Our FHC Nepal team has delivered more than 150 sacks of rice, lentils, cooking oil, cooking tools and other supplies in the devastated areas of Trishuli and Nuwakot.

With your help, FHC will continue to respond to this humanitarian disaster rescuing children and providing educational scholarships.

Thank you for your support.

Our donations page will remain open to provide continued support **www.f-hc.org/donate-to-fhc-flash-flood-response**

OR donate recyclables at 'Containers for Change' to the FHC code – **C10010512**.

FHC and Take on Nepal volunteers, with Som (behind, second from right) and members of Nepal's 'National Volunteers Force' (see page 3).

FRIENDS OF HIMALAYAN CHILDREN (FHC) • *Empowerment through education*

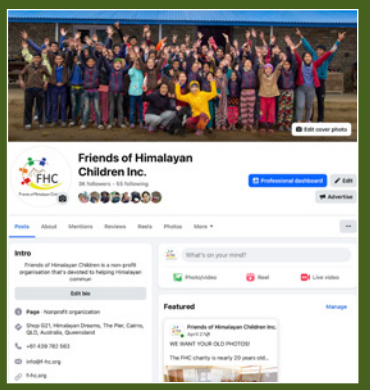
PROGRESS

DONATE/SPONSOR NOW

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

SEPTEMBER 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 about FHC's efforts in providing help for the victims of the recent devastating flooding.

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

Nepal floods takes one of our own

Dolma Tamang

Som with Dolma (back) and her two sisters Palmo and Karmu at the FHC Hostel (2015).

Nepal is no stranger to disaster and again it has demonstrated its fragility in the face of nature. And again it is personal for FHC (Som lost his brother Ambir in the 2015 earthquake).

Dolma Tamang had a difficult start to her life. Her mother was severely injured during the earthquakes of 2015 and never recovered. Her father was a farmer struggling to raise Dolma, her older brother Pasang and two younger sisters, Palmo and Karmu. He would eventually go abroad for work and when he returned, remarried, leaving the care of the children with an uncle in Kathmandu.

FHC became involved, inviting Dolma and siblings into the Hostel where they were cared for and had access to the Batase School where she completed her Grade 10 then went on to graduate from college (Grade 11 and 12) in Kathmandu with the help of FHC. Her brother and two younger sisters have also graduated (Karmu is still studying) from college with FHC's help.

Dolma met her future husband in Kathmandu. They married and moved to his village of Syfrubesi. Syfrubesi is a beautiful little community, located at the junction of the Trishuli and Langtang Rivers. If you have visited Nepal and trekked the famous Langtang Valley trails you probably know Syfrubesi. I do, from hiking there in 2019 and I have very fond memories of this quaint village – kids dancing in the streets, colourful prayer flags, markets, flower pots with blooming geraniums, and trekking shops and hotels close to the river.

All this changed on Wednesday morning, 26 August, when a wall of water and debris came down the Trishuli River and crashed through this small community with unimaginable force. Sadly Dolma and her husband were two of the many residents swept away that day. Som recently visited Syfrubesi and talked with Dolma's father-in-law, who actually witnessed Dolma and her husband being taken. Som would later recount this emotional moment, and more, on the ABC News from Kathmandu. You can view his interview here.

NEWSLETTER EDITOR: ANGUS MCCOLL (angus.mccoll@f-hc.org)

Ambir Rai – missing

As well as loosing Dolma, the flood has presumably taken another friend. As of writing, Ambir was listed as missing but now presumed dead. He was a trekking Guide working in the area of destruction at the time.

While Ambir is not directly part of the FHC family he is part of the Take On Nepal (TON)* family. He came to TON as a trekking guide and one of the special friends of FHC sponsored him to get his trek-guiding qualifications.

Outside of TON's trekking season, Ambir would find employment with other trekking businesses and it was while he was on a trek with them that he was caught up in this tragedy and is now missing.

Ambir has a wife and young daughter. Som and Susan immediately set up a fund-raise for his family and quickly surpassed their target.

Som writes on 30 August *"Our dear friend and amazing trekking guide, Ambir Rai, has been missing for four days following the devastating floods at the Nepal-China border checkpoint. Ambir was working for a different company at the time of the floods but for the past couple of years we have been so lucky to have him working the trekking seasons with Take on Nepal. He is a part of the Take on Nepal family.*

Ambir is a kind, funny, incredibly hardworking, and compassionate person who is adored by so many people.

Right now, everyone is deeply worried about his safety as search and rescue efforts continue, and we are holding onto every last bit of hope for his safe return.

Ambir's wife, Chhimi, has shared with me her deep sadness and worry, this is an agonising wait for her and their beautiful 6-year-old daughter Ritingma.

Just as Ambir looked after others on the trail, it is our turn to return that support and wrap our arms around his family during this awful time."

On Friday 4 September Som hand-delivered donated funds to Ambir's wife Chhimi.

"We are still waiting for news of Ambir and desperately hoping for a miracle."

** TON is a trekking business owned and managed by Som and his wife Susan.*

Our flood-donation page is still open

View Som's interview on ABC News (click here).

There is still more to do. As I write this, FHC's team of volunteers is making a third delivery of essential supplies to needy areas.

We are still accepting donations at: www.f-hc.org/donate-to-fhc-flash-flood-response

Or when taking your recyclables to the 'Containers for Change' centres you can donate your returns to FHC by using our code **C10010512**.

Follow their efforts on our FaceBook page.

