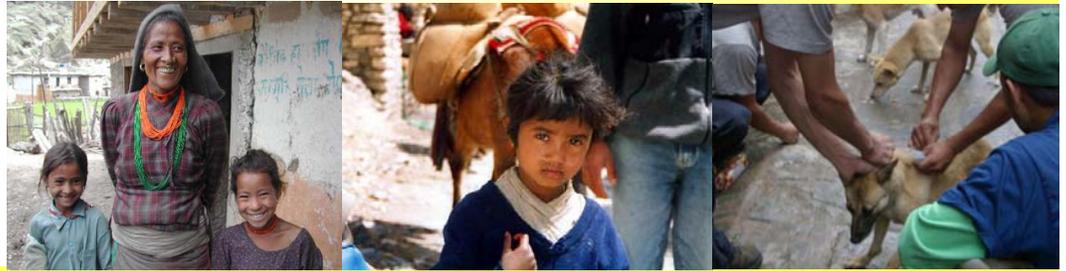


Shenpen

Fall 2007

Issue II

Rangjung Yeshe Shenpen



Shenpen Newsletter

News from the Committees:

Health	1
Education	2
Street Children	3
Elderly	4
Animals	4
Skills Training	6
Shenpen Team	6
Financial Update	7
Getting Involved	8
Acknowledgements	8

Dear Friends of Shenpen,

We hope this newsletter finds you happy and in good health!

Thanks to Shenpen supporters, many great projects have come about in the past months. In this issue you will find a brief report of our progress in the past year.

As always, we hope that you will continue to be involved with Shenpen through your good wishes, advice, and support. There is still much more to do...!



Photo: Mobile Health Clinic

HIGHLIGHTS:

- UK-based charity, C.H.A.N.C.E. for Nepal, raised £13,000 for Shenpen through its *Auction of Promises*.
- 2 girls and boys are able to receive an opportunity to study through school sponsorships.
- Over 100 burn patients have been treated at the Bir Hospital.
- Free dental camps administered to over 1,000 people.
- Over 200 street children have received first aid treatment and medical support.
- About 400 street dogs have been vaccinated against rabies.

News from the Health Committee

Bir Hospital Burn Unit, Kathmandu

With its generous donation from C.H.A.N.C.E. for Nepal, Shenpen continued its support to the 6-bed Burn Unit at Bir Hospital. In 2006, the Hospital admitted 102 burn patients to their unit. 50% of the burns were caused by kerosene (most common fuel used for cooking). There was an equal number of male and female burn patients admitted. Most of the patients had burns that covered 20-40% of their total body surface. Half of the patients were between the ages of 20 and 30 years old

and were from low income groups. While approximately 54% were discharged from the hospital after various numbers of days in the unit, around 25% of the patients died from their burns. The unit has an active role in providing counseling to patients and family members to help with adjustment issues, marriage and family problems, and to provide psychological support. The medications and various supplies Shenpen has provided this past year has helped the patients admitted to this Unit recover from major burns.

Vitamins for Children

Children's vitamins were donated this year by a Malaysian group. They were given to a mobile health camp that was held in a remote Nepali village called Lisankhu. The medical team treated 1200 people and dispensed the vitamins to anaemic and malnourished children.



News from the Health Committee *cont.*



Mobile Clinics

Shenpen, through support from C.H.A.N.C.E. for Nepal, has extended its collaboration with Social Action Volunteers (SAV) that helps the poor in rural areas with limited access to health care by providing mobile clinics. The mobile clinic provides medications for a variety of illnesses including respiratory problems (bronchitis, asthma, and emphysema),

diarrhoea, skin problems, arthritis, and anaemia. The Mobile Clinics are slowly changing their focus to providing health care and education to children in these remote areas where there is no health care whatsoever. They are conducting physical exams including hematocrit checks and deworming every six months. If a child has a health problem needing further investigation, they are

referred to Kanti Children's Hospital in Kathmandu. The doctors have also spent time recently focusing on updating medications they use regularly to provide better treatment.



Dental Camps

In March 2007, returning to Nepal for the second time, the dental team from Singapore held free dental camps in several outlying areas of Kathmandu. They performed extractions, simple fillings, and cleanings, as well as teaching dental hygiene. They were able to treat nearly 1,000 people over a period of 6 days.

