

A view of the Himalayas from Batase village



Over \$6,000 raised last year. You can help. See last page for details.



FRIENDS OF HIMALAYAN CHILDREN (FHC) • Empowerment through education

PROGRESS

FHC membership subscriptions are due for 2020-21. See page 3 for further information or visit [here](#) to complete online.

DONATE/SPONSOR NOW



"Our volunteer administration ensures over 96% of funds raised go directly to supporting disadvantaged children in regional Nepal."

SEPTEMBER 2020

Vale Prince – Som & Susan



The FHC family have lost someone so dear to our hearts. Prince Taiapa passed away yesterday [22 August]. Prince became a friend to so many people in Batase village after visiting five years ago. Prince was also a much loved FHC family member here in Cairns. Prince, along with his wife Ellen, always helped out at our fundraising events. Prince would work so hard with joy and happiness knowing his help was going to benefit the people he cared for in Nepal.

The FHC family will always remember Prince for his continuous acts of kindness, for his patience, sense of humour and genuine care and compassion for others. Everyone who knows Prince will forever hold a special place for him in their hearts, he was truly a beautiful person. Our thoughts are with Ellen and their family during this time. Rest In Peace Prince.

IN YOUR CALENDAR

AGM

A date has been set aside for the Annual General Meeting: **Wednesday 9 December.**

A location is yet to be determined.

School news in Batase



The school in Batase has been closed now for five months because of COVID-19 but our Hostel children are kept busy with organised self-study, thanks to our staff and past students. Even the more advanced Grade 9 and 10 students are teaching the younger students. The new library has been a fantastic teaching facility for the Hostel students.

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.



Friends of Himalayan Children

Take on Nepal



TAMANG – what's in a name? – Angus McColl



When you visit Batase village and meet the people there, you will be surprised to find most have the surname – Tamang. In fact the entire village and the surrounding villages will most likely carry the surname of Tamang. In Nepal, surnames reflect ethnicity, your ethnic group. This is in contrast to our names, which relate to our family line along our fathers heritage. While their surname connects them to their ethnicity, their first name (and sometimes a second name) connects them to their family.

Tamangs are one of about 125 ethnic groups in Nepal. According to the 2011 census, the population of Tamangs was about 1.33 million,

or 5.6% of Nepal's population. This makes them the sixth most populist ethnic group.

Traditionally they live in the mountains and are great farmers. They are also strong mountain climbers so, like Sherpas (another ethnic group), Tamangs are sought-after mountain-climbing guides. These days you can find Tamangs in many different regions of Nepal. They are mostly Buddhist in a country that is 81 per cent Hindu. Like other ethnic groups, they have their own dialect so children grow up learning to speak *Tamang* as well as Nepal's national language, *Nepali*. In the schools they are also taught English as part of the curriculum.



Our team in Batase

The health and welfare of our children doesn't just happen. Many people are involved. You, donors and sponsors, provide the finances from afar but it is our amazing staff on the ground in Batase Village that bring our aims to fruition. Friends of Himalayan Children employ a team of people to administer and manage the every-day functions of the charity on the ground in Batase village and surrounds.

The children in our care have come from difficult lives but so have many of our staff, making them experienced and effective role models for the Hostel children. Some of the staff themselves have received FHC help.

SUJAN TAMANG



Meet Sujan. Sujan is our head man in Nepal. He is our treasurer and manages the administration of the charity in Nepal. At 30 years of age, he lives in Batase with his wife and young daughter. Sujan is also a casual employee of Take On Nepal, which sometimes keeps him busy with trekking duties. When in Batase he assists with the running of the Hostel, helping as needed.

Sujan also monitors the progress of sponsored children and meets regularly with their families. He provides monthly updates on matters of interest to FHC and alerts the charity to matters requiring urgent attention. His role also involves liaising with the village community and the Nepalese government.

BIJAY TAMANG



At just 20 years of age, Bijay has been working for Take On Nepal and FHC for two years. Currently, Bijay is managing the children's Hostel: co-ordinating activities for the children, including school work and daily presentations, as well as farm work. Bijay also helps Sujan to procure food supplies for the Hostel from local sources – particularly meat, corn and millet, and keep track of Hostel maintenance and expenses. Having completed his senior school studies and trained in Business Management, he is well qualified for this role.

Bijay's family, in Batase, comprises his parents, grandfather, two brothers and one sister-in-law, all of whom work on the family farm.

TOKMAYA TAMANG



Tokmaya (left) is Som's sister and is one of a team of local women who cook for the Hostel children. Her daily routine involves rising early and cutting grass to feed the buffalo, milking the buffalo, helping with farm work, catering for volunteers and visitors and checking on their amenities. All who visit Batase take away a lasting memory of Tokmaya's warm welcome and kind hospitality.

MISS PARU



Miss Paru is the house mum. She has a Bachelor of Social Work degree from a university in Kathmandu. She came to Batase three years ago after successfully replying to an ad in a Kathmandu newspaper. She helps with the children's welfare and supervises post-school educational activities. Lessons for the children go beyond the school classroom. Miss Paru lives onsite at the Hostel and also assists with other duties, like cooking, if required. She is a great role model for the young girls, showing there are professional options for women in Nepal.

SAILI, URMILA & GORI



Saili, Urmila and Gori cook and clean for the Hostel children but also work in the fields tending the crops. They prepare the meals for the children and assist with other duties such as teaching and organising Hostel events when required.