Woohoo…new uniforms for our Hostel kids

Sonam Tamang

Tenjing Dolma Tamang

Rasundra (Hostel Warden) giving Roshni Tamang her new uniform.

We are happy to share that new school uniforms have been distributed to our FHC hostel and scholarship (supported by FHC while living at home) students.

Seeing our students receive their new uniforms is a proud and joyful moment for everyone. Uniforms are an important part of school life and Nepalese school students wear their uniforms with pride.

We are grateful to everyone who continues to support our students' education and well-being.

Together, we are helping create better opportunities for children from remote communities in Nepal.

Rasundra Tamang

View Rasundra's video on the FHC FaceBook page (click here).

Rasundra Tamang grew up with Friends of Himalayan Children (FHC) and today he is giving back as our Hostel Warden.

We are proud of his dedication to caring for our students and grateful for his commitment. Your journey is an inspiration, Rasundra!

"Namaste. My name is Rasundra Tamang. Now my Grade 12 exams have finished I am happy to have the opportunity to work as a volunteer and warden at the FHC Hostel. I have been living here since I was very young. I am very happy that you supported me up to Grade 12. My father passed away when I was young. After he passed away my mother got married again. My educational background and family background was very weak. After that, FHC supported me and they also supported my younger sister.

I am very happy to return to the place I grew up and work there as a volunteer and I would like to say thank you to the brothers and members of FHC for providing me with such an opportunity. In the coming days I hope you will continue to support me. Thank you."

Your donations hard at work – thank you

At 8:20am, **Wednesday 26 August**, a chunk of glacier breaks away from the north face of Nepal's Langtang Lirung and crashes hundreds of metres into the valley below and into the Lende River, the border river between Nepal and Tibet. This generates a 9-metre wall of water travelling at 180km/hour that smashes into the border-crossing community of Gyirong Port on the China–Nepal border at the Lende's junction with the Trishuli River. Multi-story buildings busy with workers and tourists are swept away. This wave of water and debris continued down the Trishuli River into Nepal causing an unimaginable level of destruction to anything in its path, including river-side communities, without warning, without a chance. An overwhelming humanitarian catastrophe unfolds.

On **Saturday 29 August** the FHC Committee held an emergency meeting. While Batase was not impacted by the disaster, the committee decided to support Som's suggestion to go there in person to help. At this stage he had no clear plan but to offer space in the FHC Hostel to take in refugees from the flooded communities.

By **Monday 31 August**, a dedicated webpage started accepting your donations from a mail-out to all of our friends. Instantly the money was wired through to FHC in Nepal.

Som arrives in Kathmandu on **Thursday 3 September** and immediately consults with people and authorities on the ground there. **Saturday 5 September** they embark on their first mission – load up multiple trucks with food and cooking utensils and head for effected communities. Helping him are young men and women who have been supported by FHC in the past, volunteering with volunteer staff from Take on Nepal.

Our teams aren't doing this alone. They are co-ordinating with the Nepalese Army and the Nepalese 'National Volunteer Force' (NVF), which is a group of dedicated young volunteers designed to assist the public during natural disasters and crises.

To date, 1,453 people are dead and over 6,000 (including 34 Australians) are still missing.

All of our men are gone

Som met this family during his recent time in the flood-devastated area of Nepal.

They are a family suffering terribly. Her husband, brothers, uncles and other male relatives were working on the hydro project on the border when the flood came through. They all lost their lives. This family now have no source of income and they don't know how to survive.

The mother grabbed Som's arm and sobbed from grief and sadness. She doesn't know how to move forward. Som met so many families in a similar situation and he talks about them in his ABC News interview as being victims under-considered when emergency assistance is being distributed. Not only do they deal with the sad loss of family but also the immediate loss of income from the working men in their lives.

FHC are working out how to provide long term support and care to ensure the children of families can continue to access an education. We have space in our Hostel in Batase that can provide immediate care for families like this. It's a time of extreme suffering and sadness in Nepal. Thank you for your kind and continued support.

Third phase of FHC relief aid

Anil (FHC President in Nepal) writes about their third mission to deliver essentials – *"Our FHC Nepal team has delivered sacks of rice, lentils, cooking oil, soybeans and fresh vegetables to 60 families on the other side of the Trishuli River.*

The bridge is out so it's not possible to deliver directly to the community across the river. We used a rope-way and drone to deliver.

We also provided a hot case to support the free-food center and continue serving warm meals to those affected people and to volunteers.

Thank you to everyone for your kind support and believing in us."

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 up-coming 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?

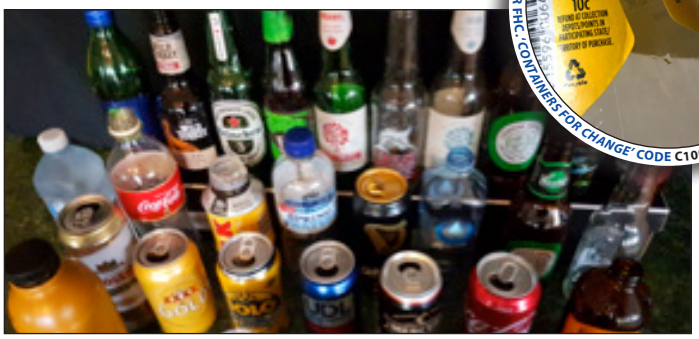
If so, please contact **Jonathan on 0414 281 196**

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 *pascaleclayton@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.