



Empowerment through Education
PHOTO BY BRENDAN RADKE



DONATE/SPONSOR NOW

FRIENDS OF HIMALAYAN CHILDREN (FHC) • Empowerment through education

PROGRESS



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

JUNE 2023

Gift to FHC in your WILL?



Have you considered gifting 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

The award-winning documentary 'Women Take on Nepal' coming to you soon

Tania Verbeeck's film *Women Take on Nepal* won the best documentary at the Sony Film Festival in 2021.

Tania hiked to Everest Base Camp in October 2019 with a unique all-

women's support crew...and her film camera.

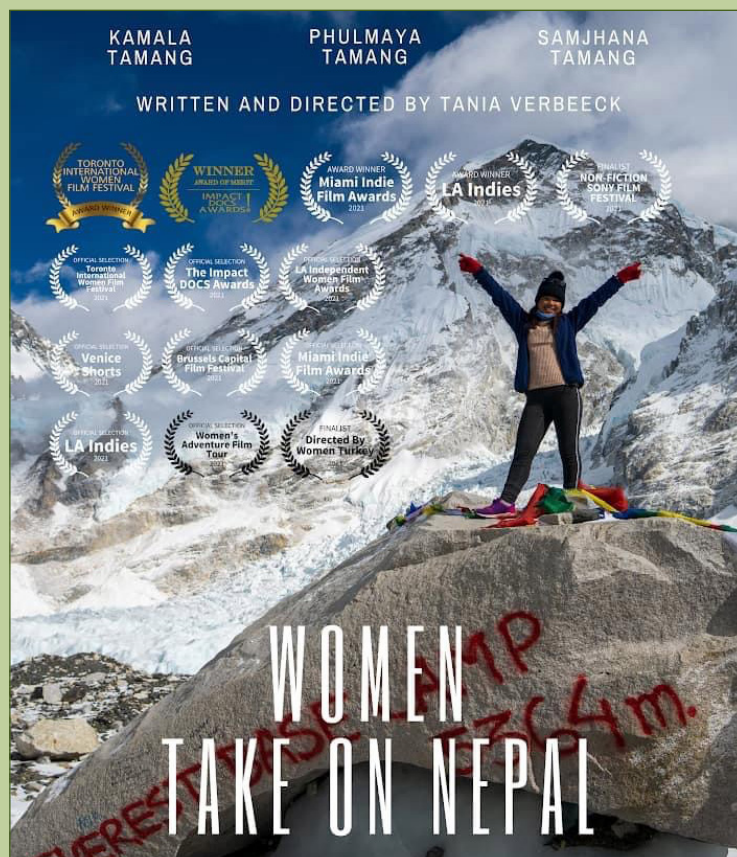
Tania was part of a group of women hikers doing the trek with Take on Nepal (TON), a trekking company run by Som Tamang

and his wife Susan Devitt. The aim of TON is to provide career opportunities beyond FHC's care, particularly for young women.

Tania is a professional marketer and videographer. With her camera she filmed her experiences, and those of the other women and guides on the trek. When she got home she found she had enough material to tell a story and so she did. The result is an award winning documentary called *Women Take on Nepal*. Some of the women highlighted in the film came up through FHC's hostel.

The film articulates beautifully the difficulties and limitations confronting women in a very traditional and patriarchal regional Nepal. Som and Susan are doing something about that and Tania's film explains how.

Tania's aim was to use this film as a big-screen fund-raiser for FHC but COVID got in the way. Now that restrictions have been lifted we can plan screenings. Adelaide is first. The film will be on show at the Brighton Performing Arts Centre (BPAC) on Thursday 21 September. And a screening in Cairns is in the planning process. More information will be available soon on FHC's FaceBook and website.



Paul Harris Fellowship Award to Som Tamang



From left: Sean, Kirsty Nancarrow, Susan and Som.



The Paul Harris Fellowship award recognises Som's tremendous contribution to humanity in his part of the world through the charity he started – Friends of Himalayan Children. It's awarded by The Rotary Foundation of Rotary International at a gala event. Congratulations Som.

