ANTI-RABIES VACCINATIONS
OFFERED IN BOUDHA AND SURROUNDING NEIGHBORHOODS

Over 20 volunteers and local veterinarian doctors supported Shenpen’s 4th annual anti-rabies vaccination campaign in the Boudha area on April 12, 13 and 18th. Over 900 dogs living along the small roads, dusty footpaths and tiny lanes were vaccinated in this campaign.

In the days leading up to the vaccinations, pamphlets were distributed to local residents and school children sharing information about the camp dates, as well as information on and how to care for pets, how to approach street dogs, how to recognize a rabid dog, and where to report needed emergency medical care for street dogs.

During the days of the actual camp volunteers helped locate the dogs, doctors gave the shots and volunteers sprayed each dog with red paint to identify its participation before the dog was released. The entire procedure took less than one minute per dog.

Andrea Bringmann, founder and director of Street Dog Care, the NGO that organized and ran this campaign, told us how she met a young local girl named Puja who lives at the beggars’ camp in Boudha. “As we walked together hand-in-hand, Puja turned to me and said, “You know, there are many dogs dying here.” Andrea assured Puja that she knew this and how she is saddened by it, but that is why she and her team are vaccinating these dogs. “We don’t want them to die. We want to help the dogs and we want to help you,” Andrea told her.

These anti-rabies vaccination campaigns are funded by C.H.A.N.C.E. for Nepal (UK)

CATARACT SURGERY
TEN ELDERLY PEOPLE RECEIVE TREATMENT IN BOUDHANATH

In the late spring 2012 Shenpen received generous funding from Gomde Scotland that was to be directed to support the elderly of the Tibetan community in Kathmandu. After a long search for the right project to support it was decided to use the funding for an eye camp in Boudha, organized by Shenpen in collaboration with Himalayan Roots to Fruits, a local nonprofit organization, and Professional Support Services Nepal (PSSN), a Nepal-based NGO that focuses on supporting eye camps for the poor in Nepal.

The camp was held on January 18, 2014 in Boudha, where 120 people were seen by a team of doctors. Out of these 120 people there were ten elderly who were given cataract surgery that led to their improved eye-sight.

We owe a big thanks to the organizers at Gomde Scotland for making this event happen!

MEDICAL CHECK-UPS
FOR ELDERLY WOMEN AT MATA TIRTHA OLD AGE HOME

On January 10th, 2014 the Program Area Head of Shenpen Health, Carine Sengelman, along with another nurse, offered free medical check-ups to the 19 elderly women living at Mata Tirtha Old Age Home. These women suffer from many complaints, such as high blood pressure, diabetes and thyroid problems. Shenpen Health hopes to continue with these check-ups on a monthly basis, and Shenpen Elderly and Mata Tirtha welcome this support since these women lack the resources to find medical support on their own and Mata Tirtha does not receive any funding for such on-going medical care for these women.

The funding for these monthly medical check-ups comes from Tashi Delek, Germany and private donations.
Shenpen Education is always happy to work with projects that benefit children living in villages outside the Kathmandu valley, so when they were again approached by SUK Nepal (Sindhu Utkarsh Kendra) to fund school supplies for 40 of the poorest young students from two village schools in Sindupalchowk District, the team was excited.

On May 2, 2014 Anamika Aryal, Shenpen Program Coordinator, made her second field visit to village schools in the Sindupalchowk area, about 80 km east of Kathmandu, where school uniforms, school bag and school stationary were offered to 40 of the poorest students. Two Danish visitors to Nepal, Uffe Tonup Kristensen and Bitten Petersen, along with SUK Nepal Director, Raj Kumar Bhattarai, joined this exciting trip.

The drive to the school sites takes around two hours, so the group made a stop in Dukhel for some of the best lassi (sweet drink made from yogurt) in the Kathmandu valley before arriving to the village in Sindupalchowk at noon, where they were received by Raj Kumar Bhattarai’s parents who served a lovely lunch of rice, lentils and vegetables to the visiting team. After lunch everyone drove to the first school, but since the children had already been dismissed from school (Friday’s are half-days) the teachers had to round up the children who would receive the school supplies from Shenpen.

After disturbing the bags, uniforms and school stationary to the children at this first school, the team drove on to another village school. Here, the students, parents and school staff were waiting for the Shenpen team, and a lovely program with speeches and requests for further funding followed. Anamika says, “The villagers were asking for a toilet for their school, as the children, especially the older girls, face many problems. I had to tell them that the Shenpen team will need to discuss funding for toilets. Right now we need to concentrate on giving the poorest of these children the basics needed for their education.”

For the visitors from Denmark, there was so much of this day to remember! Uffe told us that he was a bit scared with the ride out to this village, as, “The roads are not only narrow and sit on the side of a steep hill, they are full of boulders, and after the rains in the previous days they were slippery. We held our breath the whole way up to the village!” We can totally sympathize with these two visitors, who come from a small, flat country by the sea. But once they arrived and met the children all was fine. “Being with the children and seeing their needs made us want to do so much to help them,” admitted Bitten. “We were so happy to meet them and to see their situation.”

The team arrived home at nightfall, tired, but very happy with the day, and we expect the 40 children in these two schools in Sindupalchowk went to bed happy and appreciative for their new school bag, stationary and uniforms.

