



"I always wondered why somebody didn't do something about that. Then I realized that I was somebody." -- Lily Tomlin

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## UPDATE



Bumikha has led our children to school and home again every day for the last several years. But this year we noticed the walk seemed to tire her, and she would arrive at school labored and sweaty. However, as is her character, she would still be smiling broadly as she high-fived me before entering the gate. Bumikha has cerebral palsy (CP). In the six years that she has been with us, she has improved from a child not walking at all to our leader, and we always thought it best that she be mainstreamed. Then at the urging of some of our volunteers trained in physiotherapy that we had placed at the SERC School, a wonderful private facility for children with CP and others with physical and speech disabilities, our Volunteer Nepal Director Jehan Seirafi took Bumikha for an observation. [Read More](#)

## NEWSLETTER

### THE CHELSEA EDUCATION CENTER

We are excited to announce a capital campaign for the establishment of the Chelsea Education Center at Nepal Orphans Home. This center will provide a cornerstone for our vision to construct a campus in the Kathmandu Valley for our children. At the Chelsea Education Center, we will offer vocational classes/experiences in our "Sustainable Livelihoods" project, as well as provide life-skills guidance and a place where advanced students may teach English to local community members. Please visit the [Chelsea Education Center](#) page of our website for more information about this important project.

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**WELCOME CHRISTINA!**



New Program Director, Christina Balderelli (left) with outgoing Program Director and new Social Media Director, Jehan Seirafi

Jehan Seirafi, our current Program Director, is leaving Nepal, but not NOH: She is going to take on a new role as our Social Media Director and will be working on some exciting new outreach initiatives for Volunteer Nepal. Meanwhile, we are pleased to announce the arrival of Jehan's successor, Christina Balderelli. We decided to let her introduce herself in her own words:

*Finding a place at Volunteer Nepal and NOH has been a dream come true for me. I feel so fortunate to be part of an organization of such high standards that gives so much back to communities in Nepal. I received my B.A. from California State University, Chico, and an M.A. in Applied Linguistics, with a focus on international education, from the Monterey Institute of International Studies. My work has taken me to the U.S., Spain, Germany, Kazakhstan, and now Nepal, and given me the chance to meet some amazing people, experience new cultures, and learn Spanish and Russian (and soon Nepali too!).*

*I first learned the true value of volunteerism while teaching ESL in a rural community in Northern California. My students would come to class after a long, hard day of work in the fields, and they would still muster the energy to stay active during a two-hour English class. I realized that my work was directly enabling them to pursue a better future, and it was the greatest feeling I've ever felt. I also love working in an international environment; in both study abroad and academic recruiting offices I have found joy in interacting with people from all around the world and guiding them through life-changing experiences. As a Peace Corps volunteer in Kazakhstan, I taught and conducted teacher trainings at the university level and helped start an NGO to promote youth development and volunteerism. My experience with language education and teacher training will no doubt come in handy as NOH proceeds with plans for a teacher's college at the Chelsea Education Center in the not-so-distant future. Meanwhile, my main goals here at the Volunteer House are to create the best experience possible for the people who donate their time and energy to the many schools, orphanages, clinics, and NGOs we support; find new, exciting placements in high-need areas; develop a cohesive team of well-trained volunteer coordinators; and always look for ways to improve toward a better future for the people of Nepal.*

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## LEARNING CAMP



The month of October was a celebration of Dashain and Tihar, two very important festivals in the Hindu culture and a time to celebrate unobstructed by school and business; at Papa's House we used these 31 days to teach the children in creative subjects as well as traditional. We had a host of wonderful volunteers teaching drama, art, quilt and pillow making, computer, basketball, handwriting, guitar, math and dance. [Read more about the learning camp in our Update.](#)

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## NEPAL NIGHT FUNDRAISER

Peter Williams, one of our volunteers, and his wife, Jo, held a successful fundraiser at Costa Vista Bistro in Adelaide, Australia. Peter reports:

*On October 17, Costa Vista Bistro hosted a Nepal night as a fundraiser for Nepal Orphans Home and Volunteer Nepal. In preparation for the night, advertisements were placed in the local newspaper and flyers were distributed to local businesses and friends. While Colin and Dawn, the managers of Costa Vista, are both vegetarian, Dawn was not entirely familiar with the preparation of Nepalese food. She did extensive research to find suitable recipes and even ate out at a Nepalese Restaurant in Adelaide to make sure she would be able to serve authentic food on the night – Nepalese dhal baht is a far cry from the pizza and tapas that Costa Vista has become famous for!*

