



# WE WISH YOU A *Merry Christmas* & A HAPPY NEW YEAR

I would like to take this opportunity to wish you a

Merry Christmas and a Happy New Year.

At the same time, I would like to express my sincere gratitude for your unwavering support and undying love for the Himalayan children in Batase village.

As the year approaches its end, it's a heartfelt moment to reflect on the incredible journey we've undertaken together. It's you who have transformed the landscape of Batase village and changed

hundreds of lives in ways unimaginable. You have truly left an indelible mark on the village and the lives of the villagers.

This is a time to express my profound appreciation for your belief in our commitment to making a meaningful difference in the lives of children. I also would like to thank everyone associated, from the school teacher to the cook and other staff in the school and the project, for their exceptional contribution and for going above and beyond in their roles.

The school, built on the foundation of your love and support, has

provided guidance and purpose to the children. Some of the children have grown up to be social workers and community health workers.

I am proud to have achieved this feat, which would not have been possible without you.

I've always dreamt of establishing a '+2' program at Batase School. Thanks to your support, it's now on the horizon. The past three years have presented challenges that have impacted our fundraising efforts. However, with optimism and determination, we look forward to a stellar 2024. Our plans for fundraisers are in full swing, and we hope you can join

us in supporting these community events. Your continued support is the driving force behind our ongoing success, and I can't thank you enough for being the catalyst for positive change.

Once again, thank you for your love and support. Your generosity has created ripples of positive change. The children of Batase village and their families are forever grateful to you. The Batase village family and I would like to extend our warmest wishes to you and your loved ones.

Warm Regards,

Som Tamang



FRIENDS OF HIMALAYAN CHILDREN (FHC) • Empowerment through education

## PROGRESS

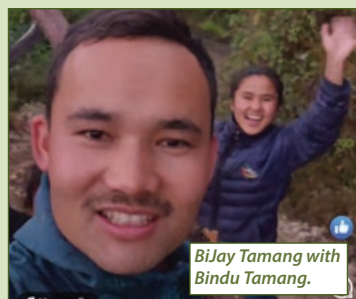
DONATE/SPONSOR NOW



"Our volunteer administration ensures nearly 95% of funds raised go directly to supporting disadvantaged children in regional Nepal."

DECEMBER 2023

### FHC Hostel life



BiJay Tamang with Bindu Tamang.



Muisang Tamang



Chetan Tamang

BiJay has just 'dropped' (young people's speak for 'put up') a heart-warming video on FHC's FaceBook showing life for our children in the Hostel. Thanks BiJay.

You can view it, and so much more, here: [www.facebook.com/reel/373884118423042/](https://www.facebook.com/reel/373884118423042/)

### Dashain, not Christmas



Karsang Tamang and Dolma Tamang.

In Australia Christmas is a great time to catch up with family and enjoy some holiday time. In Nepal, Christmas is only recognised in the popular tourist centres for the benefit of westerners. Elsewhere it's neither understood or celebrated.

Most Nepalese are either Buddhist or Hindu. Their biggest event of the year is Dashain, which is a multi-day religious holiday where families get together and celebrate the victory of good over evil. It's timing is lunar-based so changes from year to year. This year it started on 24 October. Next year it will start on 3 October.

This is worth considering if you sponsor a child. Many of us find the Christmas tradition difficult to ignore and love to give gifts. FHC will always welcome donations (which you can do via our web page) with a special note, like "For all the children in the FHC hostel as we celebrate Christmas here in Australia."

### Thank you Donna Smith



Donna Smith (front) receiving thanks from the students with her friend Shannon Moyer.

A chance meeting has brought great opportunities to 27 high-school students.

Anil Tamang (now FHC President in Nepal) guided Donna Smith from USA on a trek to Everest Base Camp last year and shared with her stories about FHC and the work we are doing. She wanted to help. She has pledged enough money for FHC to support 27 students through the final two years of their senior high school (or '+2 Course').

Completing these final years requires moving to larger urban centres – Melamchi or Kathmandu. For many families the costs are prohibitive and this can mean the end of their child's education, despite them having the aptitude and desire to go on.



Now these poor but capable students can finish their high school and possibly go onto university. Their success benefits the whole community.

Donna recently returned for more hiking with a friend and met with each of the students benefiting from her kind pledge. Most students come from the Batase school, with seven from the Terse Secondary School in Telamarang.

Very encouraging are the number of girls choosing to go onto senior high school. Traditionally, girls in conservative regional areas were taken out of school after their primary years to marry and labour on the farm. This is changing and FHC has been an active driver of this transformation in community attitudes.



