



A kind

Namaste

to all our friends, sponsors,
members and donators

*“If we are to
reach real peace
in the world,
we shall have to
begin with the
children.”*

Mahatma Gandhi



Freundeskreis Nepalhilfe e. V.

EINRICHTUNG ZUR FÖRDERUNG
NEPALESISCHER KINDER



FNH

ANNUAL NEWSLETTER DECEMBER 2017



*Dear members, godparents,
sponsors, supporters and friends!*

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Dear reader, please make allowances with editorial deficiencies – we do our best on a voluntary basis.

When preparing the foreword in this year's annual newsletter, I wondered what I could report on. Since you, dear friends, are widely informed about what has been going on regarding the FNH and especially in the projects in Nepal via digital media and the newsletter, I want to report on my 20 year-long lasting relationship with the FNH.

After having seen a slide presentation given by Alexander Schmidt on the occasion of his first visit to Nepal in March 1994, it was clear to me that I would join the next tour with him. However, at that time I did not think of joining the project that did not really exist in those days because the FNH had not been founded yet. The foundation of the FNH took place in November 1995.

My first trip to Nepal was in April 1996. Since I had never been to a country outside Europe before and in particular not to a third-world-country, I was overwhelmed by the fascinating but also depressing impressions: happy people, beautiful landscapes, but also a tremendous poverty and misery. I had to learn in the future to bring these different aspects together, in order to visit this country again and again.

An important help in doing so was the support of the project, of course. And I have been doing that since 1997 as a board member. Apart from trekking tours to the Everest and Annapurna region the trips to Nepal that were always connected with a visit of the children's village always gave me the feeling of supporting a really meaningful work.

The growth of our projects in Nepal including the realization of the children's village in Bhakunde, the construction of the Shree Shanta Secondary School in the direct neighborhood, the planning and construction of the youth hostel in Kathmandu as well as the primary school of our own on the grounds of the children's village are milestones in the history of the FNH. Moreover, and you will know that, do we support and promote various small projects in Nepal.

A great readiness to help could be experienced after the earthquake in 2007 that also affected our children's village. This is also true for the enormous donations after the earthquake in spring of the year 2015. These donations made it possible that we could directly bring blankets and corrugated iron to remote villages.

When I look back to our beginning more than 20 years ago and up to the present day, I can only say that despite various setbacks the work of the FNH with our today's partner organization FWHC and all staff members in Nepal is an absolute successful story. This has only become possible with your support over various years and therefore I want to express my thanks to all of you.

The FNH-board will continue employing all financial means donated to us for the wellbeing of our children in Nepal.

I wish you a silent and peaceful Christmas and a happy new year!

Gerhard Hanßmann



*Gerhard Hanßmann,
Deputy Chairman
of the FNH*

MY IMPRESSIONS AS A VOLUNTARILY WORKING NEWLY-QUALIFIED DOCTOR IN THE CHILDREN'S VILLAGE



Photo above:
Listening concentrated
while Saskia teaching
sexual science

After a flight from Kathmandu to Pokhara with clear sight and a very bumpy taxi ride along lake Fewa, I arrived at the children's village in Bhakunde on a Friday evening. Parvati, responsible for the guest rooms, welcomed me warmly. I moved into my room, arranged my things and off I went for dinner in house D. The children and housemothers there welcomed me warmly. With a full plate of Dal Bhat and as the only one equipped with a spoon, I was seated at the big table. Immediately I was asked lots of questions. The children were curious to get to know more about me, to look at the photos of my beloved ones on the smartphone and to practise their English. Even the smaller children who could not communicate with me were helped by the older children to follow the conversation in Nepali. As soon as I had eaten up dinner, I had the honour to accompany the housemothers and teachers to the temple and to practice religious rituals there in honour of the

Shiva festival. Of course, I was told what to do by the others, because I had no idea of what had to be done.

When school started again on Tuesday, I met Kamal (manager of the primary school) and Tanka (children's village manager) for the first time. Both welcomed me kindly in the children's village and made proposals how they could best make use of a newly-qualified doctor. We made plans for a "personal health training" that I could realize with children of all ages and a First Aid training for the teachers and employees of the children's village.

The remaining days of the week passed by quickly; while preparing the training for the children and adults in the school rooms during day time, I spent mornings and evenings in the houses of the children's village. In every house I was welcomed friendly by the housemothers and with interest by the children. Wherever I was, I felt comfortable and quickly as a part of the house community. Every day I helped with the cleaning, participated in the house meetings and played with children when and where it was possible without any knowledge of Nepalese.

On Friday and Saturday afternoons, I finally held the trainings together with Rishi, the organizer of the children's village. During the First Aid trainings

I tried to teach teachers and staff members the bases of First Aid in practicable English and a lot of exercises. Those participants with little knowledge of English were helped by Rishi's translations. Especially funny was the exercise regarding the recovery position. Everybody had to try and some were really shy.

The "personal health" lessons were also very funny. After having underlined towards the children the importance of brushing teeth, body hygiene and regular hand-washing, everybody's hands were treated with a special paint that was hard to wash. So all the children had to wash carefully their hands with soap. Moreover, activities like e.g. washing hands before going to the toilet and after the meals had to be sorted out into good and bad customs, and luckily they matched everything right.

After good results of the first trainings and after all children of the four houses had had the chance to get to know me well, Kamal and I had the idea that I could teach the older children sex education. And so I prepared a course to explain the facts of life to young people with a different cultural background and a different understanding regarding sexuality, not knowing if they were prepared to cope with that subject. Even in Germany, sex education is a real challenge to some teachers.

Despite all my concern (and maybe also Rishi's concern), at the end of my time in the children's village I held sex education for boys and girls separately from forms 6-8. Not only did I try to explain physical changes during the puberty, but also how to behave in a relationship and the emotional chaos in such a difficult time full of changes. And of course, the lesson "the development of a child" could not be left out. I was relieved that my audience was more interested than profoundly shocked, however, sometimes embarrassment could be stated. The biggest surprise to me was that the young people were really interested in correctly "putting on" a condom and that boys did not know the term "erection".

After all the lessons I was a little worried that the children did no longer accept me as a part of the community, but these worries were not justified. When I said goodbye early the next morning, it was absolutely moving. All children came with flowers and put them shyly into my hands. It was that moving that I had tears in my eyes and I was really sad to leave. I have found friends and company, people with a special warmly heartiness that was completely new to me. Thanks for these wonderful experiences. I will certainly come back!

Saskia Riedel
Leipzig

First-Aid



Saskia Riedel
and her new one
circle of friends



TRADITIONAL CURES IN THE CHILDREN'S VILLAGE

In the meantime, Western therapies have established in Nepal and they mainly correspond to our way of proceeding. They are effective in case of serious illnesses and emergency situations, save life and even in the Himalayan range they meet the medical standard.

The way we make it possible that children can grow up in their own culture and tradition, we as doctors put an emphasis on the fact that traditional knowledge regarding the treatment of

illnesses does not get lost and continues being applied. The traditional Nepalese medicine contributes enormously to the nature healing treatment and we should also benefit from it.

■ How simply and effectively can diarrhea be treated by drinking hot water when we add a teaspoon of sugar and a bit of salt to each glass of water. The therapy can be supported by eating guava (not the ripe fruit but the one that is still green inside) or cold rice with yoghurt.