*For the night, Colin rearranged the dining room to accommodate the 50 odd guests who had made reservations. In fact, the evening became so popular that the restaurant was forced to turn away some people who tried to join at the last minute. A high definition digital projector was borrowed from Denis White Audio Visual, and Colin was able to set up a clean white sheet to use as a projector screen. Guests began arriving at 6.00 and found a table set up with a wide variety of Nepali and Tibetan handicrafts for sale, all of which had been purchased and sent over by staff from Nepal Orphans Home. The merchandise proved a big success and nearly all was sold during the first part of the evening.*

*Appetizers were served at 6.30, with a selection of delicious steamed momos (dumplings), fried samosas and pappadums, accompanied by a selection of dips for each person.*

*Following the appetizers, Peter Williams talked about his experiences volunteering and trekking in Nepal, showing photographs from Nepal Orphans Home and some of the placements in which he participated, as well as some general photos from trekking in Annapurna and around Kathmandu. He talked about his experiences, focusing on the friendliness of the children, their eagerness to learn and the excellent support given by Volunteer Nepal to all of their volunteers.*

*After Peter's talk, the main course, a wonderful, mild beef curry in true Nepalese style, was served along with more pappadums. There was plenty of discussion at all of the tables, including some talk of travel to Nepal to undertake treks, and to visit Nepal Orphans Home. The evening slowed down after 9.30, as guests made final merchandise purchases before heading home with their heads full of ideas for new adventures.*

*Many thanks to Colin and Dawn and their staff for opening their Bistro to facilitate this event and for all their work in preparation and on the night – fantastic job guys!*

And many thanks to Peter and Jo for hosting this fundraiser!

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## **THE RIPPLE EFFECT: A UNIQUE AND AMAZING STORY**





## Stacey De Jesus and actress Amanda Tapping

Amanda Tapping, English born, Canadian raised star of the television series *Stargate SG1*, *Stargate Atlantis*, and, currently, *Sanctuary*, has a big heart: She decided to use her fame to raise money to help children in crisis and she pursued this goal by starting a non-profit organization called [Sanctuary for Kids](#). Nepal Orphans Home is honored to be one of the first organizations to receive donations from [Sanctuary for Kids](#) and was able to open its fourth home (named "Sanctuary House") as a result of Amanda Tapping's fundraising efforts.

Meanwhile, unbeknownst to Amanda, a woman in New York was watching the *Stargate* shows and having her life changed by Amanda's portrayal of a strong, intelligent, and beautiful character. In her own words, Stacey De Jesus tells the story of how Amanda Tapping inspired her first to pursue her own dreams and then to reach out to children half a world away:

*I am a 36 year old, Puerto Rican woman born and raised in Brooklyn, NY. I recently graduated from Kaplan University with an Associate's degree in information technology and became the first college graduate in my family. I am currently employed as a Help Desk Technician. I am continuing my education at Kaplan, pursuing a Bachelor's degree in Internet Media/Marketing, in hopes of establishing a career in the digital/media field.*

*It was in my early 30's that I began to realize I had a niche for computers. But at the time and still currently that field was dominated by men, and I was intimidated. A woman in IT was always assumed to be "nerdy" or "unattractive". But that was when I began to watch a show called Stargate SG1, where an actress by the name of Amanda Tapping portrayed an astrophysicist, in the U.S. Airforce. The character was extremely intelligent, yet sexy and beautiful. She influenced me so much that I decided to return to school, and pursue a career in Information Technology. I then began to research the actress and found out that she too was an extremely bright individual that so many had grown to admire. Not only is she an actress, but also she directs, and she is now one of the executive producers of a show called Sanctuary, showing women that yes, it is possible, to do anything we put our minds to, if we work hard for it.*

*When Amanda Tapping began the charity [Sanctuary For Kids](#), I researched and saw that one of the charities she supported, Nepal Orphans Home, had a list of necessities, one being laptops. That's when it began. I made a plea at my job, to my co-workers if anyone had a laptop sitting at home, that wasn't being used, I would be more than happy to take it off their hands, repair it if possible, and donate it to Nepal Orphans Home. So far I have sent Nepal Orphans Home 3 laptops, with 2 more on their way (with the help of some amazing volunteers, since Nepal's postal system is almost non-existent).*

*My company, Langan Engineering and Environmental Services, became involved as well and donated 4 laptops that I will soon repair, and ship off.*

*All I can say is, what Amanda Tapping has referenced to so many times "One small drop, amazing ripples emanate."*

We have so far received 7 refurbished computers (as well as school supplies and high quality hair brushes) and Stacey's enthusiasm and generosity made possible our computer learning camp during the Dashain and Tihar holidays this year. In addition, with the help of many volunteers, the children are receiving regular computer training to learn about the keyboard and all of its functions, using Microsoft Word and other programs, and how to write letters. Each child now has some time to practice his or her computer skills each week. Stacey is truly making a difference for our children every day.

