
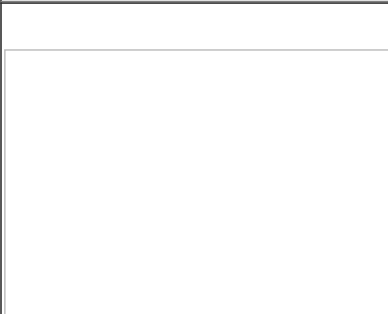




<p>Introduction</p> <p>Projects</p> <ol style="list-style-type: none"> 1. Help Nepal Health post in Mugu 2. Sarlahi Eye Camp completed 3. Buddha primary School, Champi - ongoing construction 4. Saraswati Secondary School <p>Fundraising Events</p> <p>Navin Dhakal marathon run</p> <p>Numafung helps raise \$3,400 in New York</p> <p>Fast for Nepal !</p> <p>2000km walk across India</p> <p>D2Hawkeye Donation</p> <p>Network News</p> <p>HeNN-USA earns tax-exempt status</p> <p>Visit to Nepal team</p> <p>Conclusion</p>	<p>Introduction</p> <p>The last few weeks have seen turmoil in Asia . Such was the devastation from the tsunami that people around the world rallied together to help and do something.</p> <p>Individuals within HeNN are helping on a personal level too. From working with the Salvation Army in Australia to collecting clothes in UK for the victims.</p> <p>Natural disasters such as this are rare but when they occur, they test the very depth of humanity. The unrolling events show that there is much goodwill in all of us. As 2005 begins we all hope and pray that such an event does not occur again.</p> <p>Turning our attention to Nepal we realise there is much to do. With small steps we hope we will continue to make a difference to peoples lives in the remoter parts of the country. Below we have summarised different activities within HeNN over the last few months. More details can be obtained via our website www.helpnepal.net and we always welcome feedback via admin@helpnepal.net.</p>
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PROJECTS

<p>Help Nepal Health post in Mugu</p> <p>Our healthpost in Mugu is operating well. It is also slowly gaining the confidence of the locals. Thanks to your support we have now employed two healthcare staff and are in the process of training a further local to provide womans healthcare services.</p> <p>Funds are being received from other organizations who see a real impact being made in the area helped by the health post. Jack Starmer from Health Care Nepal has approved a further grant of US \$4000 for the health-post. The organization had already donated US \$1000 in June 2004, and this has been spent on medicine and medical equipment.</p> <p>Similarly a London Teaching hospital, the National Hospital took medical equipment worth almost US\$2000 to Kathmandu on a recent Trekking trip and handed over to HeNN in Kathmandu. Dr Ian Calder, a Consultant Anaesthetist at the National Hospital who helped transport the equipment spoke highly of the team in Nepal who received the equipment and also of their desire to do something worthwhile for the country. One of the members on the trek made a personal donation of US\$ 3500 towards the healthpost. Part of the donation is being used to buy a much needed oxygen concentrator for the healthpost.</p>	 
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<p>Sarlahi Eye Camp completed</p>
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Sheer dedication by our team in Nepal helped make this eye camp a huge success. Sarlahi is located in the Eastern Terai region of Nepal – a region with very little healthcare access. Our local partners were the Yadav Sewa Samiti and B.P Koirala Ophthalmic Institute. With an outlay of approximately \$4000 we were able to perform almost 200 cataract operations and to check the eyes of a further 3000 patients. Patients who were sure to become blind within a few months were selected for surgery.

Chabila Raya, a local resident had this to say: " *Before the operation I was not able to see with my one eye and vision of my other eye was also not very clear so I could not even work properly due to my eye sight. Now I can see, now I can work which will help me fight my poverty. Now I can work and make a living; 'tapai harule thulo dharma ko kam garnu bhayo'*".

Buddha primary School, Champi - ongoing construction

The construction of Buddha Primary School in Champi is going smoothly. HeNN dedicated US\$ 4200 to help rebuild the school earlier this year. Construction had been deferred till after the monsoons. It is expected to be complete within the next month. The new building will have an enormous impact on the children. The Schools principal added, " *the new building will release the students from the cave like suffocating classes into the fresh and healthy environment* "

During the building construction period, Nepal team and HeNN Australia Treasurer Ranjan Koirala visited the site several times.

An Australian volunteer Simon Bond helped for 2 months teaching English in Buddha Primary school –Champi even while construction was ongoing. He was welcomed by the community and given accommodation by the School Principal. We are pointing other International volunteers who contact us and who wish to help towards this School as it is conveniently located and in desperate need for both infrastructure and funds.

NEW PROJECT

Saraswati Secondary School

HeNN has teamed up with a local partner, the Sudal, Earthquake Resistance Society to construct the roof of a School in Bhaktapur. Lack of funds for the roof had prevented the proper functioning of the school. A contribution of US\$2275 on behalf of HeNN was handed over on 1 st Jan 2005 to the School Authorities. We expect completion of the roof within the next 1 month and over 400 students to benefit following this.