■ If it is about vomiting, sucking pieces of orange or sweet lime can be helpful.

■ The accompanying stomach aches often can be healed with drinking a lot of warm water.

■ In case of constipation, you cook green vegetables (spinach, garden cress, radish or pumpkin leaves) till they get smooth and add some spices. Rayo ko Saag, similar to green cabbage, contains a lot of roughage and fibres and has a laxative effect.

■ In case of cough and infections of the throat, Tulsi-tea (Indian basil) is very effective. Apart from its traditional-spiritual meaning among the Nepalese population, it has an anti-bacterial effect, takes away stress and lowers the blood pressure.

■ The immune system can be stimulated by eating gooseberries that contain a lot of vitamin C. At the beginning of the winter season in the form of sweets or mixed spices, they protect against colds. And also asparagus or Kwati ko Jhol (nine

different beans and shoots) can strengthen the body's defences.

■ Illnesses of the skin can be treated with curcuma, powder of sandalwood or artemisia which all have an antiseptic effect. The neem can be used for making soaps and shampoos.

■ Masala tea seems to help for whatever ache, among others it contains cinnamon, cloves, ginger, cardamom, black pepper corns and fennel seeds.

Apart from healing and curing, love and affection of our housemothers and the understanding of the teachers are essential. And any illness can be better endured while being together with other children.

Apart from my observations in the children's village, Niranjali Lama, who has been living with us for two years, has taught me a lot of valuable knowledge on traditional medicine in Nepal. Many thanks to her.

Dr. Fred Prünte
Bonn





EYE CHECKUPS IN THE CHILDREN'S VILLAGE

Almost 500 students living around the children's village, the students of the monastery school in Bhakunde and the children's village itself had a free checkup of their eyes in the school building of the children's village on the 28th day of April 2017. The FWHC had changed the school of the children's village into a small eye hospital. Our teachers organized the registration and the distribution into the individual examination rooms. For all staff members, this day was a great experience.

The eye checkup had been organized by the Business Professional Women Club of Pokhara founded in 1987. This club

dedicates its work mainly to the support of women in Nepal. Apart from the eye checkups, they had also arranged for two computer courses for women in the children's village. Since February 2016, the ladies of the BPW Club have been realizing so-called Eye Camps in Pokhara and neighbouring districts. The 4th Eye Camp had thus been realized in the children's village.

With these eye checkups, the BPW ladies want to help children with eye problems prematurely by financing treatments, operations, glasses and medicine. The project is being financed by Michael Bauer and friends from Baden-Baden.

A doctor from the Himalayan Eye Hospital in Pokhara examined all children together with a Dutch student of ophthalmology and two helpers. They also did that for free and promised to make regular eye checkups in the children's village for free.

Maybe it is because of the favourable nutrition and their way of life that so many children have good eyes. Only 16 children out of a really big crowd of 500 students had slight eye problems and got glasses.

At the end of the Eye Camp, there was a small thankyou ceremony for all people involved. The FNH express their thanks to the BPW ladies, Michael Bauer and friends as well as to the Himalayan Eye Hospital in Pokhara and our staff members for this important checkup.

Ms Laxmi Gurung
Pokhara, Nepal



FIRST AID FOR OUR CHILDREN

Thanks to God, most of the time our children are really healthy. Nevertheless, it is important to foresee different situations if things are not that good and to evaluate the situation and see what can be done without professional medical assistance. In Nepal it is not that uncomplicated to see a doctor, the hospital is far away and there are no such emergency services that can come to the children's village, if necessary.

Therefore we had the idea to give our housemothers and teachers a kind of recommendation and manual to evaluate the most frequent symptoms of childhood illnesses to be able to react adequately.

Dr. Saskia Riedel and I have jointly prepared a PowerPoint presentation as a kind of help for self-help serving as a guideline for people involved in the bringing up and minding of children that might be helpful when coping with medical problems. These "medical

trainings" take place in a four-week-interval and we do not only teach theory but integrate practical exercises as well.

How correctly temperature and pulse are measured is part of these trainings as well as the evaluation of the seriousness of an injury. And apart from that, the answers to the questions which symptoms require immediate medical help, when time can be taken as long as the patients are under control and supervision, what needs to be done in case of dirty wounds, how to bring bleedings to an end, what is recommended in case of a nose bleed, how to react if a child suffers from an epileptic incident, First Aid in case of eye injuries or strange things in the auditory canal and many things more.

People practise with each other, cleaning wounds properly, making correct dressings and putting something correctly in splints, washing out eyes correctly, immobilizing extremities and so on. Moreover, theoretical and practical

knowledge is being taught and practiced regarding resuscitation, not only of adults but also of older children.

We as doctors are thankful when acute treatment can be initiated by skilled and knowing laypeople. Lots of complications could be avoided. This is not only true for Nepal, but for Germany as well. A precondition, however, is always the continuous brushing up of knowledge and practical exercises. We therefore put a high emphasis on this requirement and want it to become a permanent ritual in the children's village.

Regarding the prophylaxis of illnesses, consequently realized vaccination programs and the regular checking of the vaccination status through a doctor and for every child are of vital importance and help. And this is also true for the understanding of cleanliness and hygiene in the children's houses.

Dr. Fred Prünke
Bonn

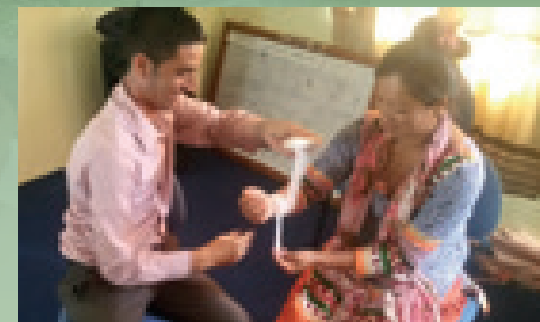
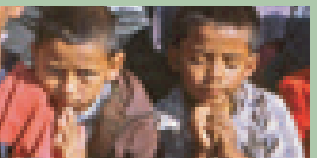


Photo left:
Ganesh making a dressing for Bhawani

Photo right:
Ganesh disinfecting a wound at Rishi's knee



Namaste



THE FWHC BOARD INTRODUCES ITSELF

RAJ KUMAR SHRESTHA

FWHC Chairman
Foundation chairman of the Forum for the Welfare of Himalayan Children in Nepal

As a foundation chairman of the Forum for the Welfare of Himalayan Children (FWHC) in Nepal, I have been in charge of the management and the development of the organization in Nepal since then. My main targets comprise meetings with people who make politically relevant decisions and local politicians who can help to promote our organization's goals. For almost 22 years, I have been serving the poor and orphans in Nepal and a lot of things could be improved for these children since that time. Some of our children could realize the jobs that they had always been dreaming of, some others have become valuable staff members of the Nepalese society and this is a great joy for us.

Since I am also a semi-orphan (I lost my mother at the early age of 8 years), I feel happy and privileged at the same time to help these children by helping them to get educated and focus on a professional future. I know what it feels like to grow up without a mother and to live a life with lots of financial limitations.

I met Alexander Schmidt at the end of 1994, when he came into my office – I have been working in the tourism industry for 28 years – and when he told me about his plans to support children in need in Nepal. I am very thankful about that encounter because I also had the strong desire to help such children. And that's why we started our joint mission to found an NGO to help poor children and orphans to be brought up and to get educated. In December 1994, I started to make relevant preparations for this goal.