**TRAINING LOCAL WOMEN**

**MUSHROOM FARMING TRAINING BENEFITS 28 LOCAL WOMEN**

The Women’s Cooperative Society (WCS) organized its fourth, four-day mushroom farming training course in early February 2014, sharing fung farming skills with 26 women from Syuchatar-Baripai, a village just west of Kathmandu. This is the fifth year that Shenpen has supported WCS for vocational training with funding provided by C.H.A.N.C.E. for Nepal (UK). Thanks to this generous funding, around 250 women benefit from these trainings each year.

In addition to learning basic cultivation skills, participants visited Santa Lama, whose farming enterprise was highlighted in our November 2011 newsletter. Santa has been in the mushroom growing business for over 10 years and currently cultivating 47 mushroom tunnels which produce an astonishing 200-600 kg of mushrooms each day! Santa proudly told us that it wasn’t long ago that she once worked for others, but now she has purchased land, built a house, owns a vehicle, employs nine workers, and is able to offer her two sons a good education. This is quite an accomplishment and a source of great inspiration for the new trainers!

“WCS is doing a really good job in identifying the real needs of local women and in creating opportunities for them through their various skills trainings, and by teaching them how to use group savings to earn significant increases in their income,” reports Anamika Aryal, Shenpen Project Coordinator. “The course trainer also noted that the women in this training were very enthusiastic learners. They asked many good questions!”

WCS plans to conduct three more seasonal and off-seasonal vegetable farming training courses, and one more “Women Entrepreneur Development” course in 2014. The funds from C.H.A.N.C.E. for Nepal (UK) bring great benefit to so many low-income women in Nepal. Shenpen is very happy to play its part in bringing valuable skills to these 28 women, and to many others in Nepal.
On a cold day this past winter, Ms. Anamika Aryal, Shenpen Project Coordinator, along with Mr. Lali Shahi, Director of Volunteer Foundation Nepal, and Mr. Lobzang Sangbo, director of WEGAIN, arrived in taxis to the main road outside Boudha gate. It was an exciting day for the group of thirteen boys (ages eight to thirteen) living on the streets in the Boudhanath area of Kathmandu. The boys waited eagerly to unload the taxis which were filled with gifts of winter jackets, woolen caps, trousers, socks, shoes, blankets, and sleeping pads. Ms. Anamika, Mr. Lali, and Mr. Lobzang distributed the gifts, purchased by generous donations received from C.H.A.N.C.E. for Nepal (UK), to the young boys. This distribution, which alleviates the biting cold of the Kathmandu winter for these boys living on the street, began in winter 2012. Because it brings so much benefit, we intend to make it a yearly event.

“We are very happy today,” said Jivan Gurung. Another boy, Horbu Sherpa, told Anamika, “I am happy to get a new jacket. If these warm blankets are used by armies, and if they feel warm to sleep on the street with them, then so will I.”

The boys all said, “Thank you Anamika Ma’am and Lali Sir. Thank you Shenpen and C.H.A.N.C.E!” While only a small step in relieving ongoing suffering of these boys, it is an important one—making it through another winter means another chance at addressing deeper issues of addiction, lack of housing, and lack of education.

“Aaja chai mazza aayoo!” tr. Today, we will have fun said Ram Jha Tamang.

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**Clothes Distribution**

**To Children from Slum Area in Kathmandu**

On March 8, 2014 a fire raged through what is called Shanty Town in Kathmandu, leaving over thirty families homeless. The squatters living in this shanty town, mainly poor Indian immigrants who already had very few possessions, after the fire had none.

The blaze, which apparently broke out on a Sunday night due to an electrical short circuit, left these people completely destitute with nowhere to sleep that night. Firefighters attempted to put out the blaze at the Khimsengola slum but the 50-odd makeshift bamboo huts, which served as the squatters’ homes, burnt to the ground in a matter of minutes.

Upon reading this news Shenpen went into action, looking for clothes to offer the children who lived in this slum area. We contacted Ayelet Iliaan, who was a member of Shenpen Education in 2004-2008 (see Summer 2008 newsletter) but now lives in Hong Kong, to see if she could collect some children’s clothes and send them to Nepal. Ayelet was not only happy to help, she acted right away and collected two large bags of children’s clothes. By the end of March we not only had these clothes delivered to us, free of cost by a pilot with Dragon Air, but we had them distributed to the children living in this camp.

On Friday, March 28, 2014, Anamika Aryal and Mr. Shahi from Papa’s Home, distributed these clothes to 27 little kids of the slum area. This endeavor is a wonderful example of team work and corporate responsibility that extended outside Nepal.

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**2013 Income and Allocation Distribution in USD**

<table>
<thead>
<tr>
<th>Project Area</th>
<th>2013 Income</th>
<th>2013 Project Area Allocation</th>
</tr>
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<tbody>
<tr>
<td>Animals</td>
<td>$1,640.00</td>
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<tr>
<td>Education</td>
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<td>Elderly</td>
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<td>Health</td>
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<td>Skills Training</td>
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<td>Street Children</td>
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<tr>
<td>Operations</td>
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<tr>
<td><strong>Total</strong></td>
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<td><strong>$35,880.00</strong></td>
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**2013 Project Area Allocation**

- Animals
- Education
- Elderly
- Health
- Skills Training
- Street Children
- Operations