Medical Clinic

The construction of the medical clinic in Chapagaon under the guidance of Phakchok Rinpoche, has almost been completed. This clinic is situated in Chapagaon, a village southeast of the Kathmandu Valley. The Clinic will provide services to the surrounding villages and people in the area. Some of the projected services include acupuncture, Tibetan and Chinese medicine, and allopathic medicine.



News from the Education Committee

Educating Poor Children in Nepal

The Education Committee's primary emphasis has been to provide support to children with learning disabili-

ties. This committee has been very fortunate to have had the support of two highly qualified volunteers who worked with the aims of this committee by teaching students English, tutoring chil-

dren with learning disabilities, and offering teacher training to interested staff at Pegasus School in Jorpati, Boudha, Kathmandu.



News from the Education Committee cont.

In the spring of 2006, Nick Stangenburg taught English at the school for three months, and in the fall of 2006 Jane Withers tutored a child with learning disabilities and for the following seven months offered teacher training to a handful of staff on a weekly basis on how best to serve the needs of children with learning disabilities.

Another area in which the Education Committee has worked is to provide educational sponsorships for underprivileged children. There

are many children in Nepal who are restricted from an education because their parents are too poor to cover their school expenses. C.H.A.N.C.E. for Nepal has raised funds for Shenpen to currently sponsor four boarders and three day scholars at Pegasus School, three boarders at Shangrila School and two day scholars at two other schools in Boudha. C.H.A.N.C.E. for Nepal has also allowed Shenpen to cover the salary of a teacher at Pegasus School, which has enabled the school to reduce

the class size and create two separate classrooms with 30 students per class.

Shenpen has also supported a small project where seven mentally challenged boys live, the money going for educational supplies and physical therapy for two young boys. The project's name is Buddha Jyoti Himalayan Youth Club, and is registered with the government as a social service organization. Donations for such sponsorship are greatly welcomed.



News from the Street Children Committee

First Aid and Medical Services for Street Children and Youths

Shenpen has continued its support of SathSath, a local NGO working with street children. Since March of this year, with its generous funding from C.H.A.N.C.E. for Nepal, Shenpen has been providing support to SathSath's 'First Aid and Medical Services for Street Children and Youths' as well as establishing an Emergency Fund. The organization is able to give first aid treatment for minor cases, medical checkups, medicine, hospital support, and 24-hour emergency case management.

SathSath is also providing washing and shower facilities for the children and youths at their drop-in centre. First aid training was given to the

frontline staff, facilitators, volunteers, and peer educators (street children).

Over the last four months, over 200 children have benefited from first aid and 59 cases referred to the hospital. Some of the children require short and long-term treatment but are not admitted to the hospital for general cases. Thus, SathSath provides one room at their drop-in centre for children to stay during their treatment. Since March 2007, 19 children have received accommodation and food while they were being treated for their illnesses.

Emergency Fund

Shenpen will continue further support to SathSath for the remainder of the year. The support will go towards establishing an "Emergency

Fund" for serious and long term medical cases. This allows for immediate care for street children and youths who may require emergency care and treatment. It will also provide a visiting doctor on a monthly basis (for 6 months) at all 3 centers, as well as covering some basic medical equipment for the checkups.

Lastly, in May SathSath visited the American International School and performed a drama on street children issues. The drama involves street children who write and perform the show themselves, with some support from SathSath. It was well received and the money raised from the production went to SathSath's street and theatre drama program.



News from the Elderly Committee

Meeting the Basic Needs of the Elderly

The population of Nepal is aging but little action is being taken to help the increasing number of elderly. Care for the elderly has traditionally been the responsibility of the extended family in Nepal. However, the rapid urbaniza-

tion of the country, and the migration of sons abroad to find work, is resulting in a breakdown in the extended family, and in increasing numbers of elderly people being left without any support. There are a number of elderly people who live at the Asura Cave Gompa in

Pharping who depend on others for their support and find it difficult to make ends meet. Currently Shenpen is providing support to ten elderly people by helping to meet their food requirements.



Photo: View of Pharping village where Shenpen is providing support to a group of elderly people.

News from the Animal Committee

Promoting Animal Rights

The Animals Committee has focused its activities this year on raising awareness about animal rights, in particular, street dogs and cats in Nepal. It is working extensively with the Kathmandu Animal Treatment Centre (KAT Centre) to help vaccinate street dogs against rabies and provide awareness programs in schools.

The following activities described below have been implemented through the support of Shenpen and C.H.A.N.C.E. for Nepal.

