



Children basking in the afternoon sun in the garden of Pushpa's home, which she set up with the help of Shenpen and calls Children's Paradise.



A Loving Home for Orphaned Children - and flowers to make any gardener envious

Pushpa Ghimire is a 38 year old woman with a big heart, as well as a special talent at making her home for 10 orphaned children a delightful, vibrant, loving home. She has recently transformed her garden into a show of flowers that would make any seasoned gardener a bit envious.

We visited Pushpa's home, which she has named Children's Paradise, and found most of the children outside playing, with the rest inside working on homework. Eventually all of the children headed out front to the large compound play area, where we had a chance to interact with them and take some nice photos.

One of the two older boys in the home is Pushpa's son. When his father left he and his mother, Pushpa handled the loss by taking in 14 children who were displaced from their homes during the recent war in Nepal. That was in 2004-2005.

Pushpa says that having the children around her helped heal feelings of abandonment, and gave her son, then age 6, siblings to entertain him. When the war ended, seven of those 14 children were reunited with their families, with the remaining children, having been established as orphans, they remained with Pushpa and her son.

In 2006, a sister and brother came to live with Pushpa. Their father was dead and their mother was mentally disabled as a result of the war. Those two children were recently reunited with their mother, as she received treatment over these years and is fully recovered. In 2009 three more children came to live with Pushpa.

Pushpa often receives visitors to her home and many give one-time donations that help her feed and clothe the kids. Pushpa knows how fortunate she was to meet a couple from

the USA who have agreed to pay her rent and utilities, and a group of 10 friends from Australia who contribute funds to help pay for the kids' school tuitions.

Shenpen began funding this project in April 2011 by offering monthly funds to help pay for food and school fees. The funding she receives from Shenpen and the group of friends in Australia does not cover all of her food and school fees, but it certainly helps.

Pushpa says, "I am so lucky that Shenpen has agreed to help support my kids. Because of them my worries are less. Instead of having to worry about paying food bills each month, I only have to find a little bit more money to pay these bills. It's the same with school tuitions. I feel so blessed."



Sushila, one of the translators at VVHC, works alongside Felicity, a volunteer acupuncturist from Oregon, USA, with a patient. Below, left: a Tibetan doctor with a patient. Shenpen is funding Tibetan medicine, translator's salaries, and teaching aids - such as the skeleton - that facilitates training.



Vajra Varahi Health Centre - offering different healthcare traditions

The Vajra Varahi Health Center was opened in 2008, and is located in a small village south of Kathmandu, called Chapagon. Nicky Glegg is the Director of this center that was created by the visions of Phakchok Rinpoche, the President of Shenpen.

Shenpen funds have mostly been directed for the purchase of Tibetan medicine, so that even the very poor, who cannot afford to buy the medicine, have access to this alternative medical care. Shenpen funds have also paid for a skeleton and projector that are used as teaching tools in anatomy and physiology classes offered by Nicky Glegg and other practitioners. These classes are offered to local people who are interested in learning acupuncture, and to be translators for volunteer acupuncturists from the West. These teaching tools have made a world of difference in the deliverance of

their teaching, and helps them reach their goal of sustainability.

"The funding we have received from Shenpen has given our patients access to Tibetan Medicine. At Vajra Varahi Health Center we offer a choice of different health care traditions to our patients, which means they can choose the medicine that best suits them and their situation. Tibetan medicine is also made locally, much of it is grown in Nepal, and our practitioners are all local doctors. This all enables us to meet our main goal of sustainability. Tibetan medicine is the second largest expense at VVHC, and Phakchok Rinpoche, who is founder of VVHC and President of Shenpen, wants Tibetan medicine available to the patients at VVHC," says Nicky Glegg, Director of VVHC.

Mushroom Farmers - reaping the benefits of Shenpen Skills Training

Shenpen Skills Training offers funding to the Women's Cooperative Society of Kathmandu, that in turn offers skills training to interested women in the areas of vegetable farming, mushroom farming, goat raising, chicken farming, candle-making, flower-making, and the making of Nepali snacks called dalmoth.

Trainings are held in various locations in and outside the Kathmandu Valley.

This photo shows Sarita Lama , who took a seven-day mushroom farming training from WCS and now says she learned much more from this 7-day training that she had learned from other trainings she had taken from other organizations in the past. She now runs a strong and thriving mushroom farming business in Thankot, outside the Ring Road, growing two different kinds of mushrooms. One type is called Gour, and the other called Kavre. She says that Gour mushrooms are much more challenging and costly to grow than the Kavre mushroom. She learned how to effectively grow these two types of mushrooms, thereby increasing her productivity, and thus her profits.

She and her husband, along with six hired workers, work three



Thanks to skills training and increased productivity, Sarita Lama now has a thriving mushroom farm, which has enabled her to buy land and build her home.

different pieces of land where they grow two different types of mushrooms.

Her work offers salaries to her 6 staff, has bought land where she and her husband have built a house, enables her to rent two other pieces of land where they grow kavre mushrooms, and allows her two sons a good education.

