

PAPA'S HOUSE MAGAZINE

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PHOTO: MICHAEL HESS



INTERVIEW WITH KAMALI SISTER

Kamali Chaudhary is the in charge of Sanctuary House. She doesn't belong to a well-to-do family. There are seven members in her family. Her father and mother used to work in a hotel and used to give education to their children.

One day unfortunately, her father died because of cancer. Life was too difficult for her family after the death of her father. Later on, she was forced to work as a Kamlari when she was in grade 4, so, her childhood was not enjoyable.

One day, our Papa, Michael John Hess went to Narti. There he met Lalita Chaudhary (Kamali's sister). He talked to her about coming to NOH and she immediately agreed.

Later on Kamali sister got this information and asked to help her sister to come to NOH. With the support of her sister and help of Papa, she had the golden opportunity to enter NOH.

After coming to NOH, Kamali counted herself to be one of the luckiest girls ever! The most amazing thing that she felt here (at NOH) was she didn't have to work all the time but could just sit and read.

In her village, she read up to grade 7 but here at Skylark, she had to start her study from grade 1. She got to learn English language through Papa's help as Papa used to always give list of English spellings to her. She had a great difficulty in study as it was too difficult for her to understand the English language. She failed most of the time because she was always worried about her life. This imaginary thought of her soon started to affect her studies so she gave up for her study. When she was a student, her aim in life was to be a well-known singer.

After she left her studies, she regretted it because later on she came to realize that education is very important. After she left her education, she was very worried about what to do, but fortunately she got the post of house manager. Her experience as a manager was very fascinating and tremendous. She learnt to fulfill her responsibility towards the children and learnt to make the children happy whenever they are sad and lonely.

She got married at the age of 21. After her marriage, she learnt to be a good and disciplined daughter-in-law. Her future planning is to learn more about beauty parlour and do the job related to beauty parlour in Dubai.

She further said that as long as she is alive, she will never forget the things which Papa has done for her.



By Khusbu

SHIFTING THE HOSTELS

When I opened my eyes one morning the sun rays were darting through the curtains of my room. I woke up and peered through the window panes. The sun's gentle ascent had turned the sky clear and the morning looked so alluring. After so many hours of a head full of nothing to be involved in, suddenly coming into the world of people was quite exciting.



All of a sudden, I became conscious. Oh! It's today we are shifting our hostels. The time I had spent in Sanctuary House (almost 7 years) passed in the blink of an eye. It was the time to depart from each other. Guess who will not be gloomy to leave their friends of 7 years? I thought the decision to move was also fine because it was for our own benefit. We moved so that the grade 10 students, grade 9 students and grade 8 students will be on the same hostels which will help them on their studies.

Sanctuary House is a special garden where friendships blossom, illnesses fade away, and sorrows flee. Once you stop by there, you will be lost in a sea of their love. The people living there are stunning and superb. We were so attached to each other. The bond between us was a delicate flower. By the grace of god, we met fabulous and loving people like Gita aunt, Sunmaya aunt, Shilpa sister, Kamali sister, and Shila sister in our life. It was a hostel full of enthusiasm, the attachment being the biggest asset. We found happiness in small events. We had made a place in each and everyone's heart in such a way that a fake smile and weak points could be known easily. It had made such a difference in our lives that it has poured freshness and blossomed our lives. We had spent a wonderful time with each other that can't be described in words. It was such a precious time. Our connection with many volunteers like Auntie C, Anne sister,



Liz sister and even Hillary sister was so dear. The bond between us and the memories we have created together cannot be explained in words. The craziest things we have done together, such as walk to Tokha with Auntie C, dancing on Teej, watching movies, sharing clothes with each other are the sweetest and the cutest memories.

We all were very depressed to depart from each other. We all were so sad that our tears were coming as fast as a waterfall's water would be coming down. However, it is said, "Our present situation is not our final destination." It becomes difficult to leave someone to whom we are attached even though our paths may change as life goes on, the bond between us will remain strong forever.

The day we were supposed to move was very sad for us. We were ready to move and had already packed our things. As we were moving, there were many souls who had come out on the street, but to us they were nothing. We were in our own land with watery eyes.

Now that we have moved, life is going easily here too. The people in our new hostel are also friendly and stunning. As we are more in number and there are also many small kids, it's very fun. There are no words to describe about Dhankumari Aunty. She is so funny, caring, supportive, and lovable. Anita sister is also caring and lovable.

