies & scarves were given to many poor & underprivileged children in the remote villages of Shyama, Lumsa, Narjing & Tawal and children in the Kathmandu Valley villages of Sankhu & Thimi.



The water tap at **Shree Deupur School**, Singe Village was officially opened in February. The school is 30 years old & this is the first time water has been directly accessible in the school grounds. NAFA members also visited **Jana Prabhat School** in Kalanki to view a water infrastructure project which has brought water to the toilets & made them usable. Our past vice president Hari Khadka attended this school 30 years ago.



English Practice ... while NAFA members were in Nepal this year they volunteered some time for English Practice with Grade 9 students at Tawal & VSN Thimi Schools. With 80% of SLC students in Nepal failing the very important subject of English Language, the aim was to encourage conversation

& give hints on how to confidently speak English, to help them next year in their SLC exam. Even though some of the students were extremely shy, they thoroughly enjoyed these classes ... and so did the NAFA members!



"FEAT for YOUTH" ... The aim of this program is to help students reach their potential and secure their first job through further education and training.

In 2010/11 NAFA received applications for assistance from six students who wished to improve their lives through the FEAT program.



Four of the applicants are from Tawal; two young men, Kipa & Amar (photo) are each enrolled in 6 month courses at UCEP College in electronics and electrical wiring. Prabin is enrolled in a 3 year vocational course in Architecture and the fourth student, Gopal (photo), has completed a crystal cutting course and is now re-enrolling to obtain further knowledge in this field to improve his work chances.



From VSN Thimi School, NAFA is assisting one young student, Sun Keshari Pyatha, with a 3-year nursing course. She was one of our VSN sponsored students and NAFA was pleased to support her education at school and now with her dream to become a nurse.

The last application was from Jaya Karki (see feature story on front page).

Early 2011, NAFA members trekked to the remote villages in **Solu Khumbu** to visit the schools helped by the funds raised by the "Climb for Children" in 2009 and from other donations to NAFA.



All projects have now been completed; the classrooms at Kophu, the library fitout at Lumsa and the toilet block at Patale, plus other resources like skylights, whiteboards & library books supplied.

All schools were very appreciative for the support and showed their huge appreciation to NAFA by the warm welcomes and school programs.



Nepal Health Mega Marathon ... a portion of the funds raised from this event in June 2010, partly funded a Remote Cataract Eye Surgery Clinic (December 2010) & the Hearing Nepal Program, which included a Primary Ear Care Clinic at Tawal (January 2011). Funds were also used to purchase a hospital bed with an IV pole & a waeco fridge for the Tawal Health Clinic. Remaining funds are earmarked for future NAFA health care projects.