Shenpen Skills Training has recently taken on another project in Rasuwa District , where training is offered to local people in the Dhunce area of Rasuwa District.

The highly successful experience of the Women's Cooperative Society (WCS) in making micro-finance and skills training available to low income women across the Kathmandu Valley has inspired the formation, from within WCS, of a new organization called, Mahila Sahayatra Microfinance Institution (MSMBS), which will take the micro-finance and skills training model to poor rural districts.

We look forward to sharing more on this project in future newsletters.

Shenpen is Growing - welcome to new members

We are pleased to welcome our newest members Bijay Yonian (sitting, far right) Tracy Joosten (standing, third from the left), and Claudia Roth (sitting, far left) to the Shenpen family. Barbara Datson, Shenpen's main funder, sits second from right.



Serving the Community - Tibetan Medicine Training

Imagine what it would be like being sick and having no doctor around, and the feelings of loneliness and hopelessness you would feel at that time. For many people living in remote villages in Nepal this is their daily reality, as the nearest health post may be days away. In order to enable these communities to access affordable, effective healthcare, which would improve their overall standard of living, Kyabgön Phakchok Rinpoche recently inaugurated The Tibetan Medicine Training Program on the auspicious Buddhist Festival of Lha Bab Duchon (17 November 2011), when he welcomed the first six students to this program.

The teacher, Dr. Ugyen Kalsang, born and raised in Ladakh, and a graduate of Ugyen Sorig Tsogpa Nee Changthang Medical College in Ladakh, has been a Tibetan doctor for many years. The first batch of six students in this program consist of three monks from Ka-Nying Shedrub Ling Monastery, our main monastery, and our branch monastery in Chapagaon. Three more students

The first batch includes three monks from Ka-Nying Shedrab Ling Monastery and its branch monastery in Chapagaon. Three other volunteer students are from the remote Nubri region on the border with Nepal.

are from villages in the Nubri region of Nepal, in north-central Nepal, bordering Tibet. The villages in this region are isolated, with no proper roads. They can only be accessed on foot, which challenges the villagers in having proper access to quality healthcare treatment.

This program is estimated to run seven years at the Riwoche Monastery in Tinchuli, Kathmandu, and the curriculum will cover all aspects of Tibetan medicine, including the making of Tibetan medicine. After completing this program, the trained Tibetan doctors will return to their respective monasteries and villages, thus providing self-sustaining, continuing healthcare treatment to their communities.

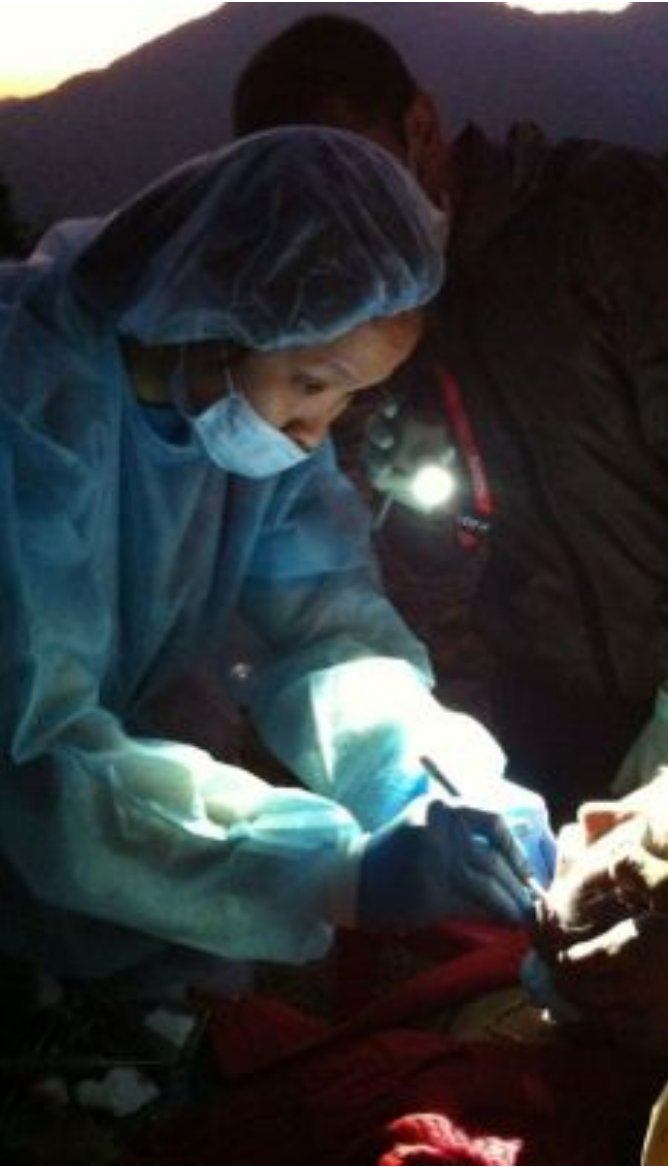
Dr. Ugyen Kalsang (left) with Phakchok Rinpoche (second, left) and the first participants of the Tibetan Medicine Training Program