My commitment for more than 22 years and my work in the charity for the welfare of children in need here in Nepal have always made me happy and satisfied. I have three children of my own who have grown up and pursue their professional careers. I don't make any difference between them and the children in the children's village or hostel and I also support them in pursuing their professional interests through my focused company and support.

Without the great support through and the cooperation with the Freundeskreis Nepalhilfe Deutschland these achievements would not have been possible. I personally want to thank all sponsors and supporters that have helped us with all these activities here in Nepal, especially the board members of the FNH. Life is a process of learning and I have the feeling that we learn something new every day and this is also true for the realization of projects here in Nepal.

Let me say it again – I am very happy about our great team work and I hope for much more strong team spirit in the future. This is the way that we can realize projects in Nepal for the benefit of people in need in Nepal. This is our most important goal at all.

We will pay respect to all those who will go on supporting and promoting us.



MS SHARMILA RANA

FWHC – Board member
Foundation member

My name is Sharmila Shrestha (Rana). I am one of the foundation members of the Forum for the Welfare of Himalayan Children (FWHC). I'm a housewife and I help my husband, Raj K. Shrestha, with his work for the organization. Whenever he asks me for some suggestions, I am content that I can support him with my best counsel and ideas to meet the requirements of his responsible job as a chairman of the FWHC. Since my children have grown up and can spend my free time with the young people in the hostel, I love contributing with my experiences as a mother of three children.

I hope I can pay my share to improve the lives of Nepalese children in need through our charity. I do whatever I can to make poor children smile, especially the children in our children's village in Bhakunde and the hostel in Bungmati.

I thank the Freundeskreis Nepalhilfe for their long-lasting relationship with the FWHC that has made us realize such a good work as a team.



TANKA PRASAD GURUNG

FWHC – Board member
Manager of the children's village

I'm Tanka Prasad Gurung, 56 years old, retired and a former member of the Indian army. I already retired at the age of 35 years. For three years, I ran my brother's hotel in Kathmandu, but this did not really make me happy. In 1994, I met Raj Kumar Shrestha and Ratna Kumar Shrestha who helped our family. It felt good to be with them. In 1996, I met Alexander Schmidt in Pokhara for the first time. In December 1999, he offered me to work for the organization and I thankfully accepted that offer. On the first of January 2000, I started my job as a site manager for the children's village, and since 2003 I have been a board member of the FWHC.

After the construction of three houses, we moved to the children's village in Bhakunde with 29 children. Gradually, I got involved into the organization's work and the children showed me respect by calling me Tanka Uncle. It made me happy to talk to them. I spent more and more time with them, developed a feeling of love for and closeness with

them. Because of the very good cooperation between the FNH and the FWHC, it was quite easy for us to make the project become a big success. Gradually, the number of children rose and we built another house, house D. Whenever I look these children into their eyes, I wonder how I can help them to face a better future, to become independent and self-confident.

I'm very happy to be in a condition to work at such a beautiful place with children, co-operative board-members and people from Germany who are that helpful and who have such a good heart. I thank our FNH-board members, the FWHC, all sponsors and supporters that have helped to make the projects of the FWHC become a success and I hope that many more projects will be developed in Nepal. Many, many thanks.



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THE FWHC BOARD

INTRODUCES ITSELF



DR. PAUDYAL PRAKASH

FWHC – Board member
Treasurer

Since June 2017 I am working at the Nepal National Hospital as consultant physician/pulmonologist and medical director.

My deep enthusiasm towards social activity led me to be in touch with the Forum for Welfare of Himalayan Children (FWHC). It gives me an immense pride and pleasure to be a treasurer of this reputed organization. I wish to contribute myself in the integrated development of our children. Being a doctor I will always be trying to uplift the health status of our children and contribute a bit to our society.



RATNA KUMAR SHRESTHA

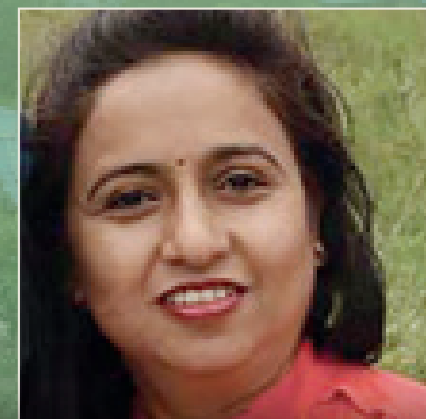
FWHC – Board member
Secretary

My name is Ratna Kumar Shrestha, foundation member of the Forum for the Welfare of Himalayan Children (FWHC). Since my 25th year of life, I have been actively involved in the FWHC's work. It is my wish and my will to help poor children and children living in misery in Nepal, since I grew up in a children's home as well.

Luckily we met the Horsch family, Ursula Herrmann and Alexander Schmidt who also wanted to help needy children in Nepal and who founded the Freundeskreis Nepalhilfe in 1995. We started with seven children. At the moment, 100 get the chance to go to school, to grow up in a family atmosphere, to get dressed and fed and to receive medical

care. Without the support of generous people from Germany this would not be possible at all. Therefore I want to express my thanks. My motto in life is the following: "Those who think positively make difficult things become easy!"

I have worked for trekking agencies and in the course of my activities I got the chance to visit Japan in 1997. I was there for more than 10 years. Today I work in the hostel with the young people and I sometimes tell them about the Japanese culture and how difficult it is to leave one's country. If they want to learn some Japanese, I'll teach them. As a secretary of the FWHC I visit the children's village in Bhakunde every month to care for necessary provisions, clothes etc.



MS ANITA MARASENI

FWHC – Board member

My name is Anita Maraseni. I'm a housewife and my husband works as a judicial employee for the Nepalese government. I came to the FWHC Nepal in 2011 because I thought that this organization did a very good job for the welfare of the poor children and orphans in Nepal. I appreciate the efforts and the great achievements of this organization that has helped so many poor children being deprived of any chances in life owing to their family background and poverty. I am happy to have been a member of this organization for almost six years and I will pay my share that they will go on taking care of the poor and orphans in Nepal.

Thank you very much for your great help and support for our organization here. Namaste.



MS LAXMI GURUNG

FWHC – Board member

Ms Irmgard Schlaeger, a member of BPW Wiesbaden (Germany) and board-member of the FNH, joined me and BPW Pokhara (Nepal) with BPW Germany and the FWHC, the Forum for the Welfare of Himalayan Children, Nepal, and also with my husband Alexander Schmidt. I was deeply impressed by his commitment and tireless enthusiasm for orphans and poor children in Nepal.

Since I had known the FWHC, I knew I could be of use for the project and I always do and give my best for the welfare of the children and the organization, to bring various individuals and organizations together with this organization. I am glad that the board of the FNH has assigned me so much responsibility with reference to the cooperation between Old Shelter Home,

Pokhara and the children of the FWHC. This cooperation helps our children to grow up as ordinary children and at the same time to behave responsibly towards older people.

Thanks to all board-members of the FNH for the opportunity to write about ourselves and to present us. Thanks to Raj Kumar Shrestha, the chairman of the FWHC, and to his team for the close cooperation with the FNH. A warm thankyou to all committed voluntary workers of the board of the FNH Germany and to all donors and sponsors for your trust and confidence. I will always esteem such honourable work!