It was a great deal for us to move from one hostel to another hostel. At the beginning we were very nervous, but now we have adjusted ourselves in our new hostel. Now we are friendly with everyone in our new hostel.



By Rajan Yadav

FRIDAYS

Fridays are always special at Papa's house whether it's a holiday or not. We all have fun with our friends. We all gather together and play different kinds of games.

Recalling our past memories is the best part of Fridays. Sometimes we also recall our past memories which might be sweet or heart breaking. Before, the boys stayed in a separate house. Now we are all staying at same house, but with girls upstairs and boys downstairs. We also play basket ball, football together, and make group talks together.



When it's Fridays morning our hostel manager comes while we all are eating our breakfast and asks us what we would prefer for Friday night special after dinner. We mostly choose foods like rumbles which must be ordered two days before (which is Wednesday) and is also my favorite Friday special. We also choose titura (which is spicy), mixing, jeri, or ice cream with soda which idea was brought by Papa. Sometimes we prepare burgers, puri tarkari, or other special meals. When it's evening, Friday specials are distributed and then we rush to our movie room, choose a movie, and watch it while enjoying the Friday special. These are the things which boys and girls do in common during Fridays.

Some things are different with the girls during Fridays. As there are two girls' hostels, they exchange their hostel for an evening and go enjoy time with their friends in the other house. Since there is only one boys' house, we don't go anywhere for Fridays. We instead watch movies and enjoy Friday special together with our friends.

We all always look forward to Fridays for enjoying our time with our friends, eating special food, playing games, and watching movies. It is also the best day of whole week. We also get free time to read story books during these days and do other interesting things which we wanted to do throughout the week.



SATURDAYS

During Saturdays, sleep is so sweet for us that we don't wake up till seven o' clock. We feel like not waking up the whole day. This is the day we are free from school activities and wait patiently for this day to come. Our room, yard, and dining room are kept neat and tidy. It is really nice to stay cleansed this day. At 10am every weekend we go for classes at the Chelsea Center for different classes like art class, reading books and computer class. We get goose bumps when we go to these classes as we gain lots of new lessons and learning from them.

Saturday has been the usual day of gathering for the NOH family. On this day we all gather together and share our daily activities and play games with each other. Since we have moved to a new hostel, I am so excited to meet my old friends from Sanctuary House on the weekend. We always gather together unless Mother Nature chooses to wear black and threatens to rain.

Always in the afternoon we gather and wait for Papa's special Tiffin. Our taste buds long for Papa's yummy Tiffin. We also celebrate our birthdays on Saturday and sing the birthday song and receive presents. On this day everyone seems to be happy and waits patiently to receive their gifts. We are always excited to receive new presents. It is a special day when we get an opportunity to make our relationships even stronger. We share our feelings and problems so that we can come out with a better solution.

Time is a thief. As Saturday is a special day, we feel like it passes in the blink of an eye. This day ends with everyone bidding good bye to each other and sharing smiles and hugs. I wish that this day would never come to end. I feel like stopping time from passing.





By Shaloni Kunwor

INTERVIEW WITH DHANKUMARI AUNTY

I got a chance to interview Dhankumari Aunty. Her age is 39. Her occupation is cook. She started her job in 2005. She hasn't thought about leaving because she is happy to do this job. She feels good and happy to live with children. She likes to add her ideas when managers are not doing their work right.

She feels happy to be member of NOH and she doesn't feel tired doing this job. She expects a long-lasting relationship with the children at Papa's House. Her desire beside this job is that she would like to go on a long ride and visit new places. She mentioned several childhood memories:

- While grazing the animals, she always used to hang onto the tail of animal to prevent losing them.
- One time she ate tobacco with her father and did vomit and slept where she was.
- One time, she chewed a leech thinking it was food.

After being retired from this job, Dhankumari Aunty is planning to farm in her own home and make a small vegetable farm. Sometimes Dhankumari aunty scolds us when we do mistakes, but she doesn't feel irritated by us. Instead, she loves us. She has learned to speak English. She understands more but replies less in English.

I love the way Dhankumari Aunty controls us and advises us. She is a great mom for all of us. She is like our own mom. I wish she could be my own mom in my next life.





