



*“Life is not measured by the number of breaths we take, but by the moments that take our breath away” – Anonymous*

Editor: Randi S. Miller

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### DECEMBER 10 UPDATE

Last night I watched the sunset for a few minutes from our rooftop; perhaps it was this, or perhaps the cold wind whistling from the valley below that brought memories of years gone by like autumn leaves swirling through my thoughts. I turned my collar up against the chill with my eyes riveted on the sun sinking in orange red vapors and thought how we are witness to another year passed, this one quicker than any before it. Time passes and all we can do is to try and savor each moment.



[Read more »](#)

## NEWSLETTER



**CALLING ALL YOGIS:**

**FIRST ANNUAL YOGA FOR FREEDOM EVENT IN NEPAL**

We are thrilled to announce that from June 20, 2010 to July 3, 2010, Nepal Orphans Home will hold a very special yoga event in Nepal. For each traveler who participates, enough money will be raised to support one child for one year.

Participants in the Yoga For Freedom event will travel to places and participate in activities usually reserved for the pages of National Geographic. Each person's physical, spiritual and emotional limits will be tested and all will leave Nepal with a new outlook on life, as well as the knowledge that a child's life will be changed.

There are only 20 places available. [Please see our website for the itinerary and other details.](#)

For further information or to reserve your spot with a \$100 non-refundable deposit, please contact:

Jesse Bach  
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### **A VERY SPECIAL CHRISTMAS AT PAPA'S HOUSE**

The children are not Christian, but many volunteers are. Consequently, Christmas has been adopted as a memorable holiday. If you were not with us this Christmas, you are going to wish that you had been.



Sangita, foreground in the white jacket, took charge of the Christmas tree at Papa's House and, when finished, invited all those peering thru cracks in the curtains to come and see.



All the children decided to give Snowball a special Christmas gift and so we bought the same type dog, but a solid white male, whom the kids named Lucky. Here Snowball meets her little brother for the first time.



All the children's gifts were stored at the Volunteer House, separated and placed inside metal storage boxes. 135 boxes and 135 blankets were quietly delivered starting at 3:45 Christmas morning by about 10 volunteers who had returned to the volunteer house from their placements in order to share Christmas with the children.



Unbeknownst to Papa Michael, the children had been working on a program which included many dances, acrobatics, and a wonderful play about Kamlari girls being rescued by Papa's House and living happily ever after. The children really put their hearts into this gift to the staff.

Are you booking a flight to Nepal right now?

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### **PAPA'S GUMBA (SANCTUARY) HOUSE**



We are pleased to announce the successful opening of our newest home in Dhapasi, which has been named Gumba or "Sanctuary House". On November 17<sup>th</sup>, 27 new girls recently rescued from indentured servitude arrived in Dhapasi and moved into the leased four story new home. The opening of this house was especially joyous because it enabled the reuniting of many sisters. The ground floor has two rooms reserved for female volunteers, an office, one of the Didi's rooms, and a room with a TV for Saturday film watching.

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### **NEW VOLUNTEER HOUSE**



Volunteer Nepal has recently moved into their new residence around the corner from Papa's House. The three story newly constructed building has been leased for three years. It boasts large sun filled rooms, a solar (hot) water system, the volunteer staff office, an expansive kitchen, and several balconies. To accommodate our quickly expanding volunteer program, our new house has room for 20 volunteers plus staff.

In 2009, Volunteer Nepal helped numerous volunteers from around the world find their calling or jettison previous beliefs and set out on a new path. We thank them all, feel proud of their representation of us, and look forward to welcoming many new and returning volunteers in 2010.

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## **SECOND ANNUAL IMAGINE BENEFIT**





The second annual Imagine Benefit was held in Cleveland, Ohio on December 3rd. Thanks to Jesse Bach, his crew of hard-working volunteers, and the enthusiastic yoga community of Greater Cleveland, the event was a warm celebration and a huge success. Balloons, photos and videos, sushi and sweet delectables, live music and Nepali dancers made the evening in Eton Mall, Woodmere, Ohio, a festive occasion. Yoga sessions, artwork, jewelry, and handmade wood products were just a few of the many items offered at the silent auction. Most importantly, the spirit of our children reached across the ocean and touched all who were there. Special appreciation goes to Candy and Jonathan Koslen who co-sponsor this event each year.