"Tonight it was an honour to be awarded the Rotarian Foundation Paul Harris Fellow. I don't ever expect recognition for humanitarian work in Nepal but to be recognised in this way is truly special and motivating. My work in Nepal is my life and always will be. My vision for what needs to be achieved is big but what we have already accomplished shows that it's possible."

"This award means a lot to me, and I am further inspired by the Rotary Club of Cairns Sunrise to keep

working for better education and opportunities for disadvantaged people in Nepal through Friends of Himalayan Children Inc."
Som Tamang

Paul Harris' vision is attributed to the origins of Rotary from Chicago in 1905. Today it is an international force, bringing together people to solve world problems and promote peace and goodwill.

The Rotary Club of Cairns Sunshine and Rotary International have generously helped FHC in the past. Last year Kirsty Nancarrow, a good friend of FHC, received a \$10,000 grant from the Rotary Club of Cairns Sunshine and Rotary International that went to purchasing 10 computers for the school in Batase, improve internet access and provide wages for a computer teacher for a year.

All hands on deck



"The children of FHC are helping in farm by planting the millet in this monsoon. The school is closed till July 18. Monsoon elevates the beauty of the earth and makes everything fresh. So all the greenery things are making everyone happy and enjoying to work and focusing on their study."

Bijay Tamang

Your donated goods arriving in Nepal



This is how lightly FHC's Jonathan and Pascal pack when they travel!

Not really. They are on a mission this time and that mission is taking a load of donated goods with

them to Batase Village. Here they are arriving in Nepal on 24 March.

That luggage must cost a fortune! Not with Singapore Airlines. They generously allow us special treatment.

Catching up with Tania Verbeeck



From left: Tania Verbeeck, Susan (Som's wife) and Som.

"After a long time it was amazing to spend time with dear friend Tania. Tania made the Women Take on Nepal documentary and she has always supported my vision for Nepal. We are holding a Women Take on Nepal movie screening

event in Adelaide in September to raise money for Friends of Himalayan Children Inc. It's people like Tania that keep me motivated and inspired. Thank you."

Som Tamang



Morning views from FHC's Hostel.



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 Friends of Himalayan Children.

You will be added to our email database and notified of upcoming FHC activities and events. Members get a 10% discount. And you will receive a quarterly news letter with all of the latest news about what has been happening in Batase and beyond.

www.f-hc.org/support/become-a-member

DONATE IN YOUR WILL

Have you considered leaving money for FHC to continue its work from your estate in your WILL? We have achieved so much but there is still a lot to do.

Visit 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?

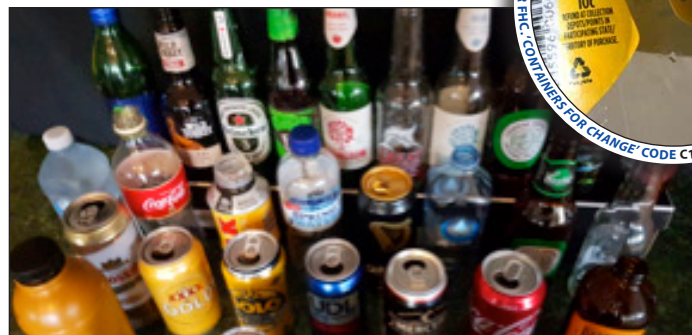
If so, please contact Jonathan on 0414 281 196

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?

- We have nearly 600 people who are paid up members or who donate regularly to FHC.
- If you have any ideas for a fundraiser, however small, please email Tim Trehearn at: 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 with your address for pickup; or drop them off in front of their garage door at 29 Eugenia Cres, Redlynch; or
- **EDGE HILL:** call/text Di Andrews – 0408 180 201, or drop them off at 8 Fleming St, Edge hill; 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

EMPOWERMENT THROUGH EDUCATION



Support a child in Batase

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

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

FOR JUST \$150 PER MONTH

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

You can make a difference.