

Sanju Tamang (left) and Tenzin Dolma Tamang from FHC's Hostel doing their chores with a smile.



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."

MARCH 2026

Our FaceBook



The best way to follow the current happenings within FHC is to follow our **FaceBook** page.

There are countless photos and video reels, of life in Batase village and beyond, in real time. Our team in Nepal are very good at recording special moments and just fun, and putting them up on our FaceBook page. Visiting our page is a great way to keep track of the lives of the children we support and the functions of the charity.

Right now you can learn how our Hostel kids celebrated the Bhai Tika Festival. It's a beautiful expression of brotherly and sisterly love and respect.

And there is always new videos of the FHC children having fun in their daily lives at the Hostel and in the village.

Gift 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 a good education.

For more information on how to gift FHC in your Will, visit www.fhc.org/support/make-a-donation

Rotary Club of Cairns Sunrise visiting Nepal



From left, Som, Brent Kelly (President, Rotary Club of Cairns Sunrise), Shova Kumari Poudel (President, Rotary Club of Balaju) and Rita Zappulla (Rotary Club of Cairns Sunrise and Guest of Honour).

Som tells me "Right now we are in Batase, Rita, Brent and the group are having great time and I was able to explain everything to them and they seem to be inspired and motivated to boost the project and increase fund-raising efforts."

Rotarians from Rotary Club of Cairns Sunrise are currently visiting Nepal to meet with their counterparts, the Rotary Club of Balaju, who are celebrating 25 years of service. On the agenda is The FHC Project – teacher and student accommodation.

The Rotary Club of Cairns Sunrise have been generous supporters of FHC over many years. In 2021, after Kirsty Nancarrow introduced FHC to the Club, they donated

\$10,000 to our charity from moneys accrued through a grant and member donations. That money went to developing the school curriculum to include computer classes. We bought new computers, set up internet access, and provided temporary teacher's wages.

Now, members of the Rotary Club of Cairns Sunrise are visiting Kathmandu and Batase village in person. Their meeting with the Rotary Club of Balaju was a special night of food and speeches at the Yellow Pagoda Hotel in Kathmandu. Both Rotary clubs are united in raising funds for FHC projects through the Rotary Australia World Community Service (RAWCS). The signature

Very generous donation from beautiful strangers



Kevin from Germany (photo courtesy of Kevin).



Nabaraj Tamang



Kevin and Anna are adventurous young travellers from Germany. They blog their adventures throughout Asia on Instagram where they have 149,000 followers. Last year Kevin hiked from Gangasagar (near Kolkata in India), to the Kala Patthar (near Everest Base Camp) in Nepal. It took him 45 days and many tears of joy *"My first time seeing white mountain peaks."*

Kevin documented his adventures on Instagram for his many followers, using his extraordinary effort to raise money from his followers for disadvantaged kids in India and Nepal. Money raised would be split between the two countries. From this 45-day

trek, Kevin donated US\$7,000 (AUD\$8,347.69) to FHC!

How did Kevin know about FHC? While on his trek to Kala Patthar, he met Nabaraj Tamang by chance on the trail. Nabaraj was guiding trekkers for [Take On Nepal](#). He told Kevin about FHC and our cause and from that chat, Kevin chose to give his Nepal support to us.

Kevin and Anna *"cancelled everything in Germany"* in 2020 to adventure-travel south-east and southern Asia. You can follow their stories from their Instagram – www.instagram.com/kevinundanna

A big thank you to Kevin for this very generous donation.

Bisne Sunar off to high school

Bisne Sunar became a part of the FHC family in 2018 at the age of 12 years. He comes from a poor family where his father is physically disabled and his mother can't speak. He has a sister and a younger brother and they were at risk of missing out on a full education. FHC stepped in and last year, Bisne completed Grade 10 with an impressive GPA of 3.20. His brother is with the FHC Hostel and his sister is married. Bisne has chosen to go on to complete his high school and FHC will continue to help him with his studies in Kathmandu.

Bisne has grown into a determined and remarkable young man, and watching his journey over



the years has been nothing short of inspiring. His hard work, perseverance, and positive spirit have brought him this far, and we couldn't be prouder. We believe in his potential and look forward to seeing all that he will accomplish.

"I have found a second family at FHC, where I receive an education, care, love, guidance and a true sense of belonging. FHC has shaped who I am today and I am very grateful for everything it has given me."

Jonathan back in Batase for the month

Jonathan is back in Nepal on his annual pilgrimage to Batase village for a month. When he goes he takes with him donated goods from friends of FHC. Donations this time include clothing and knitted goods.

But he's not there just to deliver donations. On arrival to Kathmandu he visits the markets to purchase supplies for FHC operations in Batase – food for the kitchen, seeds and fertilizer for the crops, etc. He knows the value of things and what is a good price. While in the village, he will work closely with Anil (FHC's president in Nepal) to assess the Hostel facilities, from buildings to water supply, and the livestock, including chickens, goats and buffalos.

