

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



NEWSLETTER
Edition 10,
March 2009

Dear friends of Sunrise,

Whilst in Australia and most western countries we have just finished the first quarter of 2009, in Nepal we are just about to finish the last quarter of the year 2065. The children have just finished their end of year exams and are now enjoying three weeks of school holidays before the new school year starts, in line with Nepali New Year in mid April. The last quarter has been another great period, with both Sunrise Orphanage and the Sunrise Training and Development Centre booming!

Winter officially finished in mid February and was unusually warmer than in previous years, but unfortunately brought no rain at all, leaving water reserves much drier than predicted. This resulted in severe water shortages for daily use throughout the Kathmandu Valley and further load shedding - power was cut back to only two x four hour blocks each day. The power supply is on a rotational schedule so this sometimes means only 4 hours of power during waking hours. The kids have managed extremely well and we are delighted to have had our first drops of rain since last September last week! We still have over 2 months to wait until the monsoon rains come in mid-June, however with our annual Holi Festival celebrations we hope they come sooner!



Above: Deewaki and Suruchi enjoying their school holidays making flower necklaces at Sunrise.

Holi Festival

This festival is closely related to the water festivals of Thailand and Myanmar and takes place on the day of the full moon. By this time Winter has come to an end and its starting to get warmer. As it is nearing the end of dry season water is generally sprayed around liberally by every household during the festival as a reminder of the monsoon days to come. This year we were limited with the water supply but still had fun with numerous water balloons which are part of the tradition. Holi is also known as the festival of colours, so as well as spraying water on everything and everyone, coloured powder (particularly red) are also thrown everywhere and rubbed on everyone. There is no saying 'no' during this festival so some of our children were affectionately covered by some of our neighbours with black dye as well!



Above: Pemba Lama at Sunrise covered in dye from Holi festival celebrations



Above: Rupmala, Emma and Lasang enjoying the Holi celebrations at Sunrise

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

Sunrise Birthday Party

In late January we held our bi-monthly birthday party at Sunrise Orphanage which was as fun as always! The children enjoyed singing 'Happy Birthday' numerous times, playing games and playing with their gifts which were mainly soccer balls for the boys and dolls for the girls, along with a few small things like balloons, pencils, stickers, hairbands.



Above: Some of the children having fun at the bi-monthly Sunrise birthday party.



Above: Kisan Tamang with his birthday soccer ball.

International Women's Day

To celebrate International Women's Day on the 8th March 2009 five of our live-in female carers took the day off and went on an outing to the historic town of Bhaktapur, about an hour out of Kathmandu, where they enjoyed lunch, some sightseeing and some relaxation time. It was great to be able to reward them for all their hard work caring for the children on a daily basis. The male carers did a great job looking after all the children with the help of a couple of Australian volunteers.



Above: (L-R) Fulmaya, Angur, Manju and Fulmaya (front) on their outing to Bhaktapur on International Women's Day

Extra-curricular activities

The children study hard during the week so we have continued to make sure we have lots of fun in their spare time! We have taken groups of children of various ages on walks around the local valley, to nearby historic towns, temples and regular walks with our new Sunrise puppies.



Above: The small girls enjoying a walk around the local valley with a visit to a small temple.



Above: Some of the Sunrise boys on a walk to a local historic town

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



Above: Some of the Sunrise boys visiting Gokarna Temple

The year eight students finished exams one week prior to all the other children so we rewarded them and our male carers with a trip to the cinema to see **"Slum Dog Millionaire"**. The boys and our one year eight girl loved the movie and resonated with it deeply, as sadly the same things go on here in Nepal on a daily basis, just on a smaller scale. We highly recommend seeing the movie if you haven't already!

Lastly, the children enjoyed their new toy, good old aussie totem tennis, kindly donated by one of the children's sponsors. The children wait patiently in line for their turn and continue to surprise us with their hand/eye co-ordination!



