



"The good you do today may be forgotten tomorrow. Do good anyway."

- Mother Theresa

Editor: Tyler Drosdeck

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A new update of stories and photos of Nepal Orphans Home has been posted at www.nepalorphanshome.org

Continue reading below for more news, messages from our volunteers, and stories of amazing and truly unique gifts from our wonderful supporters around the world.

NEWSLETTER

YOGA TAKE 2



Building upon the success of her inaugural Charity Yoga Adventure Trek to Everest Base

Camp in April, 2011, Tingting Peng has announced the upcoming Annapurna Circuit Yoga Adventure Trek, October 2 -15, 2011. She offers "a unique twist, combining Eastern and Western philosophies of Yoga, meditation and pranayama with the physical endurance of two weeks of trekking and exploration in one of the most spectacular mountain ranges in the world." And remember, at the same time, all participants are supporting the children of NOH.

Don't miss this amazing once in a lifetime experience.
For more details, please visit the [website](#) or on [Facebook](#)

DID YOU KNOW?

Last summer 16 yoga enthusiasts from Cleveland attended the Yoga for Freedom trip to Nepal, led by Jesse Bach. Four others hailing from Cleveland also came to Papa's House as full-time volunteers through the [Volunteer Nepal](#) program.

All were profoundly affected by the experience and warmly welcomed by the children of Papa's Houses. The Clevelanders' eagerness to continue supporting our girls and boys was clearly demonstrated at the event they hosted on May 1st. Announced as a fundraiser for education, "Celebrate the Possibilities!" was held at Michaelangelo's Restaurant in the Little Italy section of Cleveland and included a silent auction, raffle, Nepali merchandise, photo and video displays, plenty of food donated by Duff and Carol O'Donnell and prepared by Michaelangelo's staff. Members of Nepal Orphans Home's Board of Directors presented the story of NOH, a message from Michael Hess, and a screening of Toni Thomson's "What It Takes" video, highlighting Michael Hess' commitment to the Nepali children. The Cleveland community continues to offer generous support of the educational needs of Papa's House's children.

Is it just coincidence that Michael sports a Cleveland Indians hat?



A MESSAGE FROM PRATAP AND DEVIKA

We are Pratap and Devika the Papa's Possibilities Boys House managers.



From Pratap:

I was the principal coordinator and my wife was a pre-primary teacher of a private school with about 285 students for 9 years. We had met Papa through my great friend Mrs. Karen Billing.

On November 18, 2011, we came to join Papa's house with our seven years old son Priyangsh and our 5 months daughter Prianshu. On November 21, I met the Possibilities boys. I gave my promise that I'll give them all satisfaction. I knew that Papa is very punctual and he likes the honest, helpful and sincere people because I was working with him as part time to find land for building the NOH campus.

On December 10th, we shifted to a new house. I have to follow the daily routine and time table perfectly and punctually. Wake up at 5 am. Taking boys for morning walk, helping them in their studies, helping Devika to serve breakfast & dinner, make sure the boys perfectly ready for school, take them school at 8:40, etc. In day time I buy fruits for Tiffin, come back home and check the rooms properly arrange or not, check the supplies, cleanliness of surrounding. Some time when the boys have holiday, we go to play cricket and at Papa house for basketball and volleyball. When I am free I cut the boys' hair and sew their clothes. On every Saturday we all go to Papa's house to play and to have delicious Tiffin made by papa. At 6 pm we have an extra curricular activity. Sometime we sing songs, play guitar and drum and sometime we make fun. Everything is on time.

From Devika:

I cook, help Kia (the day didi), check surrounding cleanliness and help dad in his need. On Friday, Dad makes dinner something extra like MOMO, chow mein, sometimes Thukpa, Chapati, Puri, etc. on that day I help small boys in their studying.

Our life is busy all the time and we love busyness. We love to say that we are living in a house with 28 sons and a daughter, we are their guidance and we have to guide them perfectly with love and good care. All the Papa's children are part of our life and family, the staff are brothers and sisters; and for "Papa" how can we explain? He is an angel in our lives; He used his magic wand and changed our lives. We love and are very thankful to him for providing for us all. At last "WE LOVE OUR DUTIES!"

