



*"The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well." – Ralph Waldo Emerson*

Editor: Jen Kim

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## SEPTEMBER UPDATE

Our children are getting older. So many of the boys have these furry little caterpillars on their upper lips appearing. One morning they are looking up to my face in our daily greetings, and the next, they are looking straight across as they firmly shake my hand. In about three years we will have as many children in college as at Skylark!



Some of my older kids were overheard a few weeks back talking to a few of their local friends who were teasingly asking them, if when they went to college, would Papa walk them there in line as he does to Skylark. I asked how they responded and was told "We hope so." [Read more here.](#)

## NEWSLETTER

### HOPE BEGINS TO WALK!



In late July we finally received some rough devices to help Hope walk.

As Michael Hess describes, "These will allow shoes of our choice (*I will lead Hope to the Converse high tops, but whatever she likes best*) to be applied over them.

"The first time she had these socket fittings applied we did not have our camera, but a therapist shot a photo with her phone. On the second visit after she had the 'shoe' part applied, I stood her up and she leaned against a very large therapeutic ball, holding it with both hands. She stood straight and I let go of her.

"The therapist rolled the ball a little forward, she held on, body stiff in a funny slant for a moment, and then finally took a step to get straight again. The whole room (filled with staff, her teary-eyed Mom Anita and others receiving therapy) spontaneously cheered which surprised her so much she turned, sort of jumped and then fell into my arms."



After a week of therapy we refined these trial shoes and a final pair was made and picked up a week later.

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## BOOK CLUBS COME TO NOH

As part of a university course project, Australian volunteer Chloe Carrucan started a "Book Club" reading program for our "tween" girls in June. The first book on the list was the Roald Dahl's classic, *Matilda*.

The book club sessions included creative bookmark-making, reading aloud to each other, discussions about the story, independent reading, and plenty of giggles.

As the readers' confidence grew over the course of the week, so did the number of new attendees who could tell something special was going on.

"Most importantly, the girls are starting to associate reading with 'fun', and I hope this program has helped to show them the joy reading can bring," said Chloe. "From a personal perspective, being with the children surpassed any pre-conceived expectations, and this experience has changed me for the better."

Chloe is now completing her master's degree based on her findings from the pilot program. She hopes to return to NOH and revisit her readers soon!



## **BIRTHDAY BLANKET DRIVE**

By Gwyneth and Sydney Liebhauser

This year, for our 10th birthday, we had an idea that instead of getting presents for ourselves, maybe we could give them. When we heard that our friend Alyssa has a cousin that helps orphans in Nepal, we thought that was a perfect place to help.

We heard the winters are very cold in Nepal and that it's hard to stay warm, so for our birthday, we asked our friends to donate fabric so we could make blankets. We made half of them ourselves and then had a blanket making party with our friends.

*Giving these blankets is better than any present I could ever get for my birthday. Sleep well! – Sydney*

*I'm really, so excited for the kids to receive them! I hope the blankets are cozy and keep the kids warm in the winter. – Gwyneth*



## GOT SOCKS?

Thanks to another community effort in Marin County, California, 160 pairs of warm, fuzzy socks were delivered to the children at NOH!

Eighth grader Abigail Key and fellow classmates launched the "Got Socks?" campaign at four local schools, setting up collection boxes at each school.

In an effort to directly help the NOH children, students of all ages took great pride in donating various sizes of new, microfiber socks, many in quite wild and crazy colors! The children loved them!

When asked what inspired Abigail to organize this sock drive, she replied, "It's a good cause. Of course we would help; every child should have warm feet in the winter."



## VOLUNTEER REPORT: NEW PLACEMENTS & TRAILBLAZING VOLUNTEERS

By Michael Triozzi, Director of Volunteer Nepal

It has been a very busy summer at Volunteer Nepal, and our volunteers have begun working with several new placements both in Kathmandu and around the country.



It takes a lot of courage and a selfless spirit for a volunteer to choose to be the first to work at a new placement, and these trailblazing volunteers are able to build lasting relationships with the people they serve.