At the end of his month, he will take any of the donated goods that are excess to the needs of the kids, back to Kathmandu and give to 'Khagendra New Life Home.' It



Jonathan, Sabin and Dinesh

is a special place offering support and care to long-term residents who live with mental and physical disabilities. Our contact there is Krishna, who is a beautiful young man crippled and wheelchair bound from a tragic accident. We thank him for his help. See [June 2025 newsletter](#).

And thank you to our FHC friends for donating the clothing and knitted goods. Your generous support is appreciated always.

Congratulations Urmila



Urmila Tamang (middle) with her husband (left).

Urmila Tamang has been cooking for the children at the FHC Hostel for many years. Sadly she is leaving us but for very happy reasons.

Anil writes *"Happy married life to our wonderful Hostel cook, Urmila Tamang. Wishing you a lifetime filled with love, happiness, understanding and beautiful memories. May your*

new journey bring you joy, prosperity and a strong partnership for many years to come. Congratulations and best wishes for your future together."

FHC would also like to thank Urmila for her help and guidance at the Hostel throughout the years. She will be missed. All the very best to her for the future.

FHC Hostel Life



Young friends currently being supported at the FHC Hostel. From left: Niraj Sunar (Bisne's younger brother), Chenam Tamang and Manish Tamang.

Rotary Club of Cairns Sunrise visiting Nepal cont'd

project (The FHC Project) for now is to develop the Batase school into an important educational centre for the region. Currently the school curriculum can take students to Year 10. To complete Year 11 and 12, students have to move away to bigger centres like Melamchi or Kathmandu.

The Project aims to expand the curriculum at the Batase school to include these final high-school years. This means attracting quality teachers to the school and to do that, we need quality accommodation for them to feel comfortable to commit to the school longterm. We have the building designs and the land so now we need the funding for construction. The design also includes accommodation space for students coming from a distance to complete their education. Both Rotary Clubs are helping.

It is possible to make donations to this project through the RAWCS website where all donations are tax deductible. Find out more [here](#).

From Kathmandu, the Rotarians from Cairns went on to Batase village to see firsthand their work in supporting FHC. They visited the school where their funds provided vital computer facilities to the school in 2021 and which is now central to the curriculum-development project. Som and the FHC team in Batase are showing them around.

Next stop is the FHC Hostel, where the kids greeted them with style. Rita Zappulla writes *"The children at the hostel on Sunday night gave us the most beautiful heart-warming welcome. We were showered in cheers of welcome and so many flowers. We felt so important and cherished. The students did a small concert for us on this first night."*

Rotary Club of Cairns Sunrise is part of an 'international network of business, professional and community leaders who strive to make the world a better place through practical efforts.' FHC thanks them for their continued support.

Rotary Club of Cairns Sunrise visiting FHC Hostel



Rotarians with Som and the Hostel kids.



Rotary Club of Cairns Sunrise visiting Batase school



Rotary Club of Cairns Sunrise meet with Rotary Club of Balaju



Som (far left) with members of both Rotary Clubs.



Som (far right) presenting FHC's vision to the clubs.





HOW CAN I HELP?

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

BECOME A MEMBER

For just \$20/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

TAX DEDUCTIBLE DONATE

Your donations to our big projects are now tax deductible. You can now make tax deductible donations to FHC through the Rotary Australia World Community Service (RAWCS) website. Visit <https://donations.rawcs.com.au/28-2023-24>

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 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?

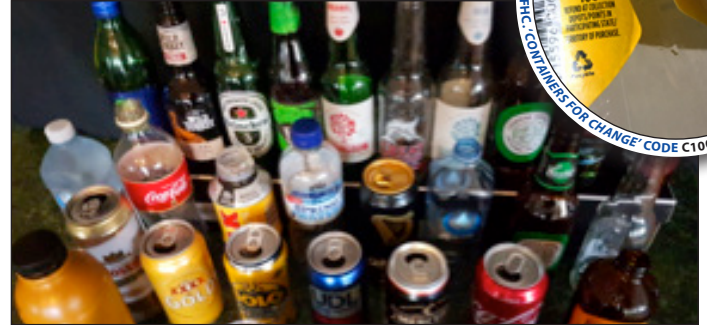
If so, please contact Jonathan on 0414 281 196

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 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. **Now wine and spirits' bottles are included**, even without the '10c' label.

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

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

- **REDLYNCH:** call/text Jonathan – 0414 281 196; or email pascacleayton@gmail.com with your address for pickup; or drop them off in front of their garage door at 29 Eugenia Cres, Redlynch; or
 - **MOOROOBOOL:** call/text Angus – 0432 715 148 to deliver to his address or he can collect; or
 - **CARAVONICA:** call/text your location to Annett – 0434 702 126 and she can collect; or
 - **FRESHWATER:** call/text Maureen – 0407 737 337, or deliver to 16 Merrybrook Street, Freshwater; or
 - **TRINITY BEACH:** call/text Kurt – 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 \$60 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.