Above: Sporty Dil Kumar demonstrating his new tennis skills!

Sunrise Outreach Program

The Sunrise Outreach Program involves us taking a group of our teens from Sunrise Orphanage to the Kalimati slums to provide counseling to the children there and help bridge the social and economic barriers that exist within various communities. The children in the slums suffer ongoing discrimination from the local community including the local government school because of their background, current living conditions and personal cleanliness, so having a sympathetic ear to listen to their problems and then provide encouragement, guidance and support will hopefully continue to ease their burden and give them hope for a brighter future.



Above: Saugat from Sunrise Orphanage talking with class 3 students from the slums



Above: One of the Sunrise children distributing bananas to all the children in the slums

Sponsors and other visitors

Liz Albert and her friend Deb came to visit Liz's sponsor children Raji Tamang and Ramesh Tamang at the end of March. The children were delighted to meet her and whilst difficult to express themselves in English to her directly, most definitely understand and appreciate her kind support. Thank you Liz!

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



Above: Liz with sponsor children Ramesh and Raji

Volunteers

This quarter we were fortunate enough to have **Noelle Burville** and **Carmen Smith** volunteer at Sunrise in Nepal. Both ladies were an absolute delight to have around, singing, dancing and playing lots of games with the children. They also helped teach various classes at the children's school and Noelle taught the children more great yoga exercises and songs for our morning assembly at home, which we are still doing now. Thank you both!



We also had the pleasure of **Nat Marcianek** visiting us from Australia. In order to raise money for Sunrise before coming, Nat bravely shaved her head in front of a group of friends and collected donations to support the children. Nat also kindly helped out teaching various classes at the children's school. The children appreciated her shaving her hair tremendously, especially since the girls here in Nepal treasure their beautiful long, thick black hair so much! The kids made a big thank you poster for Nat with a drawing of her with no hair which they then all signed. Thank you Nat!



Above: Nat with her thank you poster at Sunrise

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; **Basudev Tamang, Khim Maya BK, Palten Lama, Lokjana Rokaya, Ranjit Lama, Amber Tamang, Suruchi Mainali, Budhhihman Tamang**

Training and Development Programs

Sunrise Orphanage

CRC Training

As well as ongoing computer, sewing, thanka painting, dancing and general health training, the highlight of this month was the two day training conducted by Surendra (our Sunrise rehabilitation therapist) and his sister who also run a children's club. The training was centred around the Convention on the Rights of the Child and covered key issues of Survival (needs vs wants, staying healthy), Development (education and learning), Protection (security, identity, protection from abuse) and Participation (expression of thought, opinion, being involved). The session involved lots of group work and interaction which all the children thoroughly enjoyed and gained a lot from.

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



Above and below: The older Sunrise children in workshop training on CRC at Sunrise Orphanage



Thangka painting

17 of the Sunrise children are about to complete their thanka paintings, the second one for 11 of the children. The thanka paintings take 70-80 hours each in total, a great effort by the children who do this every Saturday on top of their regular studies. As with the original paintings completed in 2008, 70% of the sale price will go directly into a bank account for those children, the remaining 30% back to Sunrise Orphanage, making it a long term sustainable project for Sunrise Orphanage and generating income for the teens themselves for their future.



Above: Lasang and Ranjit near completion of their second thanka paintings

Computing

Computing training continued but less frequently this last quarter due to the very limited power.



Above: Some of the Sunrise children attending computer training at Sunrise Orphanage



Above: Some of the children during dance training at Sunrise Orphanage

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.



Above: Shreya Magar who suffers from polio during her therapy at Sunrise Orphanage.

Sunrise Children's Association Inc.

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

Sunrise Training and Development Centre

The Sunrise Training and Development centre is open to the general public and 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 basic 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.



Above: Computing training at the Sunrise Training and Development Centre



Above: Sewing students at the Sunrise Training and Development Centre

Upon completion of the various courses the students are presented with Certificates of Completion by Emma Taylor (Sunrise Children's Association Inc. President) and Sangita Bhandari (Sunrise Orphanage Chairperson).