Thank you, Pratap and Devika

VOLUNTEER REPORT

Volunteer Nepal is proud that in 2010 it hosted 105 volunteers from all over the world. In addition to supporting Nepal Orphans Home, this program exists in order to enhance the relationship between the Nepalese people and volunteers who seek a heartfelt, profound, and life-changing experience. Volunteers range in age from students to retirees, each bringing talents some had not discovered before their arrival in Kathmandu. And some discover that their experience in Nepal has moved them to do more when returning home.

LAURA HANDY / LIFE'S HANDY WORK



Laura Handy is a prime example. She volunteered in 2009, making good use of a teacher's summer vacation. Laura's volunteer placement was in Narti, living with the newly rescued kamlari girls, and learning about the hardships they have been forced to endure at such a young age. It was an eye-opener for Laura. With the help of her fiancé, Justin Nimick, and friends back at home, she organized the first annual Driftwood Dash in Lake Tapps, WA, to raise money to support the former kamlari girls living at Papa's Houses. Laura and Justin, now married, have organized a non-profit called Life's Handy Work, because they feel strongly that, in Laura's words,

By providing these children with the financial support necessary to realize their dreams they will be empowered to contribute to their local and global communities, giving back for generations to come.

From the mission statement of Life's Handy Work:

Many children grow up dreaming about going to college, their future careers and providing a life for their families. In the United States children have access to grants, low interest education loans, an abundance of academic scholarships, government programs and private loans to assist with opening a small business or obtain a higher education. All of these support systems help them realize their dreams. In Nepal, poor children, especially those from a lower caste like the Kamlari, have very little opportunity to improve their social and financial status. Life's Handy Work's goal is to provide the children of Nepal Orphans Home with education, small business and independent living grants. We provide the financial support to give these children a means to accomplish their academic and career goals. We believe that providing children with the financial support to achieve their goals and reach their dreams will empower them to give back to their local and global communities.

Please visit Life's Handy Work web site: www.lifeshandywork.com or on [Facebook](#)



Our newsletter often mentions Jesse Bach who has been a repeat volunteer since the summer of 2008. While he is in Nepal and much to the delight of the children, Jesse hosts day trips to the movie theater or the carnival or the zoo. Last summer he and other volunteers constructed a playground on the grounds of one of the children's homes. Jesse has formed The Imagine Foundation, organized in Cleveland, OH, dedicated to eradicating indentured servitude (really it is slavery) that is the plight of the kamlari in certain regions of Nepal. He states that "Our goal is to spread awareness and promote solutions for ending child slavery worldwide."

In March, Jesse organized a yoga practice near Cleveland, led by Parker Bean. Proceeds collected at this event were the basis of the newly founded Imagine Foundation's first grant to Nepal Orphans Home.

Please visit the Imagine web site: www.imaginefreedom.org or on [Facebook](#)

ANNE ZRENDA



Anne Zrenda became interested in volunteering with Volunteer Nepal through her connections in Cleveland and with encouragement from her aunt Joanne Moore who decided to volunteer along with her niece in Nepal. Here is Anne's moving story, in her own words:

Hello! My name is Anne Zrenda and I volunteered with Nepal Orphans Home (NOH) for three months in 2010. Throughout my life, my heart has spoken to me in

whispers. One of its softly spoken messages was one of compassion, guiding me through many volunteer experiences in the United States over the years.

But as I became older and my focus turned more towards career and personal progress, my heart's whisper became louder and louder until I could no longer ignore the shouting inside of me. As a result, I left my position working as an attorney and purchased my plane ticket to Kathmandu, Nepal, Michael Hess, and NOH. Meeting the NOH children was a thrill. They are unconditional, loving, kind, generous, enthusiastic, healthy and happy despite the dire circumstances from which they came. Is it possible to find greater inspiration? Life as it is meant to be lived?

