

# **Sunrise Children's Association Inc.**

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



### **NEWSLETTER Edition 17, December 2010**

**Dear friends of Sunrise,**

#### **HAPPY NEW YEAR TO YOU ALL!**

At the beginning of each year we find ourselves saying what a fantastic year the previous year has been for Sunrise and how excited we are about the year ahead, and this year we can't help but say it again!

The children we support have continued to develop both academically and in their personal lives, blossoming into happy, confident, loving, compassionate children. They face challenges with maturity and dignity, jump at new opportunities with gratefulness and enthusiasm, accept awards with joy and grace and live each day to the fullest with such beautiful energy. We couldn't be prouder of them.



**Above: Bright happy sisters Durga and Laxmi at Sunrise Orphanage.**

Throughout the year the children have studied hard, **achieving great results**, with many children skipping grades due to their outstanding performance. We have continued to reward not only the academically successful, but those who strive to demonstrate love, respect, care, kindness and service to their Sunrise family members; a positive attitude and dedication to their education and personal development and; responsibility and care of themselves and their belongings through our **Encouragement Awards**.

The children have enjoyed various extra-curricular and training activities throughout the year including picnics

and other outings, festivals, sporting activities, performances, singing, dancing, music, computer, thanksgiving lessons and rehabilitation therapy. The children thoroughly enjoyed and have benefited from these activities enormously.

**We hope you enjoy reading about the highlights by quarter and about our plans for the year ahead.**

#### **Quarter 1**

Quarter 1 started off with some great personal achievements from our Sunrise children. 5 very talented youth entered the The Organisation for Community, Child and Environment Development (OCCED) National Inter-Homes Talent Hunt and all 5 of them made the finals! **Lasang Lama came 1<sup>st</sup> in the speech competition, Palchhen Lama came 1<sup>st</sup> in the singing competition and Pema Lama came 1<sup>st</sup> in not only the dance competition, but the overall competition.** Among other things, **Pema was awarded a trip to America** to perform, and is eagerly awaiting his Visa. Most of the Sunrise children attended the event and were as excited as the winners were, a wonderful shared achievement for the children of Sunrise!

We also shared the joy of having 6 new puppies, a picnic to Dulikhel, an excursion to Boudha Stupa, celebrating the Sarswati, Shivaratri and Holi festivals, dance performances for Martyrs Day, various sporting activities, singing, dance, music, computer and thanksgiving lessons, a Sunrise birthday party, a house move, end of year exams, visits from more great volunteers and a trek to Langtang for the class 8 and 9 boys to name a few.



**Above: Sujata, Laxmi and Marium celebrating the Sunrise birthday party in February.**

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**Above: The Sunrise children performing at a local Martyrs Day Program.**



**Above: Some of the Sunrise girls participating in inter-school basketball competition.**

#### **Quarter 2**

The children enjoyed celebrating Easter, Nepali New Year and International Environment Day in April and outings to the zoo, the movies, Boudha Stupa, and some entertainment programs throughout the quarter. As well as the regular training activities, we held **children's dental training** and **staff physiotherapy training** at Sunrise which were highly beneficial to all involved.

The children performed extremely well in 3<sup>rd</sup> term at school, winning awards in various competitions and being elected into various leadership roles. **16 children skipped a grade, with 12 children coming 1st, 2nd or 3rd in their class and 32 children coming in the top 10** in their final year results in April.

We re-integrated three children back to their families and were delighted to **welcome one beautiful new young girl, Parbati Rai**, to Sunrise in May.

In terms of our projects outside of Sunrise Orphanage, we were also thrilled to open a **new community**

**training and development centre** in the Kalimati slums in April and **launched a new education scholarship program** for 63 village girls (and 3 boys) in Jhapa District in south-eastern Nepal in May.



**Above: Some of the beautiful eggs the children painted for Easter.**



**Above: Newcomer to Sunrise, Parbati Rai, delighted to be starting school for the first time.**



**Above: Distributing uniforms to the students of the new education scholarship program in Jhapa.**



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#### **Quarter 3**

The third quarter started with a very exciting celebration – the 5<sup>th</sup> birthday of SCAI Australia and Sunrise Orphanage Nepal!

We then enjoyed many great moments throughout the quarter at Sunrise Orphanage including an inspiring victory at an inter-homes football match, a beautiful blessing ceremony at Sunrise, Sunrise Sports Day and celebrations for Teej Festival, Children's Day and the children's birthdays.



**Above: Bibek from the 'red' house enjoying the Sunrise Sportsday.**

The children also participated in a day of **outreach work** at a disabled rehabilitation centre, received various awards and achieved great results in their 1<sup>st</sup> Term Exams; **7 children came 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> in their class, 27 children came in the top 10, and 9 of the 16 children that skipped a year came in the top 10.**



**Above: Mansingh, one the Sunrise children achieving consistently outstanding results at school.**



**Above: The Sunrise 'Outreach Team' spending a day at a rehabilitation centre for mentally and physically disabled.**

The children also completed **dental treatment, underwent eye checks** (with one boy undergoing successful cataract surgery on both eyes) and continued their regular training programs in computing, thanksgiving, painting, singing, dancing, music, sewing and talking on metro FM radio.