FHC can now offer tax deductibility through RAWCS



**Friends of Himalayan Children Project Nepal (RAOAF)**

**Description:** The Friends of Himalayan Children Project (FHC) is a volunteer-run, humanitarian organisation, working in remote rural communities in the Sindhupalchok region of Nepal and in Kathmandu. Our aim is to improve the lives of vulnerable women and children in Nepal, through better access to quality education and training and through community development projects. We strive to provide empowerment through education.


**Sponsored by:** Rotary Club of Cairns Sunrise, District 9500  
**Endorsed by:** Rotary Club of Balaju, District 3292  
**Other Partners:** Rotary Club of Balaju (District 3292)

**Other details**

**Project number:** 28 of 2023-24  
**Manager:** Rita Zappulla

**Please support us now**

[Donate Now](#)



Great news! FHC is now registered with the **Rotary Australia World Community Service (RAWCS)**.

RAWCS is part of Rotary Australia and operates as a bank for entities it considers worthy. We are proud to have been accepted and registered with this service because we can now fund-raise for our big projects and offer donors tax deductible status. And this registration further legitimises our cause and adds greater credibility to our charity organisation.

Our immediate plans are to advance the Batase school to accommodate Year 11 and 12 students. Our signature project is a large building to provide teacher accommodation, student facilities, and possible additional classrooms, to be constructed on land donated to the school by FHC Nepal – budget estimates are in the range of \$400,000.

This registration didn't happen by accident. Rita Zappulla from Sunrise Rotary, Cairns, has shown an unwavering belief in FHC and has worked hard on our behalf

to make this registration happen. We thank her for her support. We would also like to thank RAWCS members – Paul Asprey and Barry Tennent – for their essential support.

Crucial to the registration process was FHC developing a successful relationship with a Nepal Rotary Club and we deeply thank the Kathmandu area Rotary Club of Balaju and it's members, headed by past President Kumar Kaushal, for endorsing us and accepting our stated ability to complete the nominated projects in Batase.

Closer to home, FHC Committee member Jonathon Clayton, deserves a special mention for the many hours he donated to develop a preliminary building plan and create a construction budget, all essential to the registration process.

**How to donate:**  
You can donate to our big-project causes now through the RAWCS website at: [RAWCS Project Details](#).  
Your donation through this site will be tax deductible.

Have you considered gifting to FHC in your WILL?



Wills are something we mortals have to consider and a gift from you through your Will is a great way to expand your legacy and continue to contribute, even after you have gone.

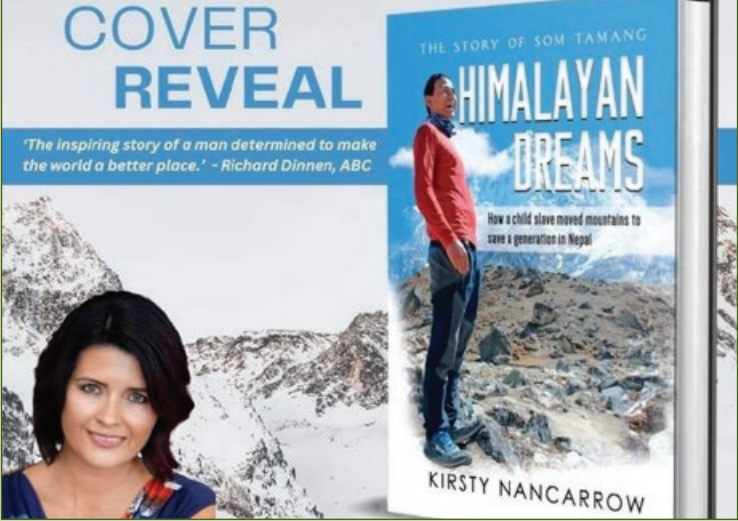
A gift to FHC would allow us continue our work in providing disadvantaged children in regional Nepal with a safe home and access to a good education. In the 18-year operation of this charity, we've

had great success in stopping child trafficking in Batase village. Empowerment through education has been key to this success.

FHC plays an important role in the functions of the Batase School to ensure the community has access to good education.

For more information on how to gift FHC in your Will, visit [www.fhc.org/support/make-a-donation](http://www.fhc.org/support/make-a-donation)

Himalayan dreams come true



Kirsty writes "Even as a youngster, Som always needed to find a way to occupy himself. He was not one to sit around idly passing the hours. It was as though he knew there was always work to do to make a situation better."