Tanya, a student at Smith College, chose to become our first volunteer to work with the Om Disabled Childcare Home in Kathmandu. The children here have a wide range of physical and mental disabilities, which can make it a challenging placement. Tanya, along with other volunteers who soon followed, helped care for the children every day – playing with them, keeping them clean, feeding them, and providing an exceptionally loving atmosphere.

Even though she has now returned to the States, Tanya is still going above and beyond her volunteer service and has started a fundraising effort to support the home. [You can find her fundraising page online, here.](#)

We have also just sent out Sascha as our first volunteer to a rural village in the Baglung district, one of the remote eastern regions of the Nepal. The village requested volunteer support for both its school and for the nearby health post. Sascha is helping with English lessons at the school.

We hope to expand our volunteer presence there over the next few months. The journey to the village requires a 10-hour bus ride followed by a few hours walking, so this placement requires volunteers with a special dedication, fortitude, and sense of adventure.

The Beyond Beijing Committee (BBC), an NGO in Kathmandu dedicated to empowering women and fighting to advance the dignity and equality of women in Nepal, contacted us to request volunteer support as well.



Winnie, a professor at the Baylor College of Medicine in Houston, Texas, was able to use her years of expertise to help with grant writing and editing reports.

The BBC has already become a favorite among volunteers who are passionate about gender equality and the status of women in Nepal.

We are so proud of our volunteers, who are constantly expanding the ways that we can help serve this country. Over the years, these new placements will create deep and lasting connections, touching the lives of the many volunteers who will follow in the footsteps of people like Tanya, Sascha, and Winnie.

**To learn more about Volunteer Nepal, please visit:**  
[www.volunteernepal.net](http://www.volunteernepal.net)

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## THANK YOU!

### **A Trivia Night to Remember!** By Melissa Hoskin



More than 90 guests and volunteers (my friends who came to help!) came together for an evening of trivia and fun – all in support of NOH.

Along with the trivia, we had mini games and competitions that people could enter for a \$1 or \$2 donation. One of my favorites was a flying game in which each contestant created their own aeroplane, and the one that flew the furthest won a prize.

The crowd pleaser of the night was “Bowling For Booze,” which used bottles of alcohol as pins. Players would roll a coin toward the bottles, and whoever rolled the coin closest to the bottle, would win the bottle as a prize.

We also tied tags, each listing a donated prize, to balloons and sold them for \$10 each. The prizes that people donated were truly amazing. A Nepalese restaurant even gave us momos and two dinner vouchers!

We also had a silent auction, where I sold two of my framed photos from my last trip to Nepal.

Most importantly, I was able to have some fantastic conversations with guests who wanted to learn more about NOH and what they could do to help.

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### **A Trek of a Lifetime** By Rani Nazim and Kim Goldsworthy



As dawn broke on our first day in Kathmandu, we busied ourselves packing our rucksacks and buying last minute essentials in preparation for our journey of a lifetime. We were about to embark on the long and arduous trek to Mt. Everest base camp to raise money for our chosen charity, Nepal Orphans Home.

Before we left Kathmandu, we spent an afternoon with the 140 children at NOH to experience first hand what day-to-day life was like for them.

Spending this time at the orphanage before our trek was invaluable. It made our challenge very real...giving us a vivid 'picture' to pack and take on our journey.

The next morning we boarded a tiny plane bound for Lukla. Our guide kept laughing and reminding us that Lukla was one of the most dangerous airport landings in the world ("Very fun, very fun, you will see"). As two urban 'princesses' not fond of flying (business class excluded), we thought to ourselves, "Are we being punked?"

Then as the plane rumbled down the runway with its 15 nervous passengers, we realized we were doing this not only for the views of this incredible landscape, but also for the immense personal challenge we had set for ourselves. Knowing we were trekking to raise money, gave us the confidence and reassurance that it wasn't just about us - we were doing this for a bigger and more worthwhile cause.



The trail from Lukla (2800m) to Everest turned north through the gorge of Dudh

Kosi, a boulder-choked river with roaring glacier runoff. We made our way through Phakding and Monjo, all the way to the center of Sherpa culture, Namche Bazaar (3400m).

