

Sunrise Children's Association Inc.

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



NEWSLETTER Edition 16, September 2010

Dear Friends of Sunrise,

The third quarter started with a very exciting celebration - the 5th birthday of both SCAI in Australia and Sunrise Orphanage in Nepal!

We then enjoyed many great moments throughout the quarter at Sunrise Orphanage from an inspiring victory at an Inter-homes football match, 1st Term Exams, a beautiful blessing ceremony at Sunrise, Sunrise Sports Day and birthday party, outreach work at a disabled rehabilitation centre, health checks, return visits by some old Sunrise friends and volunteers, Teej Festival, Children's Day celebrations, award distributions and further visits to land sites for our new Sunrise home.

It was a very exciting quarter for SCAI in Australia also, with the very successful fundraising event in Adelaide on 7th August!

Sunrise 5th Birthday Party!

Both SCAI Australia and Sunrise Orphanage Nepal were established in July 2005, so July 2010 was the 5th birthday of both organizations. We were thrilled to celebrate our 5 year birthdays together, as well 5 years of a very happy, harmonious and inspiring SCAI/Sunrise Orphanage partnership.

The children, staff, local committee members and some special Sunrise friends enthusiastically sang 'Happy Birthday to Sunrise' before devouring cake, playing music and lots of fun games. A great celebration for a wonderful milestone!



Above: Durga enjoying Sunrise's 5th birthday party

Sunrise children score another victory!

11 of the Sunrise boys were invited to participate in an Inter-homes football (soccer) match against various other children's homes and with little practice, the Sunrise boys surprised themselves and made us proud once again by bringing home the trophy, **winning 5-1!** Well done boys!



Above: Ashish, Lokjan and Sabin, the 3 goal scorers for Sunrise.

1st Term Exams

The Sunrise children again did very well in their first term exams. **7 children came 1st, 2nd, 3rd** in their class (Durga, Khim Maya, Lasang, Laxmi, Parbati, Saugat Sudha), **27 children came in the top 10**, and 9 of the 16 children that skipped a year came in the top 10.

These are great results considering the class sizes are between 32 and 66 students!

Sunrise Outreach Program

This quarter 16 of our older children spent a day at the **Community Based Rehabilitation Centre for the Disabled** in Patan, learning how mentally and physically disabled children and youth can learn to lead independent lives following participation in various training and income generating programs, helping feed those unable to feed themselves and various other 'friendship' activities. It was an enlightening and very enjoyable day for all involved.



Above: Pasang from Sunrise feeding one of the mentally disabled girls at the Rehabilitation Centre as part of Sunrise's Outreach Program.

Sunrise Children's Association Inc.

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

Sunrise Orphanage 'Puja' (blessing)

Sunrise was further blessed this quarter with a local priest coming to 'bless' the Sunrise home we moved into in March 2010. We, the carers and several of the older children enthusiastically participated in the prayers and ceremony to ensure the peace, protection, health, happiness and long life of every member of the Sunrise family.



Above: Bishnu participating in the blessing ceremony.

Sunrise Sports Day

The Sunrise Sports Day was organized this year by our wonderful volunteer, Pat Killelea, known to all at Sunrise as 'Nana Pat'. She not only organized a series of great games including tunnel ball, egg and spoon race and balloon games but very kindly dedicated hours to making team 'bibs' for the participants, trophies and certificates. She also organized the older children into various roles such as photographer, MC, referees, team captains, score keeper etc, to ensure that nobody missed out on the fun!



Above: Kamdev, Milan and Bishal enjoying some camaraderie in the 'yellow' team.



Above: Ganesh, Bibek, Kisan, team mates showing their excitement after their win at tunnel ball.

Sunrise Birthday Party

Due to rain interrupting our Sunrise Sports Day, part 2 was finished at the bi-annual birthday party. As always it was a great day, with lots of fun and laughs had by all.



Above: Niraj enjoying the Sunrise birthday party

Children's Day

Many of the Sunrise children participated in the Children's Day Program organized by their school, which included various singing, dance, speech, poetry, drawing, chess, table tennis and basketball competitions. The children won several awards, with **Palchen Lama** winning individual awards in table tennis and poetry and **Saugat Mainali** the speech competition.



Above: Our newest Sunrise member Parbati Rai performing a gorgeous dance routine with 3 little classmates on Children's Day.

Sunrise Children's Association Inc.

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

Sunrise Encouragement Awards

As well as having lots of fun and the children receiving talent and academic awards, we have continued to award those children 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

The most recent awards went to: Laxmi Shakya, Sabin Ghalan, Niraj Ghimire and Mitthu Tamang.