"It is not about how much we do, but it is about the extent of love that we employ in doing so".



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CHILDREN AND STAFF IN OUR PROJECT

Number of staff members
as at September, 2017

CHILDREN'S VILLAGE	SCHOOL	HOSTEL	TOTAL NO.
15 staff members	9 staff members	7 staff members	31 staff members*
			16 women 15 men

* 20 full-time staff members, 11 part-time staff members

Number of children
as at September, 2017

CHILDREN'S VILLAGE	POKHARA AND OTHER PLACES*	HOSTEL	KATHMANDU, BHAKTAPUR	STUDYING IN NEPAL	TOTAL NO.
88 children	14 children	16 children	6 children	1 youth	125 children
44 girls 44 boys	5 girls 9 boys	7 girls 9 boys	3 girls 3 boys	1 boy	59 girls 66 boys

* DAMAULI, BESHISHAHAR, PALPA, JHAPA DISTRIKT, BIRATNAGAR, DHULIKEL, CHITWAN



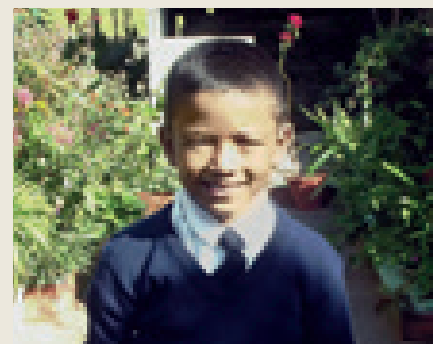
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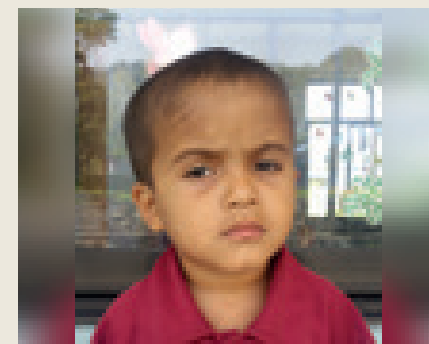
WELCOME! FIVE NEW CHILDREN HAVE BEEN ADMITTED TO THE CHILDREN'S VILLAGE



JENISHA GURUNG
(female), * 14.07.2013



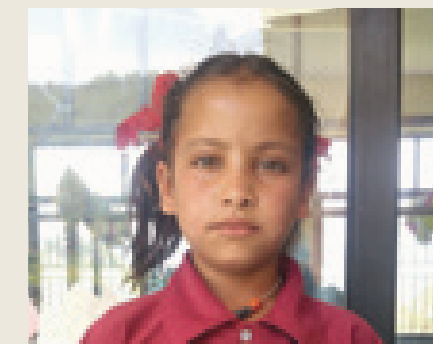
JINESH KUMAR GURUNG
(male), * 29.08.2010



AMER THAPA
(male), * unknown



DANKALA BISHOWKARMA
(female), * 05.10.2010



ASHA BISHOWKARMA
(female) * 06.04.2012

After having exceptionally accepted more children to the children's village than usually and made 20 earthquake orphans join us, we are gradually making the life of our housemothers easier. In 2017, we have only accepted five new children.

Jenisha and her brother Jinesh Kumar Gurung came to the children's village in October 2017 through the District Child Welfare Board in Pokhara. The father of the four-year-old girl and the seven-years-old boy is in prison and the mother has then left the family in order to marry someone else. Nobody knows where she lives. We have taken these two children into our custody and care for them.

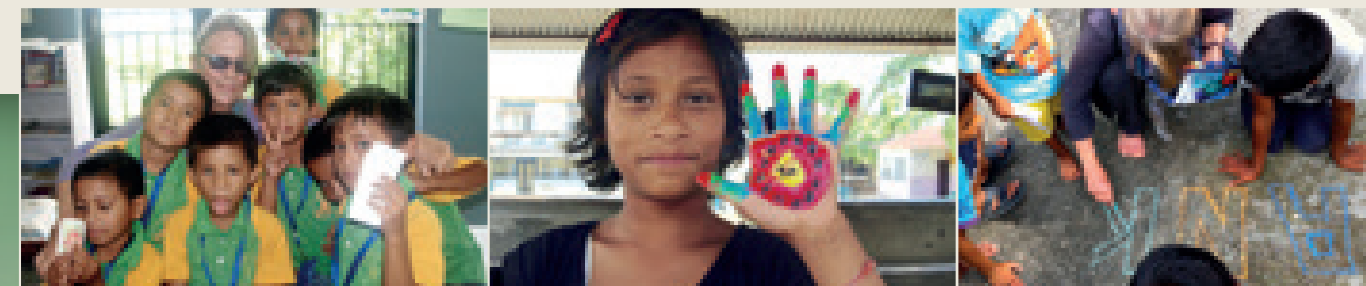
On the 27th day of March 2017, Amer Thapa was found in Birauta in Pokhara. His parents who seem to be mentally ill, simply left him on his own. The boy was taken then to the Child Welfare Board and they brought him to the children's village in May. The police are searching for his parents who seems to have no more brothers and sisters.

These sisters from Daha 1 in the Kalikot district came to the children's village in 2017. Her mother is said to have died as a result of a criminal offence. The father who is physically and mentally disabled cannot care for his daughters. A complicated fracture of his hand that has never been treated in any form does not allow any employment. The serious and tragic loss of his wife makes him desperate. Since there are no relatives near, he takes the children to the Child Welfare Board and they bring them into the children's village.

PLAYING TOGETHER



My collaboration with FNH/FWCHC grew over years since the 2009, when I started to regularly visit the Children's Village every year, spending all my time with the children and the staff. I saw how much care was given to the children. I saw the children growing in the best environment which can be conceived and how seriously, and how hard, Alex and the German team were running it. I wanted to help as much as I could. Slowly I was able



to build a chain of Italian supporters of the FNH: solidarity has no border. In the while, my love for all "our" children grew exponentially, and my participation to their life as well. As a mother, I knew how playing is important for the growth of the children, especially playing with creative games which can stimulate their mind. I began to bring new games, according to their needs and capacities. Many of the games require a little knowledge of English, which is the

language I use with the children, and I see how in a short while the children enrich their English vocabulary with new words while enjoying the play - or the English cartoons dvd I bring to the houses. Whatever will be their future, our kids will need some knowledge of the English in a Country where tourism is the largest part of the income. Our children are lucky, as they have got home and education despite their unlucky situation. But the lack of one's

own family is a handicap which they must face in their growth. To do our best to help our children is our common task, joy and satisfaction. I thank with all my heart the German and Nepali team to let me be at their side.

Patrizia Bisi
Rom. Italy

<http://www.patriziabisi.com/>
<https://www.facebook.com/Childrenvillagepokara/>



Namaste



STRONG SUPPORTS

Report by Hans-Joachim Graf from Berlin about his work project in the children's village from the 13th to the 31st of March 2017

On the first of January 2000 when the new millennium change started, I went to Nepal for the very first time. On the bus ride from the north of India to Kathmandu, the country fascinated me that much that I fell in eternal love with it. In the meantime, I have come to Nepal for 18 times. On my trips through the entire country together with my loyal Nepalese friend Amar, I have seen a lot of projects during the years and I have also supported some of them. Three years ago, I heard by chance about the FWHC's children's village in Pokhara. During my first unannounced visit on the spot they welcomed me with open arms and in a friendly way so that I was really impressed. I had made quite different experiences with other organizations.