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## **SANCTUARY FOR KIDS**

Nepal Orphans Home is honored and privileged to have received support from the Sanctuary for Kids Foundation, a not-for-profit organization that raises money for international and local children's charities to provide for vital services to youth and children who are in crisis. Please see [www.sanctuaryforkids.org](http://www.sanctuaryforkids.org). This year the Sanctuary for Kids Foundation is donating funds toward the new Papa's House in Dhapasi for rescued Kamlari girls. The Sanctuary for Kids Foundation has also established a capital fund toward the construction of the first Papa's House for girls to be built on the future campus of Nepal Orphans Home.

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## **VOLUNTEER REPORT**



Four out of the five Volunteer Nepal volunteers are shown on the Mount Everest Base Camp trek, which included climbing Island Peak. A formidable challenge accepted and conquered by two: Sarah Rhodes (extreme left) and Rima Oken. Not shown is Patty Schultz of Canada. Sam Maize (wearing the brown stocking cap), also from Canada, and Doug Wreden from California round out the group. The trek lasted 18 days and came in between assignments for the volunteers.



Sarah Rhodes (blue shirt), Taryn Wiens (yellow scarf), and Peta McKay (black shirt, standing) with their host family.

Sarah, Taryn, and Peta experienced a new placement in Chauterali that combined a homestay with work at a medical clinic and a school. They found Chaturali to be absolutely beautiful and staying with a family gave them a unique look at what daily life is like in the hills of Nepal. They highly recommend this placement and have shared a detailed account of their experience, including advice for future volunteers. [Read about this unique experience.](#)



Toni Jokinen

Toni traveled to a poor village in the Terai and had several different teaching experiences. In Nepal, children are taught through rote repetition and copying, but Toni found a way to help them think. We know that he made a difference in their lives, while enriching his own. [Read about Toni's experience.](#)

[Read about other volunteer experiences »](#)

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## **JANUARY 2010 FEATURED VOLUNTEER PLACEMENTS**

Volunteer Nepal is always expanding its reach to those in need while providing volunteers the richest experience possible.



Sarah Rhodes, a recent honors graduate from Davidson College, is pictured here teaching in the remote and beautiful mountains of the Dolpa district in Nepal.

The Dolpa placement was opened in the Spring of 2009. Early this fall we opened four new spellbinding placements:

First, a school in the Terai region, where we first rebuilt the school and are now helping to build the minds of the students.

Second, an orphanage for boys deep in the hill country, where the air and peace of the small village are as unspoiled and refreshing as the boys in the home are.

Third, for female volunteers, a home stay in the mountains, where volunteers and female members of their host families share each other's cultures while the volunteers assist the moms in their long day's work raising a family, tending to the livestock, tilling the soil, earning the daily bread and cooking it too.

Fourth, a Buddhist Village in the mountains where our volunteers live in the monastery and are allowed to attend all the daily rituals of the monks and nuns living there. The volunteers split into groups and teach at the nunnery as well as the monks' school; they tend to farming, cooking, and all other daily chores in this magnificently pristine village high in the mountains in view of Tibet. Each volunteer has returned from this placement moved beyond their wildest imagination.



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## **THANK YOU!!!**

We are extremely gratified and moved by the immense amount of support that we have received this year.

First, our volunteers came in larger numbers than ever before and were a remarkable group of people. The impressive wealth of skills, experience, energy, and enormous hearts that they brought with them has enriched our children's lives, enabled us to grow and improve our programs, and helped make a difference all over Nepal.

Moreover, many volunteers were instrumental in obtaining a number of corporate donations or inspiring their friends and family to make contributions.

In addition, we are honored to have received a generous grant from the William Hinman Foundation. We have continued to receive support from the Possible Worlds Foundation and the Imagine Benefit and we were recently chosen to receive support from the Sanctuary for Kids Foundation.

Finally, we take this opportunity to thank our many individual donors: some regularly make donations and/or help us when a special urgent need arises, some make small donations when they can, some consistently donate a small amount every month, some direct their friends and family to donate money to NOH in lieu of giving gifts at various celebratory events such as birthdays and weddings, and some honor the memory of a deceased friend or family member. Every gift is appreciated and makes a difference no matter how large or small, frequent or infrequent.

Thank you to everyone who gives whatever they can, whenever they can. The NOH family wishes all of our friends a very healthy, happy, and prosperous 2010 and hopes that we will see all of you in Nepal very soon. Our children are waiting to welcome you home.

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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 a specific purposes. Alternatively, various gift packages and descriptions of current projects are available at [Universal Giving](#).

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. We have also recently been informed that it is possible to donate money while you browse the web on a new, free, Firefox-based browser called [GlobalMojo](#).