FESTIVALS

At Papa's House there are many festivals celebrated. Among them are Valentine's Day, Christmas, New Year, Brothers' and Sisters' Day. We all celebrate these festivals with full joy and enthusiasm. We celebrate with the NOH family with unity, but also diversity among us.

These festivals bring a lot of happiness to the NOH family. At the beginning Papa had the concept to celebrate festivals. He had many ideas to celebrate festivals. He also told others about conducting programmes like dancing, singing, and cooking special foods.

Christmas is one of the main festivals which we celebrate at NOH. We celebrate Christmas for two days, starting from Christmas Eve. On Christmas Eve we glow many candles around the wall of the hostel. We also carry a candle in a cup in our hand. We sing Christmas songs from the bottom of our hearts with joy and happiness. After singing songs we

drink hot cocoa. We also have candy on this special occasion. As we live in different hostels, we go to our own hostel after we finish our special Christmas Eve and eat delicious food prepared by each hostel.

The next morning we wake up and see our presents in socks. All of us get very happy and excited to see what we have gotten inside the socks. We all have our special meal together.

After we finish our meal, we have a programme conducted by our lovely brothers and sisters. The programme includes dance, singing, drama etc. It brings smiles on everyone's faces. After the end of the programme, we have lunch together. At 3 p.m. we all go back to our own hostel.

Although it is not the main festival of Nepal, we really enjoy celebrating Christmas. It's almost everyone's favourite festival all over the world.



By Srijana Khatri

OUTREACH PROGRAMS AT NOH

Papa's House does not have a limit of helping the people of Nepal. Papa, who is the peak of love and care, always wants to help people who are needy. It was Papa's idea to start an outreach program. Since he has been living in our community for many years, many people come to ask help for food, medicine, or for their kids to go to school. There are lots of people who are not so fortunate to have all the necessary things in life. They are struggling very hard just to survive so the outreach program is to help them and make their life a little easier.



So far the outreach program has reached many places like Dumrikhar-ka, a small village where the outreach program has built a school for the kids of community. It provides, them a meal every afternoon, at school and also pays a salary for an English teacher. In Kanti hospital the program provides services like baby food, eggs, fruits, medicine, celebrating birth-

days and fulfilling the wishes of the kids who are near to their terminality. In Balmandir the outreach program supplies baby food and milk to the infants every day and also gives salaries to the working didis who take care of the kids every day. Gholadhunga is an orphanage for the blind kids where it pays the monthly salary to the staff and also provides supplies to the kids when needed.

Everest Children Home is another organization in Sindhupalchowk where the outreach program provides money every month to

buy food supplies for the kids. In Bigu, this program has supported to make eight new rooms for the nuns after the earthquake. At EDUC in Basundhara it has provided funds so that they can make a new school for the kids. The school is for the kids where parents are very poor and cannot send them to school.



The program also helps people in our Dhapa-si community like Nabina Pariyar a crippled lady with her three children. The outreach program has helped her by providing a food supply, educating her children and for other needs. Last year in 2074 this program has helped around 59 kids in this community by giving them educational support. Some of them go to Skylark and some go to another school in the community.

While Papa keeps on doing this good work, the money keeps on coming. Our organization has lots of donors who visit. Some of our visitors decide to come to visit by looking at our website. They are impressed by all the works we do and they send us funds to run the program. Mrs. Sunita Pandey reported, "Till now I have not found any financial difficulty to help the people in need. I hope that I can run this organization for a long term."

Papa who has the heart of Mother Teresa loves each and every child. His ocean of love to each and every child makes me feel I can also do good works in the future. Thank you, Papa, for your great support in my life.



KANTI HOSPITAL



I got such good information and found out many things about Kanti Hospital with the help of Saroj. I was so happy to learn about the hospital.

Kanti Hospital was established in 1963 AD. It is a government hospital for children. It provides the service of treatment of children up to the age of 14. The children are suffering from different types of cancer diseases like brain tumor, blood cancer, and liver cancer.

Volunteer Nepal Staff started this program four years ago. There were some gaps in the beginning, but they haven't missed any time in the present. Volunteer Nepal Staff go there twice in a week and they distribute apples and bananas for the cancer kids. There are twenty six kids at the hospital and every child has there own bed.

They provide baby food, celebrate birthdays, and provide medicine for poor families. Volunteer and staff fulfill the kids' wishes according to their choices. They usually have wishes like going to a fun park or zoo, or they want some gift.