Shenpen Appeal: Gift bags for children in Kanti Children's Hospital



Shenpen is providing cloth bags filled with the following items for the children in the Burn's Unit of Kanti Children's Hospital in Kathmandu, Nepal, as well as to the severely ill children in the general wards. Each bag holds a hand-knitted doll, made by a women's knitting group in the UK; a flashlight, pack of stickers, hand-held game with batteries, and a toothbrush and toothpaste. If you would like to purchase one of these gift bags that will be given to a child at Kanti Children's Hospital, then we will add your name to the bag, so the child knows it was a gift from you! Minimum donation is \$10.00. Payments can be made in the Shedra office at Ka-Nying Shedrub Ling; or through PayPal at www.shenpennepal.org



The dentists treated over 400 patients and the pharmacy dispensed free medicines, vitamins and anti-worming medicine.



Fifth Annual Dental/Medical Camp - ‘compassion into action’

On November 20th 2011 a team of 20 doctors and dentists from Singapore and Malaysia, along with three Nepali practitioners, loaded into six jeeps for the final 45 minute journey high into the hills above Pokhara. Their final destination was the village of Deupur, the site of an earlier dental camp held in 2008.

The steep, winding, unpaved road gave way to a spectacular view of Machupucchre and the Anapururna range. The steep, and most beautiful terrain, we learned, accounted for the prevalence of knee pain among the 1,050 patients that were seen by the medical team in the three days of this camp. Gastric problems, skin and eye infections, and back pain were other common medical problems. One patient with a large hernia was identified and referred for treatment in Kathmandu. Surprisingly, our blood pressure and diabetes screening revealed little incidence in this active, simple community, and patients were reassured to hear

they didn't suffer from the same ailments as their city dwelling relatives.

Our pharmacy staff was kept busy dispensing free medicines, vitamins and anti-worming medicine.

The volunteer dentists treated over 400 patients with fillings, and removing teeth.

Our support team provided excellent food and a camp fire each evening, where the volunteers relaxed in good company with each other and the stars.

Notwithstanding the long journey from Kathmandu and the privations of sleeping on floors, all the volunteers were inspired to continue to put Phakchok Rinpoche's wish of putting, 'compassion into action'. On the return trip to Kathmandu there was much talk about organizing the Sixth Annual Dental and Medical Camp in Nepal.

KAT Camp for Bungamati Dogs - an effective anti-rabies campaign

On August 15 to 18, 2011, a team of eight staff from the KAT (Kathmandu Animal Treatment) Centre in Kathmandu ran a most effective anti-rabies vaccination campaign in Bungamati, a small village on the south end of the valley off Ring Road. This was the third such camp funded by Shenpen for the dogs in the Bungamati area.

A total of 500 dogs received the anti-rabies vaccine over the course of the 4 days of this camp, with an additional 22 dogs that received other veterinary care, also offered by KAT Centre. This campaign also included an educational component, where the Education Program Officer of the KAT Centre visited Class 5 and 6 students in two local schools: 22 students of Tri Ratna Co-Operative School and 18 of Dibya Jyoti Primary School, sharing with them information on appropriate dog care and awareness.

Through the four days of the program, the KAT's team estimates they talked to roughly 600 adults and 100 children about topics such as rabies prevention, the needs of street dogs, and proper care of dogs. They distributed leaflets to around 250 adults and 200 children that contained

information about avoiding dog bites, rabies safety, and the KAT Centre's programs.

The people of the Bungamati area are deeply compassionate about the dogs they share their community with, and want their animal companions to be healthy and rabies-free. The KAT Centre staff feels that the support of the community has increased substantially since their last anti-rabies campaign in this area in 2007.

Shenpen thanks the people of Bungamati for their love and support of their dogs, and in helping the KAT Centre team do their work in providing free anti-rabies vaccines to the dogs in their village, making the Bungamati area one of the safest areas in the Kathmandu Valley for dogs, children and public at large.

500 dogs were vaccinated against rabies and an additional 22 dogs received veterinary care over the course of four days.



A Special Thank You to C.H.A.N.C.E. for Nepal

Shenpen runs completely on donations from people like you, and from a very important organization that works very hard to raise funds for our work here in Nepal. Barbara Datson, Founder and Director of C.H.A.N.C.E. for Nepal, UK, over the years, has diligently raised funds for most of Shenpen's projects. We also owe special thanks to Ulli Olvedi, Founder and Director of Tashi Delek, Germany, for her fundraising efforts that also support many of our projects.

Please visit our website to learn more about these organizations, as well as the projects we support here in Nepal. www.shenpennepal.org

Shenpen Income and Expenditure Report 2011

Total Income and Expenditure for 2011

	Income USD	Expenditure USD
Brought Forward	\$15,180.00	
2011 Income	\$80,414.00	
Animals		\$1,463.00
Education		\$29,533.00
Elderly		\$1,027.00
Health		\$18,229.00
Skills Training		\$6,071.00
Street Children		\$8,652.00
Project Coordinator		\$9,476.00
Running Costs		\$3,344.00
Totals	\$95,594.00	\$77,795.00
Balance	\$17,799.00	