Each morning, I departed Nepal Orphans Home to volunteer at Bal Mandir Children's Home, an orphanage run by the government and housing several hundred children. I worked in a toddler room with approximately fifteen toddlers, and three teenage special needs girls. On my first day, I was overwhelmed with the lack of resources, staff, and sanitation and felt useless against the tide of poverty. However, my Aunt Joanne Moore, who came to Nepal to volunteer with me, smiled and said, "At the most basic level, each child needs to be held, and that is your purpose here."

At the rear of the toddler room, Aunt Joanne, Melanie Paul (also an NOH volunteer), and I met a little girl named Aakriti for the first time. Aakriti was lying alone on the floor in the fetal position, rocking herself, and banging her head against the wall. As a result of cerebral palsy, she was blind, deaf, and could not walk or hold up her head. Despite her setbacks, Aakriti is as spunky as she is sweet, always smiling and thrilled to have company.

Prior to Melanie's departure to Australia, she looked at me and said, "We can't leave Aakriti like this!" So, with the help of Shivani Chhetri, a former Volunteer Nepal staff member, we found a blind-deaf specialist who agreed to work with Aakriti. He provides his own special talents in fostering the growth of blind/deaf children, takes her to physical therapy and other medical appointments, and feeds her nutritious food. Through medication, Aakriti is now able to hear! She loves to hum and sing and has learned her first words. She is also now able to crawl and walk while holding onto objects for balance. Her recent appointment for her eyes also provided excellent news! The doctor provided six months of medication and will consider her for corrective surgery thereafter.

Leaving NOH, however, is one of the hardest things I have ever had to do. I lived with a happy and healthy family and I found a strong sense of purpose to my time volunteering. Is there more to ask for in life? My heart is flooded with the love I feel for the children at NOH and at Bal Mindir Children's Home. While the children may not remember who I am, they have forever altered the course of my life, and I will do everything in my power to help them thrive even now that I am home.

Upon my return to the United States, I held a fundraiser for Aakriti. I was blown away by the generosity of my family and friends. We raised enough money to support Aakriti for one year! As we are now nearing our first anniversary with Aakriti, I founded Aakriti's Kids Foundation, Inc. so that we can help not only Aakriti but additional children with special needs!

I don't know what path my future will bring professionally, but my heart no longer needs to shout words of compassion and service. I am living my purpose through Aakriti's Kids Foundation, Inc. My Aunt Joanne is serving on our Board of Directors and Melanie Paul has generously donated her time and artistic talent to creating our logo, web site and blog that should be up and running soon! Shivani continues to work as Local Program Director and Shivahari as our Blind/Deaf Specialist.

All of this is thanks to Nepal Orphans Home and Michael Hess for bringing out the best in all of us! I only hope that our work makes Michael proud ... after all, he is our

“Papa!”

Congratulations to Anne and her supportive family for continuing her work to improve the lives of Nepali children. Anne has been particularly diligent and persistent in finding care and therapy for Aakriti and others at Bal Mandir.

CRYSTAL STAFFORD / PAMELA MAHONY



Crystal Stafford joined Volunteer Nepal in the fall of 2010. She was introduced to a group of women at Shakti Samuha in Kathmandu who are working with children and adolescents at risk of being trafficked. Crystal found that she could help by writing proposals asking for funding to support the women and their mission to educate Nepali society, in particular spreading awareness of the culture of son preference and the negative effect it has on Nepali girls growing up. Crystal befriended Hira and Sharda who have organized a non profit called CAP Nepal (Center for Awareness Promotion, www.cap-nepal.org). Crystal wrote,

Over the next few weeks, while traveling in India, I designed and published a website for their new organization. Then, together we created an electronic publication called Voices Against Violence.

Hira and Sharda collected stories of gender based violence from the women they knew and sent them to me for final editing and publication. We published one story every other day during the campaign and continue to publish one each month. All of these stories can be found on their website. This campaign was a major success and I am happy to report that Hira and Sharda received full funding just a few months ago and have now left Shakti Samuha to work full time for their own organization. I am also very happy to be returning to Kathmandu at the end of March to begin a documentary, based on Voices Against Violence, and volunteer more of my time in the office. This placement was so wonderful because through it I was able to forge lasting relationships with amazing women who are educating their communities and improving the lives of women all over Nepal.