Last but not least, we held an overwhelming **successful fundraising event in Adelaide** in August, raising enough money to enable us to buy our much awaited land.

The 2 community training centres and the 3 education scholarship programs continued to go extremely well throughout the 3<sup>rd</sup> quarter.

#### **Quarter 4**

The final quarter of 2010 was as action packed as ever, with the children enjoying various festivals, other celebrations and competitions, family visits, ongoing studies and training programs and some exciting visitors and volunteers!

#### **Kathmandu Marathon 5km Event**

Quarter 4 started with the Kathmandu Marathon 5km event on October 2<sup>nd</sup> which was again great fun for everyone involved! This year Sunrise entered a record 26 participants, with Lokjan Rokaya coming 1<sup>st</sup> from Sunrise, followed by Dinesh Lama and Basudev Lama. It was a great effort from everyone, including 5 of our girls!

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**Above: Some of the 26 Sunrise children after completing the 5km Event in the Kathmandu Marathon.**

#### **Sunrise chess champions in the making!**

Sunrise entered its top 5 chess players into the OCCED Inter-homes chess competition where they competed amongst 39 other selected chess players from other children's homes around Kathmandu. With little experience and no professional coaching, our boys did extremely well and made us all very proud! Subash Dhitan came 8<sup>th</sup> overall, Mansingh AD 12<sup>th</sup>, Repa Tamang 16<sup>th</sup>, Dinesh Lama 26<sup>th</sup> and Sabin Ghalan 28<sup>th</sup>. **Subash and Mansingh received a prize and a certificate, awarded to them by the Minister of Women, Child and Social Welfare.**



**Above: Sunrise chess champion Subash Dhitan, who came 8<sup>th</sup> in the OCCED Inter-homes competition.**

#### **2<sup>nd</sup> Term Exam Results**

As well as taking time to participate in extra-curricular activities and enjoying festivals, outings and volunteers this quarter the children continued to perform well at school. **8 children came 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> in their class and 27 children came in the top 10. Well done kids!**

#### **Staff Training**

Two live-in staff members Poonam Karki and Krishna Ghimire underwent a day of earthquake training, run by Dutch organization TARA-Holland, which they then train the other staff and older children in.

#### **Encouragement Awards**

These awards are 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.

**The final award for 2010 went to:** Raj Kumar Shrestha, Suruchi Mainali, Shreya Magar, Bishnu Sharma.

#### **Dasain Festival**

Dasain is the most important festival in the Hindu culture and is celebrated widely across Nepal. It is traditionally a time spent with family, where people are honored to receive a tika blessing from their elders for a long, happy, healthy life. Many households feast on various delicacies, in particular goat, and exchange gifts.

This year **56 of the 75 Sunrise children** returned to their villages to spend 2 weeks with relatives. The remaining smaller children enjoyed various outings around Kathmandu and the older children enjoyed a **trip to Pokhara**, with a visit to Manakamana Temple, a ride on the cable car, boating on Phewa Lake, cycling, hiking, visits to caves, Seti River and other sights around Pokhara. They even got the opportunity to see the **smallest man in the world**, an 18 year old Nepalese recently entered into the Guinness Book of Records!

Whilst everyone thoroughly enjoyed spending time with relatives, the 75 Sunrise brothers and sisters were happy to be back together again after the 2 week holiday!





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**Above: Lal, Subash and Bishnu enjoying a Sprite at Phewa Lake in Pokara.**

#### **Tihar Festival**

Shortly after Dasain we celebrated the beautiful Tihar Festival, also known as the Deewali/Deepawali. Tihar is a **colourful festival of lights** which runs for 5 days, each day with a different offering and blessing. Day 1 is to honour crows, day 2 dogs, day 3 and 4 Lakshmi, the goddess of wealth and prosperity and day 5, known as 'bhai tika', is to offer blessings to ones brothers. This is one of the most special days of the year for the Sunrise children when they re-confirm their devotion, love and respect to their Sunrise brothers and sisters.



**Above: Kamdev and Ashish very happy with their blessings from their Sunrise sisters.**

#### **Sunrise Orphanage staff wedding**

**Krishna Ghimire**, full time staff member of Sunrise Orphanage, was married in his home village in December. The children and other staff members were thrilled to join in some post wedding celebrations with him on his return to Sunrise. **Congratulations Krishna!**



**Above: Krishna Ghimire from Sunrise, enjoying some post wedding celebrations with the children.**

#### **Christmas celebrations**

After a busy quarter of festivals and celebrations, Christmas, which is not traditionally celebrated in Nepal, was enjoyed by the Sunrise children by making cookies and relaxing with their extended Sunrise family at home.

