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FRIENDS OF HIMALAYAN CHILDREN (FHC) • Empowerment through education

# PROGRESS

FHC membership subscriptions are due for 2020-21. See page 2 for further information or visit [here](https://f-hc.org) to complete online.

## Dear Friends of FHC

We just wanted to do a short update on activities with FHC as we will not do another newsletter until probably October.



Children in the hostel are working with FHC employee Bijay Tamang and are progressing their school work. Many other young people are helping Bijay with the younger children in the hostel.

Even though the airport in Kathmandu will reopen to International and Domestic Travel in mid August, trekking is not expected to be at any significant level for at least 18 months. Plan your trek for 2022!

People in Batase village are busy with farm work during the current monsoon season. Everyone has enough food and the school remains closed.

## IN YOUR CALENDAR

### DINNER AT ROZ'S

We are desperately in need of funds to feed and educate the children in the village of Batase. Roz Pulley is organising another fundraiser at her house in Whitfield on **Saturday 29th August**. Great food, great company, great prize raffles and supporting a very worthwhile charity. \$50.00 a head. Please bring lots of friends. More details later.

### RUNNING FOR FHC

Rohit Chandel is planning to run 10km per day for the whole month of August, for FHC.

Rohit is a good friend of FHC and has set up a 'GoFundMe' page to support his marathon running. The money raised will go to supporting the hostel in Batase. Rohit will be running in the gym at Smithfield so please donate to Rohit and half of all donations will go to FHC.

[Donate here.](#)

## FACEBOOK

Many of the young people who have previously worked for 'Take on Nepal' are constantly posting very positive comments on Facebook about life in Batase village. Become friends on our FB pages. Click on the logos.



Take on Nepal



## 'Containers for Change' – by Mary Frances

In the last financial year, over \$6,000 was raised for FHC through recycling.

Some of our hero members (Jonathan Clayton, Daniel Clayton, Di Andrew) have worked tirelessly in the background collecting recyclables with the state-wide 'Containers for Change' scheme, to raise an astounding six thousand dollars last year for Friends of Himalayan Children.

In these very uncertain times, it is an opportunity worth further exploring. If you are keen and willing to collect your recyclables for FHC, please use the code enclosed at your nearest bottle depot. **The code is C10010512.**

Attached is a letter drop idea that I will be using. If you are willing to take on this fund raising idea yourself and letter drop in your area (or selectively hand them out to your friends and family), we can customise this flyer with your details. Contact Angus McColl ([angusmccoll@me.com](mailto:angusmccoll@me.com)) with your collection details and he can make a flyer specifically for your purposes. I'm using a b/w version to save on printing costs but if you prefer a full-colour flyer, Angus can help. The flyers are designed to fit three per A4 sized paper.

## MY RUBBISH FOR CHARITY? HOW?

Your recyclables have value and you can donate their value directly to our charity through 'CONTAINERS FOR CHANGE'.



...improving the lives of vulnerable women and children in Nepal, through better access to quality education and training, and through community development projects. Learn more at: <https://f-hc.org>

Hi Neighbour,

My name is Mary Frances de Jourdan and I live in your neighbourhood. I am involved with a charity called Friends of Himalayan Children (FHC) and your rubbish can help us raise funds for our cause. You can get a refund for eligible recyclables through the Queensland-wide Containers for Change scheme ([www.containersforchange.com.au](http://www.containersforchange.com.au)). Look for the '10c' symbol on containers. Your refund can be donated directly to FHC.

Take your containers to a depot and use our access number – C10010512.

OR to make things easier for you:

1. Drop your containers at the door, 3 Basalt St Brinsmead; or
2. Give me a call on 0400 607 323 and I'll pick them up.

Any donation to FHC is making a life changing difference in the lives of these children. Thank you for your consideration.

Your neighbour,  
Mary Frances de Jourdan, FHC - Secretary



\* Please check the website for eligible containers and depot locations.

Contact [angusmccoll@me.com](mailto:angusmccoll@me.com) to customise a flyer for you.

Just imagine...if 10 more people worked as diligently as Jonathan, Daniel and Di, we would be able to feed and educate the hostel children for a year!

I'm looking forward to letter dropping in my area and hope you do too.



FRIENDS OF HIMALAYAN CHILDREN – 'Empowerment through education'

# MEMBERSHIP FORM

Members receive FHC news updates, 10% discount at Himalayan Dreams and 10% off on all FHC sponsored events.

## MEMBERSHIP TO FHC

Membership to FHC is to be paid annually. The membership year coincides with the financial year – July to June (no matter when in the year you pay your membership, it will always expire on 30 June).

Becoming a new member, or renewing your membership, is a 3-step process:

1. Indicate your membership type
2. Make payment through your online bank via 'Direct Debit' (see below)
3. Provide your details and send back to us.

### 1. Membership type (for a single year or a 3-year term)

SINGLE (\$10/year) ☐

COUPLE (\$20/year) ☐

FAMILY (\$30/year) ☐

SINGLE (\$30 for 3 years) ☐

COUPLE (\$60 for 3 years) ☐

FAMILY (\$90 for 3 years) ☐

### 2. Payment

Please make payments via 'Direct Debit' to:

Friends of Himalayan Children

BSB Number 034 664

Account Number 262 957

[Please put your 'name-membership number (if you have one)' in the 'Payee Reference' box]

### 3. Member Details

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Preferred phone contact: \_\_\_\_\_

Email: \_\_\_\_\_

### ABLE TO VOLUNTEER?

When organising fund-raisers or other FHC events we are on the lookout for people to lend a hand. Would you like to be on our 'able to volunteer' database so that we can contact you when we need help? If so just indicate by ticking the box below.

Yes I'm happy to be included on your 'able to volunteer' database ☐

### Contact Details

Friends of Himalayan Children Inc, PO Box 5213 Cairns Qld 4870 AUSTRALIA

Mobile: 0428 861 001 (Tim Trehearn); Email: [info@f-hc.org](mailto:info@f-hc.org); Website: [www.f-hc.org](http://www.f-hc.org)



# CAN YOU HELP?

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

## FHC DONATION TINS



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

If so, please contact Jonathan, 0414281196

If the tin is lost or stolen, the venue will have no liability whatsoever.

We are also able to supply a chain and attach the tin to the counter.

## REDEEMABLE CONTAINERS

### RECYCLING FOR FHC



Most soft drink cans, plastic bottles small and large, beer bottles and cans, juice poppers, even Yakult bottles are redeemable. Just look for '10c redeemable' 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.

*Thank you to the Brisbane recyclers who are already directing refunds to FHC.*

**Other ways to redeem for our cause:**

- ring Jonathan on 0414281196; or
- email [pascaleclayton@gmail.com](mailto:pascaleclayton@gmail.com) with your address for pickup; or
- drop them off in **Redlynch** (front of the garage door at 29 Eugenia Cres); or
- drop them off in **Edge Hill** (8 Fleming St) – Di Andrews 0408180201.

## EMPOWERMENT THROUGH EDUCATION



### Sponsor a child in Batase

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

**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

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

**FOR JUST \$60 PER MONTH**

you can support a young adult through Year 11 and 12 staying in FHC's Banana House in Nepal's capital, Kathmandu.

**You can make a difference.**

## FUNDRAISING IDEAS?

We have nearly 600 people who are paid up members or who donate regularly to FHC. If you have an idea for a fundraiser, however small, please email me at:

[donations@f-hc.org](mailto:donations@f-hc.org)

If you'd like to give a talk about FHC to work colleagues or friends, please let us know and we can supply advertising material. Every cent counts and we are responding to more and more needy children in Batase Village.