**Som Tamang**, founder of the Friends of Himalayan Children charity, has an extraordinary life story to tell. A life story big enough to fill a book and he's just 40 years old. That book is now a reality.

Award-winning former ABC journalist and long-term FHC supporter **Kirsty Nancarrow** has been working on the book since 2018.

She was inspired to write about Som and his work changing the lives of children in Nepal through FHC and Take on Nepal after volunteering in Batase for a month in 2016.

The book includes the stories of many of the girls and boys FHC

has helped, as well as those of volunteers and of course Som's own incredible journey.

Kirsty thanks Elizabeth McLean for generously supporting the independent publishing of the book through The Erudite Pen, and to the Cairns Regional Council and the Queensland Government.

Som and Kirsty were thrilled to receive proof copies of the book from managing editor Juliette Lachemeier, who is now going through the final stages of editing and getting the book ready for publication.

Pre-orders for 'Himalayan Dreams: The Story of Som Tamang' will open in early 2024 and the book will be available for purchase worldwide from March.

Further information will be available through our FaceBook page: <https://www.facebook.com/friendsofhimalayanchildren.nepal>

Awesome effort from our footballers



Back row from left: Bir Bahadur Tamang (Batase School Captain), Sangam Tamang, Sabin Tamang. Front row from left: Sunil Tamang, Som Tamang, Binod Tamang (not from the Hostel), Rasundra Tamang, Aising Tamang

We are very proud of our boy's football team. They came fourth out of 14 teams competing recently at a football festival in nearby Thankani Village.

All of the boys are from the FHC Hostel except for one. Binod Tamang came from outside of the hostel to give them a hand. Congratulations team.



## Heart-felt visit to Batase Village – Malindi Trehearn



Malindi helping Gyalmu Tamang with her homework.



Malindi with Manju Bayalkuti.



Sarah with Manju Bayalkuti; Malindi with Mendo Tamang.

In 2023 Malindi Trehearn and her friend Sarah traveled to Nepal and visited Batase village, where they spent time with the FHC Hostel children. Malindi shares her story.

"The time spent in Batase village is something that I am sure Sarah and I will always hold very close to the heart. Upon arriving in Nepal, Sarah and I got a truck into Batase village with Sujan and some other people who were going into the village to install solar panels.

We were welcomed into the village by a huge assembly of children from the school who had flower necklaces and saris by the dozen. We felt so overwhelmed with love and warmth from everyone in the village immediately.

After a ceremony at the school, which involved dance, music and kind words of welcome, we headed up to the hostel and had dahl baht (Nepal national dish) for dinner with the children and other lovely adults.

Throughout our time in Batase over the next week we were immersed in the village and felt an overwhelming appreciation for the love and care that everyone had for one another. Everyone looked after one another from Batase and we became part

of the village during that time. We would wake up in the morning and have breakfast with the Pema, Mendhu, Bijay, Dinesh, Sujan and several others who lived close by, before heading down to school. We would go to the school assembly and then run a short lesson or activity for one of the year levels.

In the afternoon we helped prepare some food, helped children with their homework at the hostel or just played with children at the hostel. They were always very excited to show us their latest dance routine or song.

One morning some of the girls from the hostel braided our hair and gave us their traditional hair piece and were always so generous, insisting that we keep all of the flower crowns they had made or necklaces. One thing that was always evident in Batase was the generosity, selflessness and ongoing support that everyone provided for one another no matter what their situation or background was.

The experience in Batase village was inspiring and touching and I can't wait to go back and visit someday soon. We are so thankful to everyone who made us feel so welcomed and cannot recommend this experience enough." **Malindi Trehearn**

## Woohoo...new school uniforms



FHC Hostel students.



FHC Scholarship students.

The students you support through FHC have just received their new school uniforms.

Both the Hostel students and the scholarship students (students we

provide with educational needs while living at home) are now ready to take on the next stage of their educational journey in style.

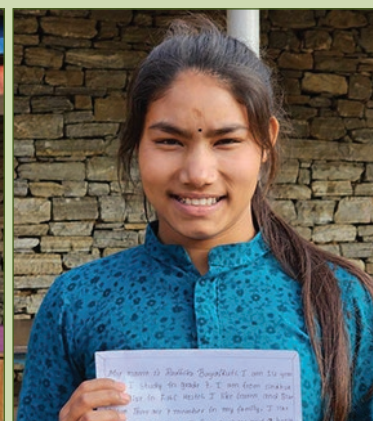
We wish them well.