This hospital is only for children. It is a government hospital. Some of the medicines are free for the children. The children know they have a disease so they don't know about their future, but the Volunteer Nepal Staff are trying to bring smiles to their faces.

By Alisha K. C.

BALMANDIR

Balmandir is a place where children are suffering from mental retardation, hearing impairment, speech or language impairment, a serious emotional disturbance or many other diseases, and is the home for orphans. Balmandir was established under the National Act-2018, 1964 A.D. It is located in Naxal Kathmandu, Nepal. This organization is working on protecting and promoting the rights of Nepalese children and providing them with residential care and the children who are there are found from different places such as from the streets, but mainly from hospitals.



This organization is run with the help of 40,000 volunteers and NOH sends some volunteers to help the staff. NOH has one child named Aakriti and one staff member Sam who both came from Balmandir.



The NOH organization helps Balmandir by providing salaries to the people who take care of the babies and also to the rest of the other working staff. It also provides food for the babies. Our organization sends volunteers to help the staff as well as capital so that Balmandir will get more facilities. Our NOH organization has been helping this organization for long period of time.

By Mary Singh

GOLDHUNGA

In 1996 Nepal Integrated Blind Development Association (NIBDA) was established with the goal of improving the living conditions of people with disabilities. NIBDA started a home for blind children in 2012. The founder is Bind Kafle who himself is blind. Its home is “Goldhunga” which is in the Kathmandu Valley.

Currently there are 12 children and among them 8 are boys and 4 girls. They have three staff. At the home there are many children who come from various parts of Nepal, including Ramechhap, Mugu and Humla. The board member of Papa’s House, Mr. Pant, and Mr Kafle asked Papa to help these children and so he started to help them. In 2015 Miss Anne asked Papa if there was a specific project at NOH which could be helped by her friends. He was concerned about the welfare of the children at Goldhunga so he asked Miss Anne, Liz, and Cici to support the home. Since then, Anne and her friends and family have raised awareness and collected donations such as a Braille printers and Braille books for the blind children.



When Anne’s family visits Nepal each year, they have much fun in Goldhunga by going on field trips and playing Braille games together. The kids are polite and courageous. Rabin-dra Sanjayal manages the Goldhunga outreach program. He also visits Goldhunga twice a week to help the children with their homework, provide mentoring and delivering fruit to the home. The children admire and respect him.

When I went to visit the children I came to realize that the house was not in good condition, but the room of each of them seemed to be so neat and tidy. Though they were blind, they seemed to be so smart and the amazing thing that I noticed was that they spoke English at our level. It really surprised me. When I asked to them about their dreams they said that they wanted to be a singer, social worker, or teacher.

NOH funds staff salaries and house supplies at Goldhunga. Recently a computer teacher and a music teacher started to visit the home a few times each week. NOH also supports a Braille teacher who works with the children full time. Miss Anne, Papa, Liz, and Cici look forward to expanding their support of the home and helping the children to live comfortable, happy lives.



By Susmita Kumal

CHANGU NARAYAN AND BHAKTAPUR FIELD TRIP



We went on an enjoyable trip to Changu Narayan and Bhaktapur. It was a fun day. The Chelsea Center sponsored our field trip. At 9 A.M. we started our field trip to Bhaktapur and Changu Narayan.

We had to take a bus. In one bus we had twenty three of people. In the next bus we had twenty eight of them. On the bus we listened to music, danced, and screamed. We also ate candy at bus.

It took two hours to go to Changu Narayan and then Bhaktapur. We stopped our bus at Changu Narayan. We took a rest for fifteen minutes, while Hillary sister chose captains from class ten. Eight of them were captains. We walked with our captain and we took so many pictures.

Many foreigners come to visit Changu Narayan. There were clothes shops, art shops and shops with different types of mask. In Changu Narayan,

many people make Thangka paintings. There was an old temple and it was also the oldest temple of the god Bishnu. While we were there, we took a picture of our group. Some temples were cracked because of the earthquake.

Near the Changu Narayan it was greenery and it was a clean environment. This place was kind of hill type. We were roaming in this area, took pictures, and saw so many goats. We saw different kinds of culture. In this place we saw old houses and it seemed like a village town. We played a lot and we took a lot of pictures.

It was such a beautiful place. At 1:00 we ate our lunch. Our lunch was egg, bread, and banana. After we finish our lunch again we roamed.