Mass Anti-Rabies Vaccination Program

Bungamati and Khakana are ancient craft and farming villages a few kilometers south of Kathmandu. There are about 400 dogs living in the streets of Bungamati and Khakana. The villagers live very simply and had neither awareness nor financial means to vaccinate and treat street dogs.

Prior to the actual anti-rabies vaccination camp, the KAT Centre gave talks on animal awareness, the prevention of rabies, and treatment of dog bites to three schools in the Bungamati area.

During the anti-rabies camp, KAT displayed information and handed out pamphlets on caring for dogs and the importance of rabies shots, especially as protection for the human population. All in all, 417 dogs were vaccinated and 70 dogs were treated for existing diseases.

It was also very encouraging to see how the local people started to show concern for the dogs, some of them even actively helping with the campaign. Further anti-rabies vaccination camps in areas adjacent to Bungamati and Khokana will be carried out in the next month.



News from the Animal Committee *cont.*

Other Activities Conducted:

The Animal Committee has also been involved in other activities which include:

- Treatment of about 100 sick dogs and cats.
- Daily feeding of about 60 street dogs in the Kathmandu area.
- Visiting animal shelters with school students.
- Finding homes for street animals.



Puck's Story *One Kitten's Miraculous Survival*

It was one evening, around 9 p.m., when a Lincoln School girl called our home telling us that she had found a tiny orange kitten in a dumpster. The little creature was wrapped in a cloth, put in a cardboard box, and thrown on a pile of garbage. The girl had waited all afternoon to see if the mother would show up. Finally she gave up and called us, since her parents were not at home and she knew we had taken in several animals in need.

We sent our guard to pick up that kitten. Oh, what a sight! The little thing was so tiny! We guessed that he was about ten days old, but knew from experience that is very unlikely that such a young kitten would be able to survive, even with full care.

The first issue was drinking. Our new friend wasn't very happy to be

fed with a dropper. He didn't drink much. He really needed a nipple. Suddenly I had the perfect idea: I took a surgical glove and filled it with a mixture of egg, vegetable oil, and formula (a recipe for tiny orphan kittens I downloaded from the internet). Then I pierced a tiny hole in one of the fingers and held it to our tiny kitten. He loved it! He immediately started purring, drinking, and kneading at the same time – just as he would with his mother! We also bought him a fluffy orange cloth and some stuffed toys to cuddle up with at night.

Our guard kindly agreed to sleep with the kitten in our guest room and take care of him, which was not an easy job. In the beginning, he had to get up every two hours to feed the little baby, which we named "Puck" (after the main character of Shakespeare's 'Midsummer Night's

Dream').

Every day we were worried that he wouldn't make it another day, but Puck held on, drank, purred, and grew. We also had the vet check on him regularly.

After three months, Puck has grown into a beautiful young kitten, with a happy, flirting spirit. He now lives with us and our six other cats. Our old tomcat, the "King Cat" Sonor, adopted him immediately, grooming him, and teaching him athletic "cat moves".

He has now found a home with an expat friend of ours in Boudha, who will adopt Puck next weekend.

For me it is such a miracle that Puck survived, and I'm very happy that he found a loving home.



Puck (June 07)



Puck (August 07)

News from the Vocational Skills Training Committee

Supporting Disabled Adults

The vocational skills committee has identified one project for support in the Fall of 2007. This is a handicrafts project for residents of a home for disabled adults on the outskirts of Kathmandu. Further details and a progress report will appear in our next newsletter.

Invitation from Your Shenpen Team



The Shenpen Team would love to hear from you!
We would also be delighted if you were to join any of the
Shenpen working areas!

