

November 2022 Newsletter

Chairperson's Report!

After three & a half years I was finally able to travel to Nepal. I must say this was my first overseas travel since the beginning of COVID & I was a little nervous. Luckily I was going with our daughter Bridie a very well versed, intrepid traveller. We decided to go trekking at the beginning of our trip as the festival of Dashain was commencing & this meant that many of our students & the Canopy team would be back in their villages visiting family for this special occasion.

Bridie & I decided to do the ABC trek (Annapurna Base Camp) Why did I do this? I don't know - it sounded great at the time - let's just say Bridie climbs mountains like a strong agile little goat & I'm much more of a retired yak!

I loved spending time with Bridie, the scenery was stunning the mountains were huge - we met some wonderful people along the way, I'm not sure about the man who asked how old I was tho' when I replied "How old do you think I am" he said "70 years old!!"

Once we returned to KTM (Kathmandu) it was full steam ahead – the Canopy team looked after us very well. Our manager Deekshak has put together an extremely well thought out up date on all our students. We had lunch with the students that could make it (more than two thirds) - It was wonderful to hear their stories find out about their studies & family life first hand. I was introduced to the lovely Monal who will be taking a step up in the Canopy Leadership team. It wasn't all work, Mohit & members of the Canopy team made time for us so that we could chat about our program, discuss everything under the sun over 'virgin Mojitos' (no alcohol) Team members helped us with shopping for items to be brought back to Australia for re-selling at the markets we attend.

Bridie & I shopped till we dropped in Thamel - an amazing & vibrant area in the centre of KTM. We were kindly welcomed back to shops where we had previously shopped three or more years before COVID - we were remembered by name! We either paid too much or they just loved that we purchased so many items! I'm not sure which one it was!

We met with members of the Rotary Club of Dilibazzar & visited a Community hospital that had been constructed as a COVID Isolation Clinic & has now been turned in to a community medical centre where treatment is not only free, the medicines are also free or supplied at very little cost. One of the very strong areas at this clinic is the out-reach programs for preventative health care - visits to the community to teach about Diabetes health care, pregnancy health care, safety in the home & mobility care for the older generations, school visits to teach about menstruation etc. Visits to tea houses & restaurants have also been successful in educating people about good hygiene & food preparation. In the past preventative education to local communities was unheard of. This clinic is working so well that it is now a prototype & another is in the process of being developed. The clinic is also a first in that all the staff that work & run it are female. The clinic contains a Pharmacy, X-Ray machine, General practitioner, Nurses, hospital beds & a laboratory for fast turn around of diagnostics. The clinic has been supported by Friends of Nepal, Rotary Clubs of SA & many contributions from Rotary Clubs & individuals in KTM.

On the same day we were invited to attend a Rotary Club meeting - the members of the Dillibazar Club made us very welcome. This was followed by a dinner with some of the members.





Friends of Nepal - Adelaide Inc.

Proudly Funding Education Scholarships In Nepal.

We also had a wonderful chance to visit Child Development Society & meet with many of the ladies/ students who are participating in the SEEP project (Self Education Employment Program) These wonderful women shared how education is changing their lives - so many heart breaking stories but also many, many up lifting ones that proved that education is not only going to be positive for them but also for the daughters who will now receive education as their mothers & fathers see the potential that it brings.



The eight days in KTM flew by - while in Kathmandu Bridie & I stayed at Cocina Mitho Chha a B & B that also runs as a hospitality school for disadvantaged students among many other projects. I love staying there as it's safe & quiet after the busy, noisy KTM streets, it's like returning to an oasis at the end of each day. CMC is run by Debendra Pokharel & his lovely kind staff. Debendra is part of my Nepalese family always there to lend a hand & take care of us. Our last evening, hosted by Debendra was a wonderful dinner shared with some of his family, a friend from Spain, some of our Canopy team - Mohit & Deekshak, Bridie & my guide Prem - 5 or 6 different languages were spoken at the table - we had so much fun even with the little language barriers!

All in all it was wonderful to return to Nepal after such a long time - we met up with so many 'old friends, made some new, ate & drank Nepali style, we were invited into homes for meal sharing, met children whom have been born while I've been away, lapped up the beautiful culture shared in festivals (Dashain & Tihar,) discovered ancient areas that I've not seen before, climbed mountains that are just SO hard to climb & witnessed some amazing views.

Fingers crossed I'll head back again next year! Cheers, Lynne

Rotary Club of Lindisfarne Fundraising Gala Dinner Hobart

On Oct 29 Denise was a guest speaker at the club's inaugural Gala Dinner which was organized by International Director Margaret Congram, long time FONAI supporter. Margaret did an amazing job & over 80 guests attended the event at the beautiful Blundstone arena raising over \$8,000 with another \$1,000+ expected from the raffle. MC Senator Tammy Tyrrel ensured a great time was had by all. FONAI will share the profits of the dinner with Hobart City Mission. We are extremely grateful for the ongoing support of the Lindisfarne club & thankyou all very much for choosing us again as your International project.



Fundraisers.

We held a very successful market at the final 2022 Urrbrae Farm Market on Sat 5 Nov. The beautiful & brightly coloured Nepali goods Lynne purchased in Nepal were very popular as were the handmade items Hilary Flynn & her friend Bronwyn have made for us. Jam & passion fruit pulp continue to be steady earners for us also. We thank all of our generous donors for their support.



The Blackwood Rotary Christmas Fair which was to be held on Sun 13 Nov was cancelled due to the wild weather which hit the Karinya reserve destroying many Rotary stalls members had just been set up. Our thoughts are with all concerned at this heartbreaking situation.

You can still support us & the Rotary plant at the Mitcham Carols by Candlelight celebrations on Sat Nov 26th at Mitcham reserve 5-8pm! Thanks Mitcham council for this opportunity.

And by supporting our online Christmas raffle – details below!

ABN 25 785 726 975

Email: friendsofnepal@ozemail.com.au

Web: www.friendsofnepaladelaide.org





Christmas Basket Fundraiser On-Line Raffle.

Tickets are now available at <https://www.trybooking.com/CEEJL>
for our final raffle this year.

Win one of 5 gift baskets full of a variety of items including
gourmet goodies from Emmaline's Country Kitchen & Woolmore's
Fine foods, plants, gifts & FONAI wine.

Tickets are **\$5** each.

The raffle will be drawn at 11 am on Sat 17 Dec.

Prizewinners will be notified by phone with delivery & pick up
times arranged individually.



All proceeds support our education scholarship programs

Thanks to everyone for your ongoing support!