



"How wonderful it is that nobody need wait a single moment before starting to improve the world." -- Anne Frank

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SEPTEMBER 13 UPDATE



Wednesday morning at 5:45 the buses arrived and we loaded 135 children, two dogs, staff, volunteers, 30kg bags of rice, 10kgs of vegetables, dahl, biscuits, tea, 2 tanks of cooking gas, two cook tops, huge kettles, plates, forks, cups, water and washing tubs and were on our way by 6:15; the kids excited conversations and bits of songs in English and Nepalese falling from the windows as we cut our way through the early morning traffic and into the relative open road 45 minutes from home.

[Read more](#)



NEWSLETTER

APRIL 10 CELEBRATION EVENT IN DAVIDSON, N.C.

Nepal Orphans Home's Board of Directors met in Davidson, NC, on the morning of April 10th, 2010. Michael Hess, founder of NOH and Director of Operations in Nepal, came to the U.S. to report on present conditions in Nepal and his vision for a future campus. In conjunction with the meeting of NOH directors, an afternoon celebration event was attended by over 150 friends from the Davidson community and Michael's family members from as far away as California, Maine and Florida.

This event recognized Michael's steadfast commitment to Nepali children and celebrated NOH's first five years as a recognized public charity supported by generous and kindhearted people from all over the world. The celebration included presentations by former volunteers, short videos of the Nepali children, and a silent auction. Food prepared by Davidson friends was exceptional! A month-long exhibit of photos taken in Nepal by volunteers and Michael was displayed in the Davidson College Presbyterian Church's Congregation House, where the celebration event was held.

SUCCESS!! FIRST ANNUAL YOGA FOR FREEDOM EVENT



We previously advertised a very special yoga event to be held in Nepal this summer and are pleased to announce that it was a resounding success. One of the participants, John Vourlis, wrote the following report about this unique trip and fundraiser:

This past June, 18 Yoga teachers and students from across Cleveland (and one from Hong Kong) traveled on the inaugural Yoga For Freedom trip to Nepal. Jesse Bach, one of Nepal Orphans Home's Advisers and Executive Director of the [Imagine Foundation](#) (which raises money for NOH) and Michael Hess, founder of NOH and Director of Operations at Papa's House, developed the concept of a trip that would unite the yoga spirit with the beautiful natural landscape of Nepal.

The purpose of the Yoga for Freedom trip was to raise awareness and funds for the children at NOH, many of whom have been rescued from the Kamlari system of child slavery/indentured servitude. This practice of indentured child labor is still prevalent, especially in the rural areas of Nepal that border India. Young girls are sold by their parents to local landlords or urban households as domestic laborers called "Kamlaris". These girls are frequently abused in various ways and they are rarely educated. Moreover, tragically, many of them are moved around and some

end up in the sex trade. [Learn more about the Kamlari system and how NOH helps.](#)

Echoing the experiences of many who volunteer through [Volunteer Nepal](#), the band of yoga brothers and sisters who traveled to Nepal to participate in the Yoga for Freedom trip not only met and worked with the great kids at Papa's House (some of whom are ex-Kamlaris), but also they became a part of the NOH family in the process. Furthermore, the Yoga for Freedom participants traveled to the Dang Valley, the somewhat remote region in which NOH's rescued Kamlari girls were born and lived until they were moved to Kathmandu. There, the participants visited the Lawajuni home in Narti and spent time with girls who are mostly former Kamlaris. Meeting the children at NOH and at Lawajuni was a life changing experience for everyone involved. Hearts were touched deeply and minds opened profoundly.

In addition to the life changing experience of meeting the children, the group also enjoyed visiting the birthplaces of Yoga, Buddhism, and Hinduism, along with the many natural wonders of Nepal, including a flight down the Himalayas to Mt. Everest, an elephant safari in Chitwan National Park, and a day of silent meditation at Namu Buddha monastery.

The participants in the First Annual Yoga for Freedom trip were so inspired by their experiences that they are now making plans to publish a book based on journals that they kept. Their book will showcase the spiritual, mental, and physical journey of 20 people who went to Nepal to help some amazing children. At the same time, they hope that it will shed light on the Kamlari system and awaken peoples' minds about how others live. They intend to donate 100% of the net profits from the book to Nepal Orphan's Home.



Part of the cost of each Yoga For Freedom participant's trip was donated to NOH to cover the expense of supporting and educating one rescued former Kamlari for a whole year! Taking this journey and seeing firsthand how children's lives are being changed was an amazing, deeply moving experience for everyone

involved.

The Yoga for Freedom trip will be repeated annually. If you are interested in joining us for the Second Annual Yoga for Freedom trip in 2011, please contact Jesse Bach at theimagebenefit@gmail.com or check out www.facebook.com/imaginebenefit for more information.