In the following months, Alexander Schmidt informed me in a personal and detailed conversation about the "German side" of the project and soon after that, I became a member of the FNH. During the celebrations of the 20th anniversary of the FNH and FWHC, I could assist in Nepal as well as in Bonn as an invited guest. For me it was a very special experience.

Visiting the project site in Pokhara and owing to my professional qualifications, it came to my mind

to install a lightning protection equipment on top of the school building in the children's village. My biggest concern was to develop a design that in case of a thunderstorm would not cause danger and harm to the children. I collected information from German specialists. Moreover, Alexander asked me for ideas concerning a better fastening of the solar panels on the roof of the school building. The variant so far had been too delicate for damage caused by storms. This was the past history of my employment in the children's village. Typically for Nepal, all things started with certain difficulties. After some days, however, the material supply and the helping workers improved. Apart from Malai Dai (employee of the children's village) my Nepalese friend Amar and a friend of mine called Schorch were working busily. Luckily the weather conditions were favourable. Sometimes the heat was really challenging, but rainfalls would have been a lot worse.

After more than two weeks, we had a stable steel construction for the fastening of the solar panels and fixed it to the building. Moreover, there is now a lightning conductor on the roof of the school building. In doing so we could benefit from the earthquake-resistant construction. We could use the iron construction in the concrete supports.



Steel construction for the solar panels



A good team: Malai Dai and Hans-Joachim Graf

Since I could not get a 100% safe information about the steel connections in the school foundations, I installed an additional earthing for the lightning conduction on the back side of the school.

The time I spent in the children's village was something really special for me. It was a great experience for me to be among the children and staff members and I do not want to miss it. My special

thanks go to the "pillars" of the children's village, the housemothers. In addition to their care for the children they took care of our bodily needs. Many thanks for this time in the children's village that was wonderful on the one hand, but sometimes also really hard on the other one.

Hans-Joachim Graf
Berlin., Germany

Helpers wanted for the installation and maintenance of the PV plants

In the children's village, Herbert Albrecht has installed 60 solar panels for the complete electricity supply of the children's village together with some volunteers. For years, Herbert Albrecht has successfully been committed in other projects in Nepal and Zambia in Africa. However, he relies on helpers. He writes:

I would be glad to instruct someone how to maintain in the plants. The support would make it possible to realize controls more frequently and to better supervise the work right on the spot. It should be someone with some knowledge in electrical engineering, everything that has to do with solar / PV plants and who can grasp things quick-

ly. Our plants are well-structured and it is important to be willing to travel and to learn new things.

Moreover, we look for a person qualified in electronics, an electrician with good basic knowledge who is prepared to maintain the plants and to extend them. This should be done once

or twice a year and it will take about a week time. In addition, it would be possible to also be responsible for the plant of the hospital in Kashikishi in Zambia.

Herbert Albrecht,
Ammerndorf, Germany
E-Mail: albrecht_herbert@gmx.de
Phone: 0049 171 6205679

Hanjo Graf from Berlin shares his know-how with the children's village





Caterpillar and Nepalese clock

DOING HANDICRAFTS WITH THE CHILDREN IN THE CHILDREN'S VILLAGE AND BASIC TRAINING IN THE HOSTEL OF THE FWHC

We, Monika and Hans Klingelmann, arrived at Kathmandu on the 28th day of April 2017. Already the next day we wanted to go by plane to Pokhara, but the weather was really bad everywhere so that the flight was cancelled. But we did not want to lose time and so we went by jeep to Bhakunde this very day. We arrived there at 8:30 p.m. and were warmly welcomed by Parbati Thapa and Parbati Gurung who served a delicious meal despite the late arrival.

The next day, Monika organized doing handicrafts with the children together with Tanka Gurung, the children's village manager. For that reason she had brought a lot of wool, special paper, felt-tips and pipe cleaners from Germany. In a classroom of the

school, some 15 children from all houses could do handicrafts for some 2 hours and a half. Flowers, butterflies and rabbits made of paper were cut out, painted and linked together as chains. However, what the children liked most were the so-called "caterpillars", caterpillars made of wooden clothes pegs, woolen hobbles and the coloured pipe cleaners. They can be used as holders for notes.

On the 5th of April we then went to Bhungamati to the hostel of the FWHC. Together with Prabin Gautam Hans went to Patan the next day to buy the missing material for the basic training like paint, brushes and wooden strips for the Nepalese clock. The aluminium foil and the clockwork mechanisms had been brought from Germany. With the new

students from Bhakunde there were some 20 children in the hostel so that we had to divide them into two groups.

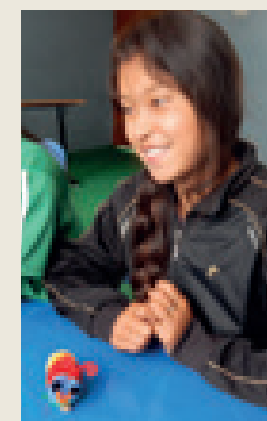
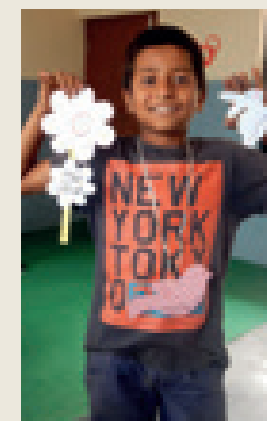
On the 7th of April, the older students started making the Nepalese clocks. Sawing out the aluminium foil, filing the sawing edges, thrilling the holes and painting the edges in a shining blue colour, these were the first things to be done. The next morning, the younger group started making the photo frames. In the afternoon, the works with the Nepalese clocks continued: protecting the edges and painting the clocks in a shining red colour. Monika helped the students to make their frames even more beautiful by fixing decorative patch paper. The next morning, the older students continued with their clocks. Balaram and Chabilal were of great help for Hans. We already knew them from our last stay in the hostel in 2015. Every morning, these two people were the first to enter the workshops, they helped with the preparations and supported other students.

Some students even liked the training that much that they made a second frame, this time with a mirror. And a second group of students used the remaining foils and clockworks for Nepalese clocks. And some students made bottle-openers from hexagonal nuts.

At the end of the one-week-training, there was a final party, of course. During that party, Raj and Hans gave the students their certificate for he completed training.

Ratna and his wife invited us to a delicious Dhal Baat on our last evening. The next morning, the students of the hostel, Ganesh Didi and Prabin said goodbye to us and we were really sad to leave. But we will definitely come back one day!

Hans and Monika Klingelmann
Zirndorf



The kids were obviously very proud of the results of their handicrafts

AGRICULTURAL BASES AND HEALTHY FOOD

The FWHC has leased land near the hostel in order to teach the 16 young people living in the hostel currently the bases of cultivating seasonal grains and vegetables. This is extremely

important for life in Nepal, because you can grow your personal food that way if you dispose of some land. According to the seasons, we plant vegetables and grains on our fields.

In 2016, we cultivated rice for the first time. Rice is the only grain that needs a lot of water when being planted and cooked. We taught the young people how to produce grains, how to transplant, on water management, land management and how to use organic fertilizers. Sachita Shrestha cares for

the fields and all hostel staff members and the young people cooperate according to demand and need. We are completely autarkic in the hostel now as far as vegetables are concerned. Very often fresh seasonal vegetables can be served, and we have garlic for at least six months.