The second place we went Bhaktapur. We stated to go there was 2p.m. We arrived at 2:30. We were being together in one place. Aunty C and Hillary told us to walk with our captain. Each group had a captain. We all went to the place where the Queen had taken her bath. In that place was a snake statue. We saw many historical places. In Bhaktapur there were so many old temples. Some temples were broken because of the earthquake. Now people are restoring whatever temples were damaged.

In Bhaktapur many foreigners came to see historical temples. We saw one man was making potter out of clay. He was making different kinds of pottery piece like a statue of god, money pot, things for hanging on doors, vases bowls and shapes of animals etc. He showed us his to make pottery and runs his own business.



After a few minutes we ate Bhaktapur is famous for curd. It was delicious and we took so many pictures. We sat in one place and we talked about Bhaktapur. Again we went to eat mo:mo. There was spicy and warm. After that we walked for five minutes by the Bhaktapur pond. In that pond there were orange colored fish. After that we were ready to go home, so we sat inside the bus. We listened to music, danced and screamed. It took two hours to back home. While our hostels were near and we screamed. It was a memorable day.



By Anupa Gurung

MOTIVATIONAL WORKSHOPS

Motivational speakers give an inspiring impression to their listeners. Speakers should be confident and energetic. Till now more than fifteen workshops have been held in the Chelsea Center. So far all the speakers had those above mentioned qualities.

All the workshops were as fruitful as a fertile land. As I grow up, I find my life more complicated. My life's career and passions used to be unknown. But now I'm 16 years old, a young girl who knows a lot more about her life as well as her ambitions. I got to know myself and my aims through the many workshops which were conducted at the Chelsea Center. Whenever I participate in any of these programs, I perceive time passes in the blink of an eye. I feel a thrill and enthusiasm to join these events. These programs are the light of my life.

One Friday was a noteworthy day for me because it was the day when I chose my aim to be an IT expert. On this day the workshop was about the IT profession and was conducted by Rahul sir and Pritishma ma'am. They introduced more fields of IT that I didn't know much about before, and which thrilled me to learn about.

These workshops are like a special garden where we can grab new life lessons. All the workshops have provided head-to-toe advice related to a particular topic. These events have been helping me to speak up, no matter how awkward I feel. My confidence and spirit have grown.



These events are a construction manual for my life. Through all these events I have been creating an action plan for the rest of my life. Before I had an empty mind, but when I participated in these kinds of programs I got to know that an empty mind is a dumping ground for good and bad which accept advice without evaluation. Now my mind is full of curiosity. I feel like I'm on the top of the world to be part of all the workshops.

Thank you Team Chelsea!



By Santa Kumal



DIFFERENT CLASSES AT THE CECC

The Chelsea Center was established in 2013. It was established in the memory of Chelsea Detrick. The Chelsea Center provides a sea of knowledge to all the students of the NOH family and the women of our community. NOH students and women get to learn various trainings for their futures. Many volunteers also come to the Chelsea Center to provide skills and knowledge they have. We also feel enthusiasm and are happy to learn at the Chelsea Center.

Cooperation with teachers is essential to achieve goals and many experienced teachers are found in the Chelsea Center. All the teachers have the charisma to help us achieve our goals. We go to Chelsea after our school. We have different classes like computer, maths, and workshops which are very helpful to us. I love spending my time at the Chelsea Center. My heart always prefers to go there.

By Bhumika Rana

WOMEN'S EDUCATION

We know that education for women is not so developed in Nepal. Women's education should be better in every family and country to solve the problems of the country and family.

To solve this problem, NOH has established education for the women in the Chelsea Education and Community Center to support women. It was established in 2013 which was 5 years ago. In the beginning papa had the concept for the establishment of women's education. Now many women have attended the classes. There are various types of classes at the Chelsea Center like English, Maths, Nepali, Computer, and Tailoring class. With the help of these classes, many women who were uneducated are now able to write their name and their family name. Now many women can write and speak in English.



The Chelsea Center has not only changed the women's lives, but it also has changed the life of many students of Chelsea Center. Many women are really cheerful and enthusiastic for things that they have not enjoyed and expressed in their childhood. Now there are about 100 women coming to Chelsea Center for education. All the women feel really joyful to come to get knowledge.