TAKE ON NEPAL (TON) STAFF



Some of the TON staff have come up through the Hostel or have been helped by FHC in some way. So now they generously give their free time to the children at the Hostel. Their continued connection to the Hostel is heart-warming and valuable. A special mention goes out to Anil Tamang.

Community support



Great news! Rohit Chandel from the Stratford Dolphins Football Club has completed his challenge.

He ran 10km every day for the month of August to raise money for FHC and Kick On. We couldn't be more grateful to Rohit. This has been an incredibly tough year for FHC but it's local people like Rohit who are showing us that the Cairns community really is the best. Rohit has already raised over \$3000 and is hoping to raise another \$2000. You can continue to support Rohit's cause. His Go-fund-me page remains open for continued contributions.

To donate, visit [here](#).



Jonathan and Som outside of the 'Friendly Grocer' in Edge Hill.

We are so thankful to the owner of the Edge Hill 'Friendly Grocer' for all of the support they give to FHC.

Craig Tanner has a money tin in the shop for FHC. This local support contributes to the funding of the running costs of the Hostel in Batase village. The Hostel is now home to 45 children who all need our support.

Thank you so much to Craig Tanner, this support is greatly appreciated. The 'Friendly Grocer' is at the Edge Hill round-a-bout. Congratulations to the new owner Graig Tanner and big thank you.

PS, if you know of a local business that would be interested in having one of our money tins in their shop, please contact us. Visit [here](#) for more information.

An overview of FHC's expenditure (2018-19) – Peter Gaudron



We want to demonstrate to you how the charity's money is used in a typical year. This data is from 2018 because there is a large time lapse in Nepal for re-creating their audit, an unwieldy process.

History shows, and will likely continue to show, that other than "special projects" FHC Nepal undertake in the Batase village region, the charity's core business expenditures generally range around what follows in this report.

In the event the number of children supported was to grow substantially, the ratio of each cost centre expenditure on gross revenue (donations, fundraisers), would closely follow this profile.

Special Projects in the past, have included such things as:

- **Promoting sporting events:** the kids have a reason to get fit and competition is a healthy outlet. Many have not experienced sports before.
- **Human-trafficking awareness programs:** sometimes held in various local regions, and other times we have held "train the trainer" type activities, whereby responsible nominees from other villages attend the workshops, with the view to returning to spread the word in their own village.
- **Teacher training:** the level of teacher skills are often quite low in rural Nepal. FHC has held teacher training workshops to lift these skills, and in particular, raise these teacher's knowledge in managing class behaviour.
- **School bags** for Batase and other school kids in the region.
- **Decent winter jackets** to all our children.
- **Days for Girls:** FHC has been involved in raising awareness about menstrual hygiene, and

supplying hygiene kits, for girls in Batase and other very remote locations. These kits can be life changing for these young ladies, and are provided by many community groups from all over the world, including our hometown of Cairns. Visit the Australian website at: [daysforgirls.org](#) for further insights into this wonderful movement.

- **FHC's special project** for the year of this report, was to rebuild the badly earthquake damaged Hostel, which had sat for quite some time. It was a major financial and logistical undertaking, but was funded from our reserves allocated for this purpose, from the generous donations received in the aftermath of that horrendous event. FHC currently houses all our fully supported children in this purpose built Hostel.

Now to the Bottom Line!

FHC's revenue, raised by sponsorships, random donations, and several targeted fundraising activities throughout the year, range in normal years from between \$70,000 to \$100,000, with a 5-year average of \$91,000.

The following demonstrates a general breakdown of our expenditure over many functions within an average year:

Hostel - 41%

Covers everything the kids need - food (includes cooks), bedding, clothes (includes school uniforms), equipment/books for school attendance, medical care, mentoring.

Education (Batase) - 35%

Covers school fees, exam fees, and contributions to teachers' salaries.

SPECIAL NOTE: Because of FHC's local community involvement and

support, particularly in the area of education, Batase village was one of a limited number Nepali centres selected by Caritas Internationalis (a Catholic organisation whose mission is to work to build a better world) to receive a brand new, modern-designed school. This new school is now operational and replaces the temporary, simple, floorless sheds that were being used post 2015 earthquake.

Education (Kathmandu) - 8.8%

This is college (similar to TAFE in Australia) and is a 2-year program. The students here are funded for food (cook themselves), bedding, clothes (includes school uniforms), equipment/books for school attendance, medical care and mentoring. School and exam fees are quite high, depending on the quality of the college they attend and the study pathway they choose.

This level of education is quite difficult for FHC to afford, so our support goes to children that have achieved very good school results and have demonstrated a high level of commitment.

To support students through university would require funds beyond our present means. To-date we haven't had any students wishing to go on to university.

Batase Administration - 15.2%

This expenditure covers our overall manager, our village children's program manager (who manages the Hostel children as well as other village kids who we support so the family can afford to send their kids to school), a Hostel 'Mum', and other staff. This expenditure also includes various other infrastructure such as a small truck used for general transport and bringing product from other areas as required, and a motorbike for the manager.



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; Website: 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 on 0414 281 196

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 0414 281 196; or
- email 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 0408 180 201.

EMPOWERMENT THROUGH EDUCATION



Sponsor a child in Batase
www.f-hc.org/sponsor-now

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-now

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-now

FOR JUST \$150 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

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.