Carrie Sengelman
Chair – Health Committee
Email: health@shenpennepal.org

Martha Ambrose
Chair – Education Committee
Email: education@shenpennepal.org

Greg Whiteside
Chair – Skills Training
Email: skills@shenpennepal.org

Roger Hodgson
Chair – Elderly Committee
Email: elderly@shenpennepal.org

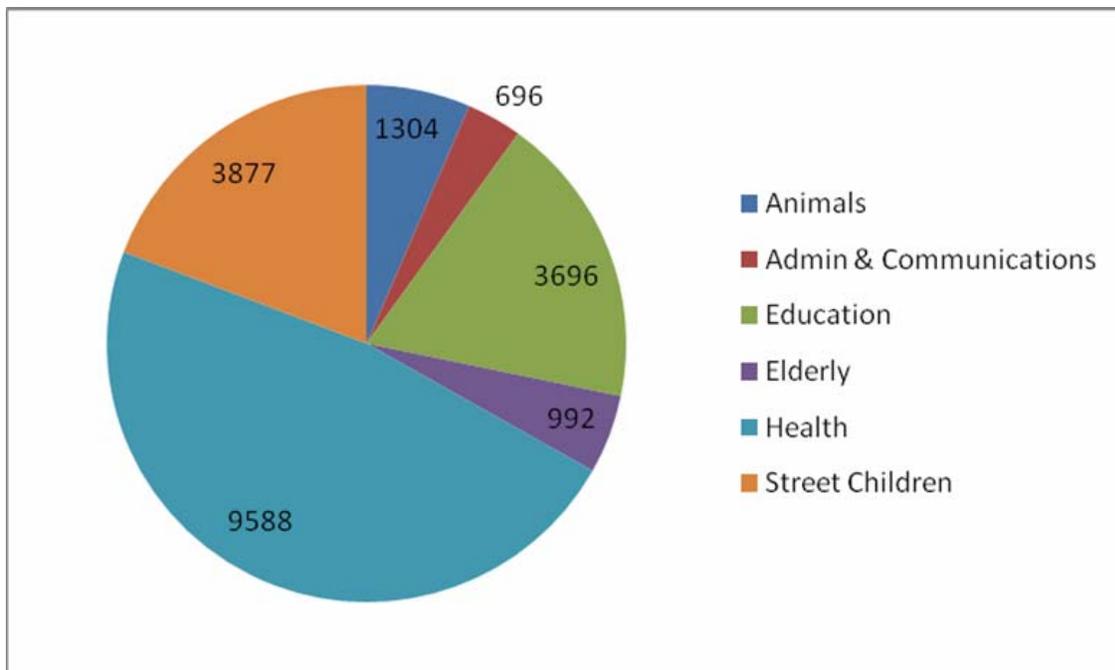
Jennifer Appave
Chair – Street Children
Email: streetchildren@shenpennepal.org

Tina Lang-Warren
Chair – Animals Committee
Email: animals@shenpennepal.org

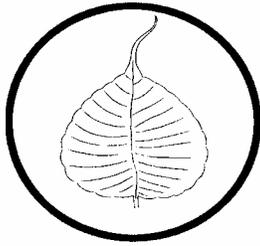
Financial Summary (2006–2007)

Income and Expenditure Report in \$US: 1st Jan – 31st August 2007

Total Income	\$ 32,998
Animals	1,304
Admin & Comms.	696
Education	3,696
Elderly	992
Health	9,588
Street Children	3,877
Total	\$ 20,153
Balance	\$ 12,845



Rangjung Yeshe Shenpen



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We can also be found on the web!

www.shenpennepal.org



Getting Involved

To make a financial contribution, please visit:
www.shenpennepal.org.

If you would like to learn more about Shenpen or are interested to volunteer your time, skills and experience, you are invited to contact us at info@shenpennepal.org or visit our website for further details.

Acknowledgements

We would like to give a special note of thanks to all our kind donors and supporters. In particular, we would like to thank our two major sponsors – C.H.A.N.C.E. for Nepal, UK, and Tashi Delek, Germany. C.H.A.N.C.E. for Nepal has been supporting Shenpen for the last 3 years and has raised a total of £33,000 through its annual auctions. This year between C.H.A.N.C.E. for Nepal and Tashi Delek, they have donated over US \$30,000 to Shenpen projects that have directly

benefited the poor and disadvantaged.

In the spring, for the second year in a row, a dental team from Singapore worked tirelessly for 6 days to provide treatment for over 1,000 people – many of whom come from low income families and would not have had the opportunity for such treatment. Much gratitude and thanks goes to the dental team, all the local volunteers who supported this wonderful initiative, and especially Dechen Pal-dron, Kipo-la, Samten O’Sullivan and Kristina

Burazin for organizing the event.

We would also like to express our sincere appreciation for two of our volunteers, Jane Withers from the UK and Nik Stangenberg of Germany. Jane trained teachers at one of the schools to work with children with learning disabilities. Nik taught English for three months at the same school. Their time and efforts made a large and visible impact on the children and teachers at Pegasus School.

Thank you

Danke

Thug-je-che

Merci

Danyabad