There are many families who say that it's not right time to get an education and you are too old for that, but these women didn't give up and started to come anyway. There are many women who still want to do something new in their lives by getting an education. But whereas other women are being discouraged by their family to raise their voice, now the Chelsea Center has done tremendous work in many fields to empower women. I hope this will continue for the long term.





By Manisha Nepali

MOVIE NIGHT AT CHELSEA CENTER

It was around 6:30 o'clock when we walked from our houses. The moon was glittering in the silver grey in the sky. When I heard that we were all going to have a movie night at the Chelsea Center. I got goose bumps and I got so excited. Some kind of happiness appeared inside me which I cannot express in words.

When we arrived at the Chelsea Center, we entered the movie hall. We all asked Hillary sister to play music and we all started dancing. We all enjoyed doing a dance with our friends and sisters while we were waiting for all of them to come.



When all of them arrived at the Chelsea Center, we started to watch the movie. We were enjoying watching the movie, eating popcorn, and sharing with each other. Sometimes while watching the movie some of the kids fall asleep and some are talking to their friends. When we all gather together at the Chelsea Center there are different emotional feelings that come from my heart. I feel like I have got a beautiful family in my life and I can share my feelings with them. I feel so happy while I spend my time together with everyone. While watching I feel happy and serene because we are able to watch a movie altogether as a family members. We are able to share the sorrows and enjoy the funny parts of movie together. We develop our mutual relationship and are cooperative with each other.

I always feel happy when there is movie night in Chelsea. It has always thrilled me and still I enjoy watching movies there.

By Pushpa Chaudhary

FIELD TRIP

When I opened my eyes, my room was filled with sun rays. I woke up and as I checked my calendar. I noticed it was our Field Trip Day.

We were getting ready for the field trip. It's our girls' nature that we always want to look pretty and dress up. I was amazed by everyone's activities. Some were seeking the clothes they would wear. Some were as busy as bees doing their makeup. All of them were busy decorating themselves till the last hour. We all got ready and got on our bus in order to reach our destination.

It was a long bus ride and very enjoyable. The first place we visited was Changu Narayan Temple. As we were heading towards the Temple, we saw many historical statues, mandalas, puppets, masks, etc. They all were so eye-catching. We clicked many photos of mandalas. When we saw Changu Narayan Temple, the environment was so quiet and peaceful, so we spent long time there.



Next we went to a small yard and from there we saw beautiful scenery. We ate our tiffin, clicked photos and then it was time to depart from that place. We all were very sad because that place was so beautiful, so it became hard for us to leave.

Then we took our bus and went to Bhaktapur Durbar Square. As we entered through the gate, there were so many happy and beautiful faces. Everybody was busy there doing so many of their own things. We enjoyed the king of curd, Ju Ju dahu, and momos, and we also watched a man making pottery.

This field trip ended with smiles and happiness on everyone's face. Some of us were exhausted. We got on our bus, returned home and slept for an hour.





By Kamana

CHELSEA CENTER

SUMMER CAMP



Summer camp was more than just about learning skills. The idea of summer camp came out of winter camp. Its slogan was, "Learning more each day and becoming better every time." I think the teachers were very focused on this saying. They were a great help to us. They were also friendly, easy going, stunning and cooperative.

We had five classes like photography, writing, public speaking, science experiments, and dance taught by different teachers. Among them I chose Photography Class taught by Prashanna sir. We had a great time working with each other. The

team members were cooperative and eager to learn new things. We learned to use Moviemaker which was a completely new thing to us. The time we went to take photographs of different clubs I observed the students were all hungry to learn new things. They seemed cooperative and were working in groups and sharing smiles with each other.

As I observed dance class, the small children were very cheerful and were enjoying the moment. Kids in public speaking and writing club were so hardworking. Every time when I noticed

them they were busy writing speeches, and preparing for the finale. They were happy in their own way. The science experiment class seemed to be full of excitement every time. When I observed them they were so focused on their work. I felt like they were going to be our future scientists! I learned new things about photography and vlogging.

At last, I want to thank Team Chelsea for conducting this Camp. We were able to spend our leisure time as busy as a bee. Thank you Team Chelsea!