When Pamela Mahony arrived in Nepal to begin her tour as a volunteer, she had already been in India for a month, assisting her husband who was leading the Davidson College Semester in India program. Since Pamela and Crystal overlapped at the Volunteer House by a few days, Pamela was able to accompany Crystal, meet Hira and Sharda, and offer her help.



Pamela explained,

My first task was to read their book about victims of sex-trafficking. Although I was knowledgeable about this insidious problem, I had no idea of its extent – of the brutal, unscrupulous and devious kidnappings, and the number of times in a day young girls are forced into agonizing, brutal situations. With a laptop I could be of instant service. I agreed to edit additional case studies – rewriting their limited English into more readable text. I edited the individual case stories of 8 women – most had actually been trafficked, all had suffered from some form of harsh discrimination and violence because they, or their children, were born as females.

These case studies, heart wrenching but important to read, can be found on the website www.cap-nepal.org under "Voices Against Violence"

Pamela continues,

Back [at home] I am quickly becoming involved in anti-human trafficking efforts here in the USA. I have learned that, yes, we have Human Trafficking here in the USA. Figures state that 300,000 American children and 14-18,000 foreigners are trafficked each year. I was able to connect with International House of Charlotte, an organization that among other things works with the State Department International Visitor Project. Two groups -- one from Saudi Arabia, the other from Syria -- were arriving for separate visits to learn about Trafficking-In-Persons in the USA, specifically the statewide initiatives in North Carolina to combat trafficking. The speakers, many of whom are part of the Rapid Response Teams that raid establishments and aid victims, were from federal and local government, and both non-profit and religious based groups.

JAKE HICKEY

Then there are volunteers like Jake Hickey of Sydney, Australia, who keep coming back to Papa's House. Here's Jake's story in his own words:

On my third trip to Nepal in 15 months, I have been asked to consider why it is that I keep coming back. This is a question that is easy to answer in my head and heart because these two [my head and heart] are not bound to the limitations of written words. But here I will try to explain it.

I, quite simply, love my family and always have. At home I have been blessed with a life that has been built around the love of my whole family (although such words were never used between me and my older brothers and younger sister) immediate and extended. Family for me is the most important thing in the world. I am who I am because of my family and so,

when you realize that you have added 130 odd new members to it, you come to realize how blessed you are to love and be loved.



Over the time spent here I have gotten to know everyone a little bit better and I think they have gotten to know me. I feel blessed to be part of something that has so much positive energy. I have compared being at Papa's House with times I have been surfing and dolphins have been playing nearby. There is an energy that overwhelms you. To try to put words to describe it is to never do it justice, but you come away feeling like you have been a part of something much greater than yourself. 130 dolphins, all swimming towards their own goals and maybe you can be part of it. You can come along for the swim and see the incredible places that the dolphins will take you.



That's why I keep coming back. Because I love my family and I feel privileged that they have invited me along on their own journeys of life, I feel privileged and blessed every time that they call me brother. I get choked with pride when someone aces the exam that you helped them study for and when one of them throws a 6-punch combination like they have been doing it for years. And I feel humility when I get thrashed in every game played at Papa's House, and that previously mentioned 6-punch combination finds a floating rib and I have to pretend it didn't hurt.

* * *

We applaud these aforementioned volunteers and recognize that so many other participants of Volunteer Nepal go home "with their life's compass pointing clear and strong to a new direction in their lives." (Michael Hess)

THANK YOU!

Gifts come in many sizes and shapes. We at Nepal Orphans Home are profoundly grateful for the generosity of our donors and the unique gifts that come our way. Many, many thanks to all of you.

DESIGNER JEWELRY

Tori Poynton, a jewelry designer from Halifax, Nova Scotia, has created a new pendant from the Volunteer Nepal logo of hands embracing Papa's House. Tori generously donated her creative skills and a number of the sterling silver necklaces which were introduced at the Cleveland education celebration on May 1st. A few are still available for sale.