Teej Festival

The teenage girls and female carers celebrated '**Teej**' Festival again this year, fasting for a day and spending time at the local temple praying, dancing and celebrating. Traditionally the festival is for women to pray for the long life of their husbands and to purify themselves for their future, but it's also a good excuse to get thousands of women out of the house for a day to spend time dancing and enjoying time with their female friends.



Above: Manju one of the Sunrise carers with one of the teenage girls Laxmi enjoying Teej Festival at the local temple.

Sunrise Medical / Rehabilitation Therapy Program

This quarter all children underwent **general health checks** including further **eye checks**, with a few children receiving new reading glasses. All **dental treatment** from the previous quarter was completed.

Unfortunately this quarter one young boy **Bikal Pun** suffered from **meningitis**, leaving him hospitalized and in quite serious condition in the Intensive Care Unit at a hospital in Kathmandu. We are delighted to have Bikal home and he is recovering well. His Sunrise brothers and sisters missed him a lot, and gave him a very warm

welcome home, decorating his bed with balloons and welcome home posters.



Above: Binam Thapa very happily wearing his new glasses following cataract surgery in June.

The 7 disabled and otherwise physically impaired children at Sunrise continued to receive regular **rehabilitation therapy** from our Sunrise physiotherapist Surendra Bajracharya. This program not only benefits the children physically, but continues to give them greater confidence and enthusiasm through their improved mobility and support.



Above: Pemba Lama during his physiotherapy treatment at Sunrise.

Sunrise Training and Development Programs

Dance/Singing/Music

Many of the children continue to enjoy the weekly dancing, singing and music programs held at Sunrise. These classes develop their skills, as well as their confidence, physical and mental health, co-operation and they always have a tremendous amount of fun!

Sewing

Many of the Sunrise boys and girls participated in sewing training again this quarter, run by volunteer Pat Killelea. The children really enjoyed the classes, which included learning various stitches and sewing on buttons. The

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

children then put this into practice on a regular basis, taking responsibility for repairing their own clothes, pillow covers and bed sheets when necessary.



Above and below: Some of the Sunrise children enjoying their very useful sewing classes.



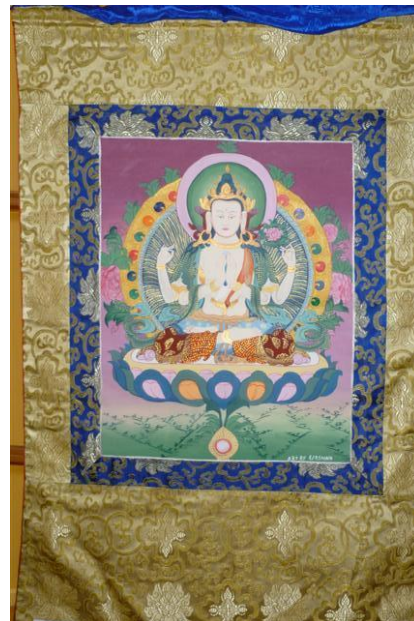
Thangka Painting

The older children at Sunrise have been learning the art of traditional Tibetan Thangka painting for the past 3 years and many of them have proven to be very talented artists. We have been selling the paintings in Australia with 75% of the proceeds going into personal bank accounts for the children for their future.

We sold 12 of the most recent Thangka Paintings at our fundraising event in Adelaide and have **3 remaining**, so if anyone is interested in purchasing one or seeing photos, please contact emma@scai.org.au.

Metro FM Radio Kathmandu

The Sunrise children participate in interviews and performing their various talents on Metro FM in Kathmandu, often being requested by the radio station itself for their time. A great tribute to their talents!



Above: One of the remaining Thangka Paintings for sale by our budding Sunrise artists.

Computing

The children continue to develop their skills outside of school, learning various programs on the four Sunrise computers, including Powerpoint, Graphics, Word, Typing, all great skills for their future.



Above: Ranjit and Saugat working on the Sunrise computers.

Library

Sunrise is slowly developing its own library in which the children of all ages read various story and educational books in their spare time.

Both the library and the computing schedules are managed and monitored by various groups of children, helping develop their organizational and management skills.

Sunrise Children's Association Inc.

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



Above: One of the bookcases in the Sunrise Orphanage library, enjoyed by children of all ages.

Staff training

The staff at Sunrise also receive various training, this month with Krishna Ghimire attending a refresher 1st Aid course run by TARA, a Dutch project in Nepal.