By Sita Timalsina

INTERVIEW WITH ALYSSA AND LILY



Every year volunteers come to visit the NOH kids. This time Anne sister's daughter came. It was their first journey to NOH. They had heard a lot about the NOH kids from their mom (Anne sister), since she often comes to visit us. She has been helping NOH when she first came to NOH, and she shared all her experiences and stories of NOH with her daughters. Her daughters often chat with the kids of NOH, but they had not met us face to face.

We were waiting for the day of the day of their arrival. We were extremely happy to see them. The smile on my face was ear to ear when meeting them. We met them at the Chelsea Center. They brought us some books which were very interesting to read. We hugged them and welcomed them to NOH. They introduced and distributed the books which they had brought to us. Finally we were able to see them in Nepal with their mom and dad (Dan).

I decided to interview of both the daughters. They already knew us very well. They were very excited and happy to see us. Lily said that that she knew about us when she was 3 years old. They were here for two weeks to be with us. While they were here they went to see the scenic beauty of Pokhara for 4 days and they enjoyed being there a lot. Alyssa said that she was happy to be out of the Kathmandu Valley. She loves to explore new things. She is a nature-loving girl. Lily said, "I enjoyed hiking to the mountains of Annapurna." She was very surprised to see the mountains. Alyssa felt like she was with her own friends while talking to the kids of NOH. They were very friendly. We shared our thoughts with each other. Lily said, "We were here for the first time, but I felt we were friends for long time. We often used to share our things through email. I feel very close with everyone." We shared the activities that we had recently been doing and the things that we are interested in. Alyssa was happy to see everything and said, "I could not picture the place because I felt like it was a dream." Lily felt like coming to this place for many years.

The climate of our county is completely different in comparison to their country. They loved the weather of Nepal. The place where they

are living has cold weather. Alyssa enjoyed the warm weather of Nepal. We chatted a lot together and she shared a lot about her school days with us. It was their spring vacation. Alyssa is interested in painting and she shared with us about her painting skills. I was very lucky to share my experiences with my friends Alyssa and Lily, too. I shared my experience in how I have improved my painting skills.



Our two weeks went by in the blink of an eye. The day came for them to go back to their country. I gave Anne sis my paintings which I had made for them. They loved the paintings and they said that it was so wonderful to have them. Anne took a picture of me with the painting and with her two daughters. They had brought bracelets, rings, necklaces, and candy to all of us. We bade them good bye and hugged them.

By Juna Nepali

HIMAL SHAHI

Himal Shahi is a grown up kid of Papa's House. He lived in Papa's House for ten years. After he passed his SLC, he became the manager of the Volunteer House.

I interviewed Himal Shahi related to his job and found out his interest in his job. He told me that he got his job after graduation from his school. As he had already experienced this job during one of our vacations, he applied on this job when there was job vacancy in Volunteer Nepal. He said that since he had already been working as a Volunteer Coordinator for three months before he took the responsibilities of Volunteer House Manager, he already had some ideas of the responsibilities and was clear about the things to do at the Volunteer House. Everybody was very supportive of him, especially Kalpana sister, so he was happy to take the responsibilities. He said that it is a challenging post because he has to deal with people from all around the world, make them happy, and send them home with big smiles with the best experience of their lives. When he was in school he never thought about having this job, but when he started working for a month in grade 9 he was interested in it.

Himal Shahi said he tries to solve problems as fast as possible and makes sure that they don't happen with other volunteers too. He says that when he sees different volunteers in each day, week



and month he feels really happy to meet the new people, and also feels excited to know about them, their culture, and their life stories. Moreover, he said that he feels glad to be the manager of Volunteer House.



By Mankumari Bote

SHREYA'S STORY



Shreya was born and brought up in Kathmandu. She has been living here ever since. She works as the Communications Director at Volunteer Nepal. She is responsible for the public relations aspects within the organization. She corresponds with volunteers and offers advice and information through face to face, telephone, and email contact before and after the volunteer's arrival.

Her personal philosophy and the values and mission that

NOH holds were very much related and she felt an instant connection with the people here. She believes the work she is doing here makes a difference in someone's life and that is something that motivates her to continue the work here. She is actually not studying at the moment. She is in her gap year. She completed her bachelor's degree from Thames International College which is affiliated with Tribhuvan University. She completed her bachelor degree in Business

Administration back in September 2016. She reported, "I chose business because I was always interested in being self-employed and the courses that this degree offered were easily transferable to entrepreneurial pursuits."