Recently, Stacey had the opportunity to actually meet Amanda Tapping in person when Amanda was doing a promotional event in New York. Stacey was extremely excited and called it the happiest day of her life. Amanda, who had heard about Stacey, but did not know that she was going to show up at the event, was also excited to meet her. Subsequently, Stacey created a [video](#) showing the joy of her meeting with Amanda and their shared connection with and commitment to our children.



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## VOLUNTEER REPORT



Friends Sue Matthews and Jason Cross decided to use their vacation time to volunteer together in Nepal. Through [Volunteer Nepal](#), Sue worked at the Special Education and Recreation Center (our featured placement), which, as reported in our [Update](#), our daughter Bumikha is now attending. Jason focused mostly on spending time with the boys at Papa's House and painting one of our homes. The contribution that Sue and Jason made to NOH went far beyond their volunteer experience, however. Sue and Jason believed that others in their community might

appreciate an opportunity to make a difference, so they collected and shipped to Nepal **37** boxes of sporting goods, toys, school supplies, books, puzzles, and other items from a number of generous donors in Adelaide. Unfortunately, upon arrival in Nepal, their boxes were held "hostage" and they ultimately had to pay "ransom" in order to get the donated goods to Papa's House and distribute them to many happy children. [Read Sue's description of their adventure.](#)



## FEATURED VOLUNTEER PLACEMENT

Special Education and Recreation Center ("SERC")



The Special Education and Rehabilitation Center for Disabled Children (SERC) is an incredible school located in the heart of Kathmandu. Started and lovingly run by Dr. Kalpana Basnet, the school offers therapy, treatment, education, and lots of love to its 50+ students. Children ages 3-18 are picked up daily at their homes across the valley and brought to the school campus where they make their way through rounds of physical, music, art, and speech therapies; each session tailored to each child's individual abilities. The large playground, computer room,

and sensory and music rooms all highlight the diverse therapies, not to mention the fun, the children have while learning.

[Volunteer Nepal](#) volunteers work directly with the children on their therapies and partner with the staff on assessments and recommendations for treatments for the students. Our volunteers have also provided training on new therapies to help create innovative approaches that will improve on the incredible work SERC has been doing. This placement is special to us because, as discussed in our [Update](#), one of our girls, Bumikha, is now attending school at this wonderful center.



Volunteers Norman Zeugirdor and Malesia Rodriguez working at SERC

## THANK YOU



Elizabeth and Liz Early delivering glasses to a worker at the Home for the Destitute and Dying

A few weeks before leaving for their trip to Nepal, high school student Elizabeth Early and her mother, Liz Early, sent out a request for eyeglasses for an elderly ashram in Kathmandu (they had heard from a [Volunteer Nepal](#) volunteer who had visited the ashram that many of the residents appeared to be in need of glasses). They received more than 300 pairs from optometrists in Connecticut, which was more than they could take with them. After taking out the ones that were not suitable, Elizabeth took the remaining glasses to a lensometer. A lensometer is a



device that looks like a microscope and is used to measure the prescription of a lens. She had to take each pair of glasses and place them in this machine one lens at a time. She then had to turn a dial until the view became focused. The machine told Elizabeth what prescription that lens was and she marked the glasses accordingly. After this process was complete, Elizabeth and her mother put the glasses into separate bags according to their prescriptions, wrapped them up, put them into boxes that were stuffed into their suitcases, and brought them to Nepal. They ended up taking about 200 pairs of glasses. While they were volunteering in Kathmandu, they visited Pashupatinath Temple, a cremation temple. Inside the temple grounds, is a home for the elderly called the Home for the Destitute and Dying. Liz and Elizabeth delivered the glasses to this home. Since it is a government run facility, they could not give the glasses out themselves – they had to allow workers to do this. Nevertheless, the elderly recipients were extremely grateful to them for this gift. Liz and Elizabeth would like to thank all of the optometrists whose generosity enabled them to make a difference for this deserving, but essentially forgotten group of people.

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Volunteer Kathy Kirk's 80 year old mom, Claire Kirk, and Claire's co-worker and friend, Ann, have been knitting up a storm for us! We have already received many throw blankets, stocking caps, socks, and gloves from them and they keep sending more.



[Trek 8848](#), a company headed by Milinda Lane (on left in second row), raised \$1700 for Nepal Orphans Home and requested that the money be used to buy new mattresses, pillows, and quilts for the children. Now every bed has a new "Nepalese" mattress, which is basically a quilt-like cover filled with 5 kilograms of cotton. Milinda's company plans to make raising money for NOH an annual event.

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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 via [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](#). Checks may be mailed to: Nepal Orphans Home, P.O. Box 1254, Davidson, NC, USA.

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. Through the Goodsearch website, online shopping can be done via Goodshop, through which leading companies donate a portion of the sales to Papa's House. Recently added Goodeats directs donations to Papa's House from restaurants.