VOLUNTEER REPORT

Jake Hickey



Jake Hickey found his way to Volunteer Nepal from Australia and stayed for five months. He would probably never have gone to Nepal if his career plans had not been derailed. What initially seemed like bad luck, however, led him to something wonderful that will be with him forever:

I first decided to come to Nepal when I was unable to follow my chosen career path due to medical reasons. I was not happy with what I was doing at home and I knew that I wanted a change. My original thoughts were of a long holiday, but the more I thought about it, the more I realized that the best way to really experience a different culture would be to volunteer and have a 'working holiday.' I was looking for a physical challenge, and the thought of something on the 'tourist trail' made me cringe. [Read more](#)

Kaela Lapp



21 year old Kaela Lapp is a social work and religious studies college student at the University of Wisconsin-Madison. She went to Nepal because she loves to combine travel with meaningful work.

Kaela describes her time working in Bigu as "unforgettable and amazing". While there, she taught three classes of English to young nuns and then two more classes in a Sherpa school down the mountain each day. Even with this schedule, she had enough time for extra lessons and plenty of play time with the nuns. She reports that, when looking at them, it was initially easy to forget that the maroon robed nuns with shaved heads were really just young children. Their laughs and giggles, however, provided a quick reminder.

Kaela found that getting to know the nuns and the students at the Sherpa school was not merely great fun, but also fascinating and educational: "My stay there was packed full of cultural and religious education. I think I learned more in those three weeks than I could have in a yearlong class about Buddhism or Tibet or the Sherpa people. The things I learned, about those I was working with and about myself, will never leave me. My weeks at Bigu were full of teaching, learning, laughing, and growing and was one of the best times of my life."

[Read about other volunteer experiences](#)

STOCK DONATIONS

NOH is pleased to report that an account has been set up to receive stock donations. There may be significant tax advantages to donating stock directly to Nepal Orphans Home since donors may avoid paying capital gains tax on appreciated shares. Of course, NOH cannot provide tax advice and donors should seek advice from tax professionals in connection with their stock donations.

If you wish to donate stock to NOH, please contact Barbara Hess, Treasurer of NOH, Inc., to obtain the routing number for our account. Barbara can be reached via email at bhessnc@aol.com.

THANK YOU!



In anticipation of the frequent power outages she would be experiencing, one of our recent volunteers purchased a Princeton Tec headlamp prior to coming to Nepal. After realizing how lightweight and handy the headlamp would be, she contacted the company to see if they would be willing to donate some for use by the house managers, didis, or children. Within the week, six headlamps were heading our way, packed in the suitcase of one of the Yoga for Freedom participants. They are being used frequently for a variety of purposes, one of them dispensing nighttime medications. Thank you to Princeton Tec!

We are grateful that, after they return home, many generous volunteers engage in fundraising activities or request that guests at their birthday and wedding events make donations to NOH in lieu of giving gifts. Although we appreciate everyone who supports NOH in a myriad of different ways, it is not possible for us to thank all of these thoughtful people individually in our newsletters. We take this opportunity, however, to share a few of the ways that volunteers have contributed recently:

First, Laura Handy, a volunteer in the Volunteer Nepal program in the summer of 2009, was inspired to help raise funds after she went home. In the spring, Laura and her fiancé, Justin Nimick, organized a family fun run they called the "Driftwood Dash", which was held in Driftwood Point Park, Washington. This well-organized event offered a T-shirt for participants and included children,

dogs, and many of the couple's friends. As if that fundraising event were not enough, as a wedding present to each other, Laura and Justin treated all of the over 130 children at Papa's House to a pool party at the Nature Club in Dhapasi on the same day as their wedding in early July. Moreover, many of their friends honored Laura and Justin with a wedding gift made to Nepal Orphans Home.

In addition, we are very pleased that even young children are helping us now: Olivia Warren of Shaker Heights, OH, celebrated her 7th birthday and, in lieu of gifts, Olivia generously and selflessly accepted donations which will help to support the girls who have been rescued from indentured servitude. These girls are now living in one of our four children's homes, safe from abuse and neglect, and attending school. In addition, twins Katarina and Philip Sparling of Charlotte, NC, raised money for our children as they celebrated their 5th birthday with a gathering of friends at My Gym. This is the second year that Katarina and Philip have decorated collection boxes for use at their birthday celebrations, in order to collect funds to pay for food and clothing for our Nepali children. A big thank you to Olivia, Katerina, and Philip and hats off to these thoughtful parents who are instilling a worldly awareness not only in their own children but in their young friends.



DONATE

Nepal Orphans Home receives no government support and relies on the contributions of individuals sharing our mission to provide for the welfare of children in Nepal who are rescued from slavery, orphaned, abandoned, or otherwise not supported by their parents.

Please help support our amazing kids by [making a donation](#) in any amount at [our website](#). A [wish list](#) is available for those who wish to make contributions for specific purposes. Alternatively, various gift packages and descriptions of current projects are available at [Universal Giving](#).

Contribute just by conducting internet searches using the Goodsearch search engine at www.goodsearch.com and designating Nepal Orphans Home as the recipient of the funds raised by your searches. Goodsearch can also be used for online shopping, through which leading companies donate a portion of the sales to Papa's House. We have also been

informed that it is possible to donate money while you browse the web on a new, free, Firefox-based browser called GlobalMojo.