Above: A group of graduate students at the Sunrise Training and Development Centre



Above: Sangita Bhandari and Emma Taylor presenting a student with their Certificate of Completion

"See the Sunrise in Nepal FREE" fundraising program 2009

This program is up and running again in 2009 after a successful program in 2008. The program provides an opportunity for people to raise a minimum of \$6,000 for SCAI and **be rewarded with a 21 day trip to Nepal FREE**, with flights and all major expenses included. The trip includes a 10 day trek to Annapurna Base Camp, local sightseeing and some time at Sunrise Orphanage so participants can see first-hand the benefit of their contributions.

If anyone is interested in finding out more please visit www.scai.org.au or contact emma@scai.org.au.

Sunrise Children's Association Inc.

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

www.scai.org.au

See the Sunrise in Nepal
FREE!

Ever dreamt of trekking in the Himalayas or simply relaxing and experience Nepal's rich cultural treasures?

Simply raise AUD\$6,000 for Sunrise Children's Association Incorporated (SCAI) and be rewarded with one of these unforgettable experiences FREE! (*NSW, ACT & VIC only)

- Trip departs October 2009
- Proceeds will go towards purchasing land for Sunrise Children's Village, a self-sustainable home for orphaned and abandoned children in Nepal.

Contact
emma@scai.org.au
or visit
www.scai.org.au
for more details

Sunrise Children's Association Inc. in partnership with Tour Operators Conference Call Pty Ltd in Australia and Himalayan Waves Trekking in Nepal

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

*Donations are NOT tax deductible
Inc # NC5884957 INNSW ADO4857311 VIC

Sunrise Children's Village (SCV)

Support for the land and building fund is steady, however we need significantly more donations to bring this development to fruition. SCV will be a purpose built, energy efficient, self sustainable, permanent home for the current and future children of Sunrise Orphanage. We plan to house up to 100 children at a time, with the following facilities that both the Sunrise children and the local community can benefit from:



If you are interested in contributing to the Sunrise Children's Village land and building fund, please contact emma@scai.org.au.

New SCAI information booklet

We have posted an updated **SCAI information booklet** on our website under About Us/ Objectives/Projects, with lots of great new photos of the children and an all in one overview of The need in Nepal, Intro to SCAI, Mission and Philosophies, Projects (Sunrise Orphanage, Sunrise Re-integration program, Sunrise Training & Development Centre, Kalimati Slums), Sunrise Children's Village (SCV), How to Help, Who We Are, SCAI News.

Exciting SCAI events in 2009!

In true Sunrise style, SCAI will be holding two great events full of entertainment, great food, music, inspirational speaker, beautiful new footage of the Sunrise children in Nepal, dancing, live and silent auctions, a raffle and more!

Friday 17th July: Carousel, Melbourne

Saturday 25th July: Annesley College, Adelaide

Tickets will go on sale from Monday 25th May. Put the dates in your diary now to ensure you don't miss out! Please contact emma@scai.org.au to reserve a table now or for more details.

Member drive – 30 new members by end of April!

In line with the further growth of SCAI we are encouraging more members to come on board to play an integral role in the running of SCAI and its key projects in Nepal. As a member you are entitled to vote on all major decisions at AGM's and any other Special General Meetings, elect office holders and general committee members, have your say on the Rules governing SCAI and contribute to the future direction of SCAI. If anyone is interested in becoming a member please contact us today!



Sunrise Children's Association Inc.
Australia (SCAI)
February 2009
www.scai.org.au



We are currently looking for sponsors for various parts of the training and development programs, so please take a moment to read it and pass it on to friends or anyone you think may be interested. If you prefer we can also email you a copy.

Thank you again for your support and helping us spread the word about SCAI's work, we couldn't do it without you!

Love and best wishes,

Emma and the Sunrise family