## Meet Buddhiman and Radhika



Buddhiman Tamang is from Urleni village and came to our Hostel five years ago because his father died when he was just a few months old and now his mother is too poor to support him. And his local school only goes to Grade 3. Buddhiman is now 17 years old and in Grade 9 at the Batase school. He wants to become a trekking guide. It was his brother who approached FHC for help.

Radhika Bayalkuti is 14 years old and studying in Grade 7 at the



Batase school. She has been with the Hostel for seven years. Two of her sisters are also here. Her parents are unfortunately alcoholic and incapable of supporting all of their seven children. Radhika wants to become a social worker.

Both are extremely aware of the opportunities you have provided for them and are very grateful.

You can read their letters of appreciation and follow more of our Hostel students here: [www.fhc.org/sponsor/children-stories](http://www.fhc.org/sponsor/children-stories)





# HOW CAN I HELP?

There are many useful ways you can contribute to our cause.

## BECOME A MEMBER

For just \$10/year you can become a member of FHC. You will be added to our email database and notified of upcoming FHC activities and events. And you will receive a quarterly news letter with all of the latest FHC news.

[www.f-hc.org/support/become-a-member](http://www.f-hc.org/support/become-a-member)

## TAX DEDUCTIBLE DONATE

Your donations to our big projects are now tax deductible through RAWCS. You can now make tax deductible donations to FHC through Rotary Australia World Community Service (RAWCS) websites. Visit [RAWCS Project Details](#)

## DONATE IN YOUR WILL

Have you considered leaving money for FHC to continue its work from your estate in your WILL?

Visit [www.f-hc.org/support/make-a-donation](http://www.f-hc.org/support/make-a-donation) to learn how.

## FHC DONATION TINS



Do you know of a high pedestrian-traffic venue (ie. café, bakery, corner shop, butchery) that would be willing to have our charity tin displayed on their counter?

If so, please contact Jonathan on 0414 281 196

If the tin is lost or stolen, the venue will have no liability whatsoever. We can also supply a chain and attach the tin to the counter.

## FUNDRAISING IDEAS?

- If you have any ideas for a fundraiser, however small, please email Tim Trehearn at: [donations@f-hc.org](mailto:donations@f-hc.org)
- If you would like to give a talk about FHC to work colleagues or friends, please let us know and we can supply pull-up banners and advertising materials.

## RECYCLING FOR FHC



Most soft drink cans, plastic bottles, beer bottles and cans, juice poppers, and even Yakult bottles are redeemable. Just look for '10c' printed on the label.

You can take your redeemable containers to any recycling centre in Queensland and the code **C10010512** will direct the money straight to FHC.

A big thank you to the Brisbane recyclers who are already directing refunds to FHC.

Or get your collection to us and we can process them:

- **REDLYNCH:** call/text Jonathan – 0414 281 196; or email [pascalleclayton@gmail.com](mailto:pascalleclayton@gmail.com) with your address for pickup; or drop them off in front of their garage door at 29 Eugenia Cres, Redlynch; or
- **CARAVONICA:** call/text your location to Annett Musumeci – 0434 702 126 and she can collect; or
- **FRESHWATER:** call/text Maureen Cameron – 0407 737 337, or deliver to 16 Merrybrook Street, Freshwater; or
- **TRINITY BEACH:** call/text Kurt Wagner – 0459 357 782 to discuss collection; or
- **ATHERTON:** call/text Mary Frances – 0400 607 323, or deliver to 3B Crisp Close, Atherton.

• **WANT TO BE A COLLECTOR TOO?** email [info@f-hc.org](mailto:info@f-hc.org)

EMPOWERMENT THROUGH EDUCATION



Support a child in Batase

[www.f-hc.org/sponsor](http://www.f-hc.org/sponsor)

**FOR JUST \$30 PER MONTH**

you can provide essential support for a child to be able to succeed at school to Year 10, while living at home.

**You can make a difference.**

EMPOWERMENT THROUGH EDUCATION



Sponsor a child in FHC Hostel

[www.f-hc.org/sponsor](http://www.f-hc.org/sponsor)

**FOR JUST \$50 PER MONTH**

you can guarantee a child a place in school and the support needed to help the child in our Batase Hostel succeed to Year 10.

**You can make a difference.**

EMPOWERMENT THROUGH EDUCATION



Sponsor a youth in Kathmandu

[www.f-hc.org/sponsor](http://www.f-hc.org/sponsor)

**FOR JUST \$150 PER MONTH**

you can support a young adult attending Higher Secondary School in Melamchi or Kathmandu.

**You can make a difference.**