FUNDRAISING EVENTS

Navin Dhakal marathon run

Navin has given a new meaning to Gopal Yonjon's song, " *Deshle ragata maage ...*". Perhaps we all should shed our blood in this way. Let us listen to our heart; perhaps it is saying: " *Run, Bhola Run* "

With amazing willpower, stamina and dedication and despite suffering a serious ankle injury days before the marathon, Navin completed a 56km walk in Canada . He says he wanted to perspire and inspire others. All this, not for recognition and fame but purely out of the desire to help Nepal by collecting money from bystanders and well-wishers. And Navin did walk on. Like Forrest Gump, Navin ran and ran – forgetting the pain of blisters and injuries and only wondering how much money he could raise for Nepal .

Navin a Chemical Engineer who teaches at Pearson College , Canada raised US\$ 2700 through this effort from over 80 individuals around the world.

Numafung helps raise \$3,400 in New York

Following the success of Numafung in Boston, HeNN-USA organized a second screening of the movie at Columbia University in New York on October 3, 2004, to raise funds for Help Nepal Health Post in Mugu. More than two hundred watched this powerful feature film about Limbu people of Nepal (director/producer - Nabin Subba). The New York Team, led by Abhaya Shrestha raised about US\$3,400 through ticket sales and donations. HeNN extends its special thanks to Nabin Subba for lending his creation for Help Nepal Network.

Fast for Nepal !

Students from different parts of the world, led by a 17 year old Nepali in the Philippines completed a 2 day fast between the 23rd and 26th of November 2004 to help raise awareness and funds for the Health post in Mugu.

Suvayu Pant studying in Grade 12 at the International School of Manila took the lead and campaigned in association with the South Asian Cultural Club of the school to hold the charity event.

What started as a local- school project, evolved into an international fund raising event. Countries where concerted effort to raise funds were made included the Philippines where approximately \$500 was raised in just 2 days. Other countries participating in the fundraise included USA and Canada and the preliminary total raised so far is \$2400.

2000km walk across India

Stephen Watkins, a resident of London decided to help in a different way. He organised a 3000km walk across India and Nepal and appealed for sponsors. He financed himself and all funds raised through the walk was dedicated to the health post in Mugu. Using his sources in London he raised US\$1300 and this has been received into the UK account of HeNN.

Unfortunately he was only able to complete 2000km of the walk as problems close to the Nepali border made it unsafe to walk alone. On his return to the UK we asked him about his trip: *"I was disappointed not to have reached Nepal , which lay less than 100km to the east, but was satisfied that the trip had at least fulfilled some personal ambitions. I am also glad to have helped raise some funds towards the health post in Mugu. It will give thousands of villagers' access to basic health care that most of us take for granted.*

I would like to take the opportunity to wish the Help Nepal Network all the best in their work and hope the problems in Nepal are resolved quickly and peacefully for the benefit of everyone living there."

D2Hawkeye Donation

This USA based company D2Hawkeye provides data mining and analysis software and consultative medical services to the self-insured health care market and large physician groups. D2Hawkeye generously donated a total of US\$ 2250 towards HeNN's effort in December 2004. Rudra Pandey, one of the founders of the company (husband of Muna Joshi HeNN USA member), provided the impetus to motivate the winners of the company charity draw to donate the proceeds to Help Nepal. Jo Anne Hunt and Thakur Gyawali who won US\$1750 and US\$500 respectively and donated all the proceeds to HeNN.

NETWORK NEWS

HeNN-USA earns tax-exempt status

HeNN-USA has now become a tax-exempt charity in America. All donations made to HeNN-USA from February 2004 will be tax-deductible. HeNN-USA hopes that the tax-exemption will encourage Nepalese and Nepali businesses to make significant contributions towards the cause of supporting the needy communities in Nepal in the field of health and education, and in emergencies. Mabi Singh led the effort with patience and perseverance. Special thanks to Jack Starmer of Healthcare Nepal for critical advice and help during the application process.

Visit to Nepal team

Over the course of the last few months members of HeNN teams across the world have visited and been updated by Nepal team. The office in Chabahil has been provided courtesy of Arun Singh Basnet, team leader of HeNN Nepal and is staffed by Shrinkhala Thapa and Suman Shrestha. The administration cost of running the office is sponsored by two Nepali businessmen. Everyone visiting Nepal team have been struck by the teams dedication. In the words of HeNN USA member, Abhaya Shrestha, who recently visited the office, *" we were impressed with Arun ji and his staff's knowledge, vision, spirit and enthusiasm for HeNN's work. The meeting left both Prerana and I with a tangible picture of what HeNN is accomplishing in Nepal and its vision for the future. It has strengthened our commitment to HeNN's work and we hope to further its mission through efforts in New York ."*

And finally, don't forget:

Donate online - making it easier for you to help

You can now choose any appeal you wish to donate to online via the website. Clicking through this link takes you to a secure online donation page. Please take a look.

In 2005 we are planning a major drive to help the children caught up in the conflict in Nepal . You will hear more about it in our next Bulletin. You can help kick start the fundraising by clicking through the link below and donating towards the Children Appeal.



Help Nepal Network

www.helpnepal.net

Feedback to admin@helpnepal.net

On behalf of Help Nepal Network
Pramod Dhunghana (Nepal)
Dr Pranab Gyawali (UK)
RamBabu Shrestha (Technical Support UK)