Photo left: Tough boys for tough jobs
Photo above: Rice harvest



Cultivated on their own – extremely yummy





On the 24th day of February 2017, seven boys and four girls from our youth hostel in Kathmandu took part in a national football competition of all children's homes in Nepal. The Inter Home National Futsal competition was organized jointly by the Children Homes Federation Nepal and the Central Children Welfare Board in cooperation with the Dusty Yak Foundation.

38 boys and 15 girls—teams of different Nepalese children's homes registered for the competition. The tournament was realized in a knockout-mode and each team always consisted of seven players. Our youth team was represented by Balam Adhikari, Santaraj Bansi, Suraj Bahadur Dhungana, Gam Bahadur Gurung, Sujan G.T., Sudip Thapa and Unik Rawal. Sapana Shahi, Samjhana Shahi, Rabina B.K. and Laxmi Pun as well as three hired girls of a neighbouring children's home represented the girls' team.

Football has already been a popular sport in our children's village, so far especially among the boys who have already won prizes of tournaments in Pokhara. But more and more, girls are interested in playing football as well. The local football club in Chunikhel had trained them for two months in order to prepare them well for the tournament. Every day, they met after school for a one-hour training.

The hard training was worth it. Our girls as well as our boys teams belonged to the best teams of the tournament. Both were rewarded a prize amount-

ing to a total of 30.000 NR (some 240 Euros). Both teams then donated the money to the FWHC/FNH! Moreover, Balam Adhikari was rewarded a cup as the best scorer.

At an Inter School Girls Football Tournament that had taken place in Kathmandu as well short be-

fore, our girls team reached the second place out of 16 teams. 13 players had to be named for that tournament. The six girls of our hostel - Samjhana Shahi, Sapana Shahi, Sita Khanal, Rabina BK, Pabitra BK and Bandana Gurung - formed that successful team together with seven girls from Chunikhel School.

GREAT PERFORMANCES IN FOOTBALL COMPETITIONS

Prabin Gautam



Winners!



A glance at everything: Jit, Prabin and the boys on the trainer's bench

DHARTI GURUNG – FINDING ONE'S PLACE IN LIFE ON BOTH FEET

During a visit of our team in the mountain village of Singdi in the Lamjung District at the end of 1998, they found a four-year-old boy with a severe sickle foot. Children pushed the helpless body of the little boy around who suffered from great pain. His name is Dharti Gurung.

Today, Dharti is 23 years old and a science and English teacher at a state primary school in Singdi. He wants to express his thankfulness about the FNH financing him various foot operations and accepting him to the children's village in this text, knowing that his life in the children's village was the basis of his job today.

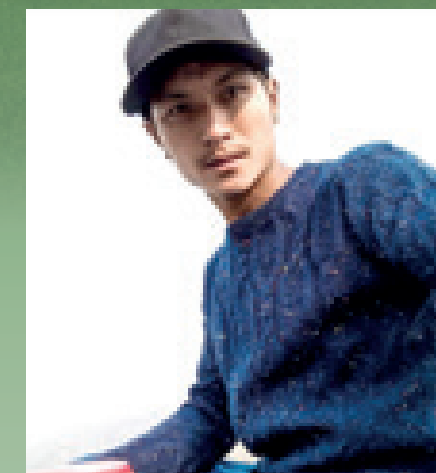
"My name is Dharti Gurung and I'm 23 years old. I have got two brothers and one sister. My father as well as my mother are not well educated. And in my family I'm the grandchild with a foot abnormality. I love reading, playing

football and traveling with my friends. Today I'm writing a small article about me, my feelings after leaving the children's village and my future objectives. The transition from the children's village into the new life was quite hard for me, since I lived there for 13 years. My childhood in the children's village was interesting and full of unforgettable memories. When I left the children's village, I felt like leaving my family. I fell into depression. I learned and experienced so much there!

Sandra Stadick from Nuremberg has supported me after having left the children's village. With her help I could attend the High School in Pokhara and study English as my main subject. After the degree I went back to my village and became a teacher. I teach Science and English at the state Shree Siddha Primary School. In total 45 pupils attend this school.

The life of a teacher is not an easy one. You have to play various roles simultaneously. Our country is fighting a lot of challenges, and education is just one of them. Therefore, the importance of our work as teachers should never be ignored. Teachers work day and night for the benefit and development and the growth of a nation and their youth. They expect their students to enjoy an education of high quality so that they will get the chance to become valuable members of the society.

Every human being strives for certain aims and objectives in his/her life. Some wish to live a life in peace and quiet, others dream of a spectacular and more glamorous one. Our parents want us to live a good life and they also have certain plans for our lives. In fact, only a few people can make their dreams come true. My dream is still becoming a good photographer and a better teacher. A photographer can take a photo of



a very special instant and after lots of years we can still remember that instant. Moreover, I want to show people different points of view and many more interesting places in Nepal.

Finally I want to thank all members, the FNH and FWHC boards and the staff members in the children's village for the opportunity to enjoy a better life and education. You all will always have a place in my heart!"

Dharti Gurung





AMER SINGH MISERY GHARTI MAGAR TURNS INTO HOPE!

Our housemother Bhawani and the manager of the children's village Tanka accompany Amer to his new project/home



Amer Singh was born in the village of Fakshikot in Surung Danda, a municipality in the Palpa District, in 1995. A cerebral palsy is responsible for the fact that the boy does not learn to walk and speak. His parents are extremely poor and cannot afford any therapy for their son.

His father dies at an early age and this situation expects too much of his mother so that she finally leaves the family. The wife of Amer's older brother cares for the boy. She provides food and carries him to school via a 200 meter long stairway made of stones every day. The older Amer gets, the more his weight. His sister-in-law cannot carry him any

more so that Amer who is eager to learn crawls to school all that way. Although he is not able to speak, he learns to write and manages school up to the 7th grade.

A former staff member of the project, Gouri Gurung from Pokhara, recognizes the boy's needs when she visits the school in Palpa. At that time, Amer at the age of 22 in the meantime, really faces a very difficult life. He cannot live on his own, however. Gouri contacts our charity and asks for help. Amer already comes to Pokhara in February where he is accepted to the Green Pastors Hospital, a hospital run by the church. There he receives therapies for two months. Gouri Gurung cares for the young man's nutrition in hospital every day and washes his clothes. Such things are expected from family members in any Nepalese hospital and Gouri really does a lot for that strange boy.

Michaela Jost and Alexander Schmidt from the FNH visit Amer in hospital. The boy welcomes them with an extremely friendly smile. He sends out such signals of joy that healthy people can only feel ashamed. After a short period of time, Amer can send text messages from Gouri's mobile and he does so every day. A calliper helps him to stand on his feet for a short period of time.

Friends from Germany bring a wheelchair to Pokhara in April. Wheelchairs can be transported on planes free of charge. Amer gets that wheelchair and for the very first time he can roll through the hospital. He is overwhelmed with joy. But what will his future look like?

Tanka Gurung, our children's village manager, finds a project in the most Eastern district of Nepal, in Jhapa. The project called Center of Concern for Disabled Children Education, exclusively deals with the education and support of disabled children. At the moment, there are 12 young disabled people who can also do some small tasks like handicrafting purchase bags. After a careful inspection, Tanka takes Amer to that project in May. Amer is happy to live there as a genuine human being.