The trail was jam packed with mules, monks (*note: these monks had the latest pairs of Nikes and an iPhone which prompted second glances and a giggle*), yaks and Sherpas straining under backbreaking loads of food, wood, concrete and even chocolate. Never before had we felt such gratitude as we did for our little Sherpa who carried our bags on his head, each and everyday, all the way to the top.

As we continued on from Namche Bazaar, the dramatic winding trail showcased views of Mt Nuptse and Ama Dablam. They concealed the view of Everest with their brute size and the condensation streams which flew from their summits, looking like dry ice in a hurricane.



With temperatures dropping rapidly, we were now trekking in full thermal wear and wind masks to prevent the dreaded Khumba cough that comes from inhaling bitter cold air at low oxygen levels.

Surrounding us were the largest mountains in the world (rumbling with the constant flow of avalanches), which reminded us just how small and insignificant we were and also how dangerous this place actually was.

Then, it was upon us.

Both of us sat slumped on the ground ...and simultaneously began to cry. The view was breathtaking. It literally took all our breath away.



We had made it to Mt. Everest base camp. (5365m)

After a generous ten minutes alone with our own thoughts, we realized that we had reached the end point. Like delayed time bombs, we exploded with excitement, bear hugging everyone on our support team.

The level of respect we felt for each other at that point was also overwhelming. Only then did we comprehend the scale of our achievement, and more importantly, how we couldn't have done it without each other, a Pakistani and an Australian. Who would have thought two city girls would make it all the way?

We took as many photos as we could, even managing a dance for our video diary. Then we hung prayer flags for each and every one of the children at NOH – it was a beautiful time, something we will both remember forever.

Within an hour of our arrival at base camp, oxygen levels started to get the better of us, and we headed back to Gorak Shep.

For the next four days, we wound our way down the Khumba to Lukla. Each step provided us with more oxygen intake, which we appreciated as the gift of life. We promised ourselves never to take it for granted again.



Our final night, not surprisingly, was spent enjoying a few Mt. Everest beers. For two princesses who don't even drink beer, they certainly hit the spot.

Following the trek, Kim stayed on in the volunteer house, working with NOH founder Michael Hess in order to gain insight into the challenges faced there everyday.

After numerous brainstorming sessions, the three of us decided the money we raised should be used for an educational program, focusing on areas of need not currently addressed in their current school system.

**Note from Michael Hess:**

*This generous gift will be used to start two pilot programs. The first will be for 10 of our girls who are struggling in classes 7 and 8. These girls do well in our vocational school learning multiple subjects, including: languages, computer software and hardware, shoe making, mobile phone repair, tailoring, cosmetology and an array of music classes. Like all of our children, they are devoted to learning. And because the teaching methods in our vocational school differ greatly from their academic school, they excel. We plan to bring one trained teacher from the west to NOH to teach them for one year on a trial basis in order to have them pass their school-leaving exam and be prepared for college. In tandem we will begin to home-school 10 of our younger children. These children are all first, second, or third in their respective classes at school and will be offered an enriched educational experience that will further stimulate their thinking and encourage creativity. Rani and Kim wish to remain close to*

*Nepal Orphans Home and this investment in our children, who will then contribute to the growth and development of Nepal.*

**See our webpage for more fundraising ideas or exercise your own creativity for ways to support our kids.**

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## **DONATE**

Nepal Orphans Home receives no government support and relies on the contributions of individuals sharing our mission to provide for the welfare of children in Nepal who are rescued from slavery, orphaned, abandoned, or otherwise not supported by their parents.

Please help support our amazing kids by [making a donation](#) in any amount at [our website](#). A [wish list](#) is available for those who wish to make contributions for specific purposes. Alternatively, various gift packages and descriptions of current projects are available at [Universal Giving](#) when you type in "Nepal Orphans Home" in the "Search by" box.

If you would like to make a stock donation, please contact Barbara Hess, Treasurer of NOH, Inc., at [bhessnc@aol.com](mailto:bhessnc@aol.com) to obtain the routing number for our account.

Contribute just by conducting internet searches using the Goodsearch search engine at [www.goodsearch.com](http://www.goodsearch.com) and designating Nepal Orphans Home as the recipient of the funds raised by your searches. Goodsearch can also be used for online shopping, through which leading companies donate a portion of the sales to Papa's House.