Volunteers and Visitors

This quarter we were very fortunate to have our much loved **'Nana Pat' (Pat Killelea)** return to Sunrise for 3 weeks. Once again she surprised us with the amount of things she did for and with us during her stay. There are too many to mention (!), but some of the highlights included her training in sewing and foot reflexology, numerous games, drawing and art/craft, sports day and various fun activities with the children. She was an incredible help to me, the carers and the children and we all appreciate immensely her tremendous contribution. As well as her time here, before she came she spent months doing talks, visiting various community groups and friends on behalf of Sunrise and collected a huge amount of things for the children, from beautiful hand knitted vests to clothing, toiletries, art/craft and so much more. **Thank you Nana Pat and all of your kind-hearted friends!**



Above: Volunteer Pat Killelea with two of the Sunrise boys, Buddhiman and Repa.

We also had visits from long time Sunrise friend Desiree Letcher from Holland and three of her friends, David Anderson from Architects without Frontiers, previous volunteer Beverley Garritt-Jones and her friend Francesca, Joan O'Conner, Megan Wilson, Mary McFarlane and Josie Arnold. As well as these visitors Dawn and Jake Ostendorf left some great gifts for the children. Visits and the wonderful donated items that our visitors bring are always greatly appreciated – **thank you from us all!**

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 was established in October 2008 to assist people from within the local community who lack skills, employment and income opportunities.

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

This project is currently supported by the **Hindmarsh Island Rotary Club in SA.**

ii. Kalimati Slums

On the 1st 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

Sunrise Children's Association Inc.

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

live in the slums, giving them a strong sense of ownership of the program.

This project is generously supported by **'Kathmandu Kids' in WA**. Kathmandu Kids recently held a very successful fundraiser ensuring the ongoing support and development of this project for the next 12 months at least, along with the Education Scholarship Program they sponsor in the Kalimati slums.

2) Community Education Scholarship Programs Benefiting over 280 needy children...

i. Kathmandu Valley

This project provides sponsorship of the **education for 58 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 opportunity to attend school, which some may never have had, is transforming their lives in the same way education has done for the Sunrise and other children we support through education.



Above: Some of the children supported through the Education Scholarship Program in Kathmandu.

ii. Jhapa District

This new project, established in May 2010 has received very positive feedback from the families, schools and local communities in which the sponsored children live.

The program involves the sponsorship of 63 needy girls from the surrounding areas of Rajgadh Village in Jhapa District in South-Eastern Nepal.

The standard of living of these families is extremely low, with the majority of families living in simple mud-dung houses. The parent/s rely on minimal daily wages earned on an ad-hoc basis through construction work and basic farming.

This project, **'Eve Foundation's Education Scholarship Program for Village Girls'**, was founded with the sponsorship of All About Eve from Sydney.



Above: Home of some of the children we are supporting through the Education Scholarship Program.

iii. Kalimati Slums

This is the 3rd year this program has been running in the Kalimati slums. Thanks to **'Kathmandu Kids' in WA**, we have expanded the project this year to include:

- 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.

Several of the children did very well at school in 1st Term and received small awards for their great efforts.

2nd Annual Adelaide Fundraising Event "Dining at Sunset, Bringing Hope at Sunrise" August 2010

SCAI, with the help of a volunteer event committee from Adelaide, hosted a very successful event on 7th August at Prince Alfred College, **raising over \$135,000 towards our land and building fund for Sunrise Children's Village!** This exceeded our expectations and we were overwhelmed by the incredible generosity of donors, sponsors, volunteers and guests who all contributed to making it a great night! The proceeds from this event combined with our cumulative savings, will enable us to buy land not too far from where we are renting

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

now in Kathmandu. We look forward to updating you on the progress of purchasing land very soon.

Sincere thanks to everyone involved!



Above: DJ Wipod who entertained the guests and had many up dancing the night away at the Sunrise event in Adelaide.



Above: The vibrant Bollywood dancers put on a great show at the recent Adelaide event.



Above: The buzzing 'Nepali market' ensured guests looked bright and cheerful at the Adelaide event.

2010 and beyond – Sunrise Children's Village

Our major goal for 2010 is to purchase land for Sunrise Children's Village, a permanent home for the current and future children of Sunrise Orphanage.

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, a community spirit and importantly a sense of independence for their future.

It's great to hear some of our children talking about becoming social workers, doctors, pilots, artists, singers, nurses and teachers. Many have expressed a desire to learn these skills so they can help the people of Nepal, in particular those villages in which they were born.

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 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.

If anyone is interested in sponsoring any of our programs or donating to the Sunrise Children's Village Land and Building Fund, please contact emma@scai.org.au.

DONATIONS OVER \$2 ARE NOW TAX DEDUCTIBLE!

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 280 children through our Education Scholarship Programs; over 680 people we are directly helping!

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.

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,
The Sunrise Family