#### **Sponsor visit**

We were delighted to have child sponsor **Jenny Thorne** visit from Adelaide for a couple of weeks. After hearing so much about her and being in contact through letters over the past couple of years, Lal and Ganesh her sponsor children were particularly excited to have Jenny spend some time at Sunrise and accompany us on our annual trip to Pokhara. I think Jenny was equally tickled pink to meet the boys and we were all very touched when Lal gave her his Thanka painting as a special thank you gift. **Thank you Jenny for all your love and support.**



**Above: Sponsor Jenny Thorne with Lal and Ganesh at Manakamana Temple during Dasain Festival.**

#### **Volunteers**

Social Work student **Andres Leon** joined us for 3 months from Denmark and brought with him a host of different skills and fun activities for the children. Andres taught English daily at the Sunrise Community Training and Development Centre in Jorpati which was of great benefit to the students. As well as helping the children at Sunrise Orphanage with their homework and playing various games, he taught the children yoga, some acrobatics, and the children's favourite, "poi".

Poi is a performance art in which a ball (or similar) is suspended from a chain or rope and swung in various circular motions. People usually light them with fire to create a very impressive fire show. A group of the Sunrise children developed their skills so quickly (and with the necessary supervision from Andres) that they were performing with fire after only a few weeks! **Thank you for your enormous contribution to us all Andres.**

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**Above: Volunteer Andres with some of the Sunrise children at Sunrise in Pokhara.**



**Above: Volunteer John Cuthbertson with Niraj from Sunrise Orphanage.**

**Visit from SCAI Treasurer and new SCAI Secretary**

**SCAI Treasurer Kumaran Yogaranandan** visited Sunrise Orphanage for the 5<sup>th</sup> year in a row in December. Kumaran joined the SCAI committee 12 months ago after showing tremendous dedication to the children, staff and management of Sunrise both in Australia and Nepal over the past 5 years. Kumaran has worked in financial services for over ten years. He is a Fellow of the Institute of Actuaries of Australia, qualifying in early 2003. Kumaran has not only made contributions to the SCAI committee so far, he has become very well respected and much loved by everyone in the Sunrise family. **Thank you Kumaran!**

**Joan O'Connor** joined SCAI in the role of **Secretary** in November after visiting Sunrise Orphanage. Joan has been working in the Education and Training field for over 25yrs educating children and teachers in the sector with curriculum management support, program design and development. Over the last ten years Joan has worked more specifically in the NGO sector as an Education Adviser/Consultant and State Program Manager supporting the rights of children in Bangladesh, South America and Africa. More recently she has worked with Indigenous families and communities developing sustainable programs in remote Anangu Communities in South Australia. Joan now works in Community Development as an Equity Consultant, building Global Communities for Peace supporting Values Education and Human Rights Education through the Global Education Centre, and working with the Board of Management in South Australia as an Adviser. **Welcome on board the SCAI team Joan!**



**Above: Binita Lama from Sunrise performing 'Poi', taught to the Sunrise children by volunteer Andres Leon.**

**John Cuthbertson** from Perth joined us in December. John has been a tremendous help with various things -on top of helping with the daily routine, he has taken the children running to train for the 5km KTM Marathon, organized various games and sporting events, managed and taught the children and staff about plumbing and water management and kindly looked after our new litter of puppies. John is continuing to volunteer with Sunrise into 2011. **Thank you for all your help so far John!**



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Above: New SCAI Secretary Joan O'Connor and husband Alan on their visit to Sunrise Orphanage.

**Other Projects wrap up of 2010**

At the beginning of 2010 you may recall we planned to expand our existing 4 projects which we did with great success;

**1) Sunrise Orphanage**

- a. More children had the opportunity to participate in training programs such as thanka painting singing, dancing, music and social work.
- b. We re-integrated 3 children back to their families.

**2) Community Training and Development Centre – Jorpati**

- a. **Over 160** new students registered in sewing, computing and English language, taking the total to **over 400 since its establishment in October 2008.**

**3) Education Scholarship Program - Kalimati slums**

- a. **15 new students** enrolled at school, taking the **total to 118.**
- b. Around 40 pre-school age children received an education in the slums school.

**4) Education Scholarship Program – Kathmandu Valley**

- a. **36 new students** enrolled at school, taking the **total to 57.**

**In addition, we launched 2 new programs;**

**1) Community Training and Development Centre – Kalimati slums (April 2010)**

- a. **47 new students** registered in sewing, candle making and English language.

**2) Education Scholarship Program – Jhapa District (May 2010)**

- a. **66 new students** enrolled at school (63 girls and 3 boys)



Above: Distribution of Stationary and Winter jumpers to the children at Sundarpur School in Jhapa.

**What is in store for 2011**

**Sunrise Orphanage**

- Continue to re-integrate children back to their families where possible and place them under one of our education scholarship programs;
- Continue to increase the number of children that participate in the training programs;
- Purchase the land for **Sunrise Children's Village** and finalise all architectural and building plans. Building will depend on funding!

**Community Training and Development Centres**

- Continue to expand both the Jorpati and Kalimati centres to meet the needs of these local communities.

**Education Scholarship Programs**

- Increase the number of children supported in the current program areas.
- Launch 2 new programs in districts outside of Kathmandu where there is great demand and need.

**We are looking forward to another exciting year ahead and sharing more great news with you throughout the year. Thank you for your ongoing support, and we wish you all a happy, fulfilling year ahead.**

Please contact [emma@scai.org.au](mailto:emma@scai.org.au) for further information on any of our current projects or future plans.

*The Sunrise Family*