The FNH has spent some 1000 Euros for the treatment at the Green Pastors Hospital in Pokhara, covering examinations and therapies. Not much for such an enormous success. Especially Gouri Gurung's commitment saved Amer. And Tanka as well has spent a lot of time for the boy. There are still so many more young people like Amer in the mountains of Nepal. May many of them receive similar help through the FNH!

Alexander Schmidt

Photo above left: This is how Amer moved before without a wheelchair

Photo above right: Now Amer can take part in public life with his wheelchair and artificial limbs

HOW THE WHEELCHAIR CAME TO NEPAL

At the beginning of the year 2017, a student of medicine, Charis Vorobil, had taken a flyer of the Freundeskreis Nepalhilfe from a sports shop in Mainz. She had been shopping there because she planned a trekking tour in Nepal with friends in April. Our flyer inspired her to make use of the

allowances for baggage and to bring clothes or toys or ... to Nepal. This was why she got in contact with the FNH. Of course, we had something to take along to Nepal. Charis was really surprised that it was a wheelchair for Amer Singh. She soon realized that she would do something really

good with that transport. That's why she collected the wheelchair at the house of our board member Irmgard Schlaeger in Frankfurt - and she did that with public transport. That these efforts were worth being done can be seen in Amer's shining bright eyes. Many thanks, Charis!

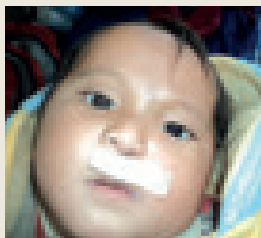




EXTERNAL PROJECTS

The 10-month-old Lhakpa Lhaki with her mother and sister in November 2016

LHAKPA LHAKI CAN SMILE NOW



During a trekking tour in the Makalu region in spring 2017, I discovered in the mountain village of Tashigaun in the Sankhuwashaba district a nine month old baby with a very severe form of a palatal fissure.

Little Lhakpa Lhaki Sherpa tries to smile at me while only air escapes from her palatal fissure. To feed the baby is only possible with a rubber glove. Through a little hole in one of the finger of the glove, the mother lets pour some milk into the baby's throat. Little Lhakpa Lhaki often swallows and starts crying. The parents are desperate because they do not know what will be with the baby. Tashigaun is about a day's march away from the next health post and at least three to four days away from Kathmandu. The nine month old Lhakpa Lhaki urgently needs various operations in order to have closed the palatal fissure. However, the family consisting of another older daughter, does not have the money for such operations. The father works as a day labourer and a bearer in the trekking industry.

When I tell the family that we will pay the costs for the operations, they are all very happy. The B&B

Hospital in Kathmandu is predetermined for the operation of palatal fissures and famous for it. The operations there are even free. We make an appointment there.

Via a collective donation by Manfred Rödermund and friends, the costs for necessary medicine and the transport could be covered. Lhakpa Lhaki has so far had two operations and everything went well. In a first operation, the lip was closed and in the second one, the open palate. In a third operation to come, the partially missing upper jaw will be modelled and closed. Hopefully, Lhakpa Lhaki will get good incisors. In order to get to the B&B Hospital, we have financed the flights each Tumlingtar-Kathmandu-Tumlingtar. And so the two could travel within two days to the hospital and back home.

A big number of children in the mountain villages of Nepal have such palatal fissures. A reason for that mistake are too close family relationships. Lhakpa Lhaki is now one year and a half and she is a happy girl with a real smile.

Alexander Schmidt

Photo above: April 2017 – after the operation with a plaster

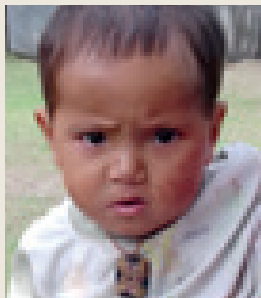


Photo at the bottom: May 2017 – Another operation to come

DONATION ACTIONS

DONATION ACTIONS

In the name of our projects in Nepal, especially in the name of our children in the children's village, we thank you warmly for your great commitment full of ideas. To all those who will realize donation activities in the Advent season for the benefit of the projects of the Freundeskreis Nepalhilfe e.V., we will wish you a lot of energy and good luck.



GYMNASIUM IN MOERS

Many thanks to the class 5A from the Moltke Gymnasium in Moers. As part of their summer party they have collected 460,- Euro for the FNH.



NEPAL-DAY IN THE PRIMARY SCHOOL OF MÜHLBACH

On the 25th day of April 2017, we celebrated a very special day in our primary school which at present is being attended by 83 pupils. Our teacher, Ms Himpel, had been in Nepal from October till December 2015. She had visited mountain villages, lived and worked in a children's village in Pokhara. She told us about this visit and showed us an impressive film. The children learned a lot about that small, but famous country. What did the symbols in that unique national flag mean? How many of the world's highest mountains are there in Nepal? How do people live there? Why are there prayer flags and what shall they effect in the people's belief? The children got answers to these and many more questions. Each form contributed with their own motto. And, of course,

we wanted to do something good. A bazar selling cakes, a flea-market with books for children and a donation-run in the morning resulted in the proud amount of 217 Euros for the children in the Nepalese village. A colourful blessing made of handmade flowers by our first and second forms accompanies the donated sum to the Asian country.

In the evening, many parents could again experience an interesting lecture on Ms Himpel's stay in Nepal. And the guests donated again their money so that a total of 428 Euros was achieved. We wish the children in Nepal all the best!

Ms S. Hedtke

Form teacher of form 2 Mühlbach (Müglitztal), Germany



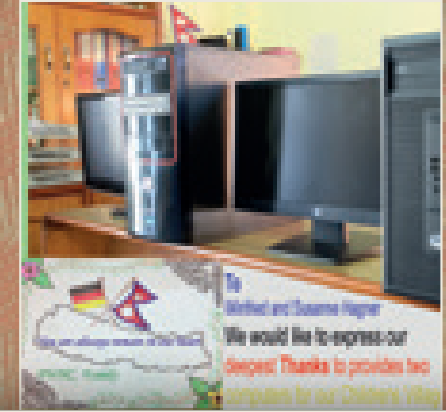


Photo above: The band "Kiss my blues" had played a benefit concert for the Freundeskreis Nepalhilfe various times before. The city festival was again an opportunity that in the frame of the concert we could report on our project and make the auditors feel hot with great rhythm and blues. | Dr. Fred Prünte, Bonn

A MOUNTAIN OF CAKES FOR THE CITY FESTIVAL

A Nepalese saying tells us that "the fruit of labour is always sweet" and this experience could be made in the true meaning of the word at the city festival in Bad Godesberg on the 15th till 17th September 2017. For two days, there was a run like during rush hour at the central station of Berlin! Cakes came from the left, the right and from the middle. Scouts from Bonn, children celebrating their confirmation at the

Protestant church of Bad Godesberg, women of the Catholic church and from Intersport Christel had baked, people from the St Paul's church came with ga-teau and flans and the ladies from the La Linea salon cared for coffee, seats and clean tables. 80 cakes and 50 small packets of marzipan biscuits were sold at a profit of 1.400 Euros.