If you wish to purchase, please contact NOH treasurer Barbara Hess at bhessnc@aol.com

IT'S ALL IN THE FAMILY

Alyssa and Lily and 21 of their young friends, plus parents, gathered at the local elementary school in Corte Madera, CA, to collect supplies for the children living at Papa's House. Their friends generously donated art supplies, t-shirts, puzzles and books which will necessitate an extra piece of luggage be carried by the girls' mother Anne when she travels to Nepal this summer. Anne and her sister Liz and Liz's daughter from Connecticut will participate in the Volunteer Nepal program. Anne and Liz are cousins to Michael Hess. Their mother, Michael's aunt, was recently in Nepal as a VN volunteer. Michael's younger brother also will volunteer in Nepal this summer. It's truly a family affair!



Alyssa and Lily, along with their mom and dad, hosted this sunny crowd on a recent Sunday morning, raising awareness amongst their friends.

MORE THAN A HAT TRICK

Our children's homes are typical Nepali homes, with no heat nor hot water. Winter nights

are cold and a dusting of snow is not unusual. Many of the children have learned to knit scarves, but warm hats and mittens are so necessary for warmth during the winter months. We are delighted with the recent gifts of handmade hats that will serve to keep our children comfortable all winter long. Each one is uniquely styled and colorful.

At our U.S. office we have received a large carton full of 125 handknit hats of all sizes, shapes and colors. They have been lovingly created for Papa's House children by some wonderfully thoughtful (and crafty) people. Sarah Livingston wrote that making the hats was much needed physical therapy as she recovered from a fractured bone and dislocation of her arm and wrist. She wanted to send the hats to children on the other side of the world and, fortunately for our children, found Nepal Orphans Home online. Sarah and two other women living in northwest Georgia handcrafted these beautiful hats.



When it rains, it pours! Another 150 hats have recently been delivered to Nepal. The source of this batch is Lisa Harling of Durham, NH. She shares her connection with NOH in this heartfelt letter to our children and staff in Nepal, shown here adorned in these handsome creations.





Dear Friends,

I had been following the adventures of my friend Marcie and her daughter Alecia as they took trips to Nepal. I read the blogs and updates and was astounded that my childhood friend had traveled so far and met such amazing children in a place so different from anything we had known as children. I kept falling in love with your faces even though we hadn't ever met in person – the heart is a mysterious thing! I wanted to find a way to let you all know that you had touched my heart. I have two sons named Alex and Mitchell and I love to knit things for them to keep them warm in the winter. This gave me the idea that I could knit hats for the kids at Papa's House to show that I cared about keeping your heads warm.

I got busy right away looking for interesting patterns and pretty yarns. I wanted each hat to be unique and special. Every night I sat on my sofa with my cat Ringo and my dog Bailey and knit, knit, knit. I would knit hats in the car (if I wasn't the one driving), on my lunch break from work, in meetings, at church, and at the dinner table after I finished eating. Pretty soon my friends started asking about the project. I was so enthusiastic when I told them about the brave girls and boys at Papa's House and that even though they were so very far away, I loved and admired them. Enthusiasm is contagious as you may know, and soon my "knitting friends" picked up their needles and started knitting too.

My friend Yasmin from Iraq made hats, my friend Christine who is a nurse made a lot of hats, my sister Debbie and her daughter Meg made lots of hats, too. Quite a few librarians joined in (Kate, Jean, and Meg-Anne). Sometimes I would arrive at work and there would be a hat and a note on my desk that said "For Your Girls". We worked on the project for months and months – every hat making me happier and happier.

Knitting the hats for you made me want to learn more about Nepal. I scoured the library and bookstores so that I could learn about life where you are. I wanted to know what was the same and what was different. As is so often the case in our world we're more alike than we are different. You are all in my prayers every day and will remain so. Maybe someday we will meet and I will see you all and give you each the hug I feel in my heart!

Love,
Lisa

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](#). Check donations, made out to "Nepal Orphans Home", may be sent directly to Nepal

Orphans Home, P.O. Box 1254, Davidson, NC 28036

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](#).

If you would like to make a stock donation, please contact Barbara Hess, Treasurer of NOH, Inc., at 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 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. We have also been informed that it is possible to donate money while you browse the web on a new, free, Firefox-based browser called [GlobalMojo](#).