*David and Brigitte Kahan
Bad Godesberg*



Photo above: Niranjali and colleagues at the cake buffet



Photo left: David Kahan gets the cake buffet going

DONATION ACTIONS



ACTIVE GYMNASTICS GROUP OF SENIOR LADIES FROM ANGELBURG

For almost four centuries, there has been this gymnastics group for senior ladies in Angelburg. For twelve years, Margret Pfeiffer has been directing this lovable old-aged group with some 58 ladies all together. Together with her husband Norbert, Margret has been walking through the mountains for many years and of course, Nepal had to be one of their destinations. With the help of photos we could see how difficult life is there. We wanted to help and from time to time we donated smaller sums to the Freundeskreis Nepalhilfe.

After the earthquake in 2015, these active senior ladies immediately donated 600 Euros. The profits of our Christmas celebration and the money that we would have normally spent for presents resulted in an amount of 780 Euros.

Alexander reported then in a nice afternoon reunion with coffee and cake in April 2016 what could already be repaired. After that afternoon we decided to donate from now on all presents resulting from birthdays and anniversaries over the year to the FNH in the form of money.

We as a group are really happy to help that way and would be glad if we found people who did the same.

*Margret and
Norbert "Iwes" Pfeiffer
Angelburg*

BIRTHDAY DONATION

On the occasion of celebrating jointly their 120th birthday, Susanne and Winfried Hagner from Munich had put a donation box for the children's village on a table. The guests were very generous so that 650 Euros could be counted. With this money we financed two computers for the Indreni-School in the children's village. The FNH and the teachers express their warmest thanks for this donation. Kamal G.C., headmaster of our Indreni-School in the children's village expressed his thanks in an email:

"Many thanks to Mr and Mrs Hagner for the financing of two computers. The one is for the teachers' office and the other one can be used by the children in the computer lab. Now it is easier for us, the teachers, to prepare the lessons and examination documents."

BIRTHDAY DONATIONS ...

... will be published in our newsletter under the topic "donation activities" on your request, mentioning your name, the amount of your donation and the purpose for which the money shall be/is used. Photos and your own text are welcome, however, we reserve the right to shorten it without changing the point of your article.



ACCOUNTING, DONATION CERTIFICATES

Donation certificate for donations up to 200,- Euros to be submitted to the tax office

Is only valid in connection with your paying-in counterfoil
or the booking confirmation of the bank (bank statement)

Due to the promotion of education, the people's and vocational training as well as the students' promotion acc. to the last received exemption certificate of the tax office of Marburg-Biedenkopf, tax number 06 250 51011, dated 4th January 2016 for the assessment period 2014 acc. to % 5 para. 1 no. 9 of the KStG, we are exempted from paying trade tax, because we exclusively and directly pursue tax-favourable and non-profitable purposes acc. to % 51 ff AO.

We certify that this donation will exclusively be used for the promotion of the education, the people's and the vocational training, incl. the promotion of students.

Freundeskreis Nepalhilfe e.V.  **FNH** | Flurstraße 6, 35080 Bad Endbach,
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Germany
PHONE: 0049 2772 574362 (in the evening)

In their majority, most members of the FNH-board are full-time employees and they all work for our charity on an honorary basis. So please, help to keep the work for our book-keepers as little as possible:

Please note the following applies are issued for donation certificates for the tax office in Germany. Please inform yourself about the formalities for your tax office in your country.

■ Are you a first donator? In order to give us the chance to send you a donation certificate, we need your complete address in the "purpose" space of your bank transfer. Finding out addresses requires a lot of time.

■ In doing so, the following is true: for donations up to 200 €, the paying-in counterfoil is adequate for a submission at the tax office (the best is to submit your bank statement with the booking) and the inclusion of the following text mentioned below.

■ Once a year (usually in January), we send the donation certificates of the previous year. So please, do without asking for donation certificates in the course of a year.

■ Let us know in time if your address and in case you are a member, your bank details have changed.

■ Should your bank details have changed since the last collection and/or your postal address, let us know about that change as soon as possible.

CLOSING WORDS

We look back with joy and thankfulness to what we have done for the good of our children and young people in Nepal within the past year and we are glad to have reached a lot. With all our heart we want to thank our benefactors, our sponsors for many years and our constant and new sponsors for their willingness to donate money to us. We will advance a little bit with your support from year to year.

We wish our partner charity, the FWHC in Nepal, all staff members and children in our project and you a merry Christmas and a happy new year filled with peace, joy and well-being and satisfaction!

Your FNH board team



IMPORTANT INFORMATION

Please, look at our homepage from time to time

nepalhilfe.de

> Aktuelles, Blog, Veranstaltungen

or at Facebook "Freundeskreis Nepalhilfe e.V.", "Fwhc Bhakunde" and "Children Village Bhakunde, Nepal - Italians for FNH/FWHC".

If you have got questions to or information for the FNH, please, write to:

info@nepalhilfe.de

or use the contacts identified on our homepage.

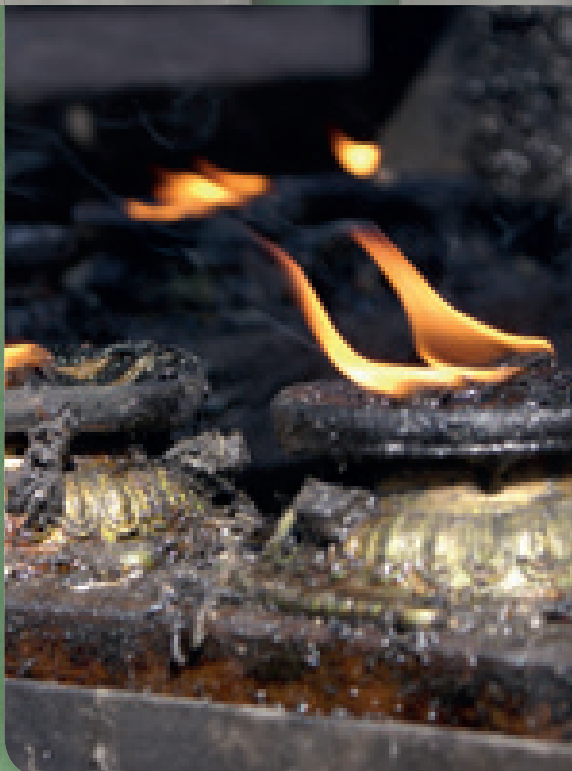
You can simply make online donations:

nepalhilfe.de

(select your language) > your help > donate

The FNH has been registered at donation portal SPENDEN-PORTAL.DE. You can also support our project by only-purchases via WeCanHelp or Schutzengel.

The charity Freundeskreis Nepalhilfe e.V. (FNH) has been registered in Germany at the Local Court of Darmstadt in the register for clubs and organizations 8 VR 2600 and it has been recognized as a non-profit making organization by the tax office of Marburg-Biedenkopf (tax number 0625051011), being entitled to issue donation certificates.



Freundeskreis Nepalhilfe e.V.
EINRICHTUNG ZUR FÖRDERUNG
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Register of associations
Darmstadt 8 VR 2600

BANK DETAILS Freundeskreis Nepalhilfe e.V.
VR Bank Biedenkopf-Gladenbach eG

DONATIONS ACCOUNT: IBAN-Nr.: DE73 5176 2434 0069 5697 06
SWIFT/BIC: GENODE51BIK
Tax-number: 006 250 51011

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