She has been working at NOH for 1.5 years. She started her journey with NOH and Volunteer Nepal as the communications officer back in September 2016. She said, "I am truly blessed to be a part of such a wonderful place and to work side by side with such an amazing team. I love working here." The thing she values most about NOH is the appreciation that everyone feels here. "There is a bigger picture to the work we do and not a day goes by but that I am not deeply inspired by the work that Volunteer Nepal and NOH does." She said she plans to continue her work here in NOH and Volunteer Nepal for a very long time, but as she is already in her second gap year, she plans to go for further studies in late 2019. Even though she plans to leave, she will still be in touch with NOH in any way possible.



INTERVIEW WITH AUSTRALIAN VOLUNTEERS

I interviewed the Australians who were from the Malaney State High School. It was fun to get to know the Australians better. They started to learn about Nepal after the earthquake of 2015.

During the earthquake they had donated and helped victims and organizations here in Nepal. After getting to know Nepal, they were eager to visit, and through the research on the internet they got connected with NOH. I interviewed the Australians and they shared their experience in Nepal. They told me that they enjoyed looking at the views of mountains and hills. They liked the cheerful people everywhere. During their stay with NOH they further told that they learned to be grateful for small things, appreciate little things and understand the importance of being part of a group of people.

Since I was in the dance club [these Australians led], I interviewed three people who were in charge of that club. One of them was a teacher and two of them were students. As I interrogated then, some told me that dance was their profession and some told me it was a hobby. I questioned them about what types of dance they enjoy in Australia, and the answer was zagg, contemporary and hip-hop.

As I interviewed them I got to know three

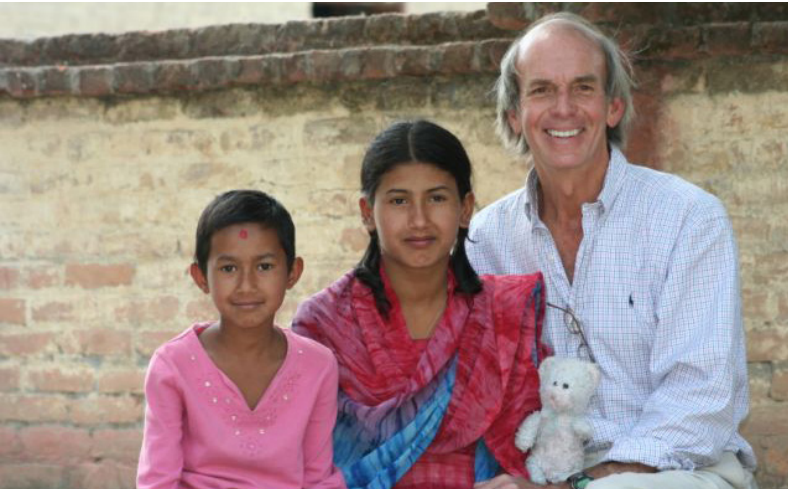
interesting facts about Australia: First, Australia is sunny all the time. Second, they can find beaches everywhere. Third, they flush the toilet paper.

They further told me that they wanted to come back Nepal again due to the humor of Chham brother (tourist guide), the friends they had made in Nepal, and to see the beautiful place of Nepal again.





LOVE OF PAPA



Some say that love is blind and I also believe that it is true because the person who is with us, loving us blindly without taking care of himself, is none other than our Papa of the NOH family.

Whatever needs we have, he is always there for us to fulfill them. He cares for us like organs of his own body and loves us as Mother Teresa. He is the dazzling moon of the sky which brightens the dark night. His care and love have no limit in this world. Before I was brought to Papa's House I was in that condition in which I felt that I was a piece of garbage. He became a person fulfilling all the needs and giving life again.

He does not care about himself, but he always takes care of us. He always touches his chest and bows his head towards the people. We, as well as people of our community, are fortunate because we all are getting love and care from his side. He has unlimited love and care for the

people who are around him. When we fall down, he is the person who holds our hand to stand. Even if we are unable to choose or do anything in our life, he helps us.

When we are alone or crying for some reason, he comes closer to us. He understands our feelings and wipes the tears which are falling from our eyes by giving a hug. When we get a hug from him we feel relief and again more power to fight in any bad condition. His love and care have made us stronger and due to this we can go ahead in our life. He is a person who holds our hand as well as walks behind us by showing us the beautiful things of this world.

His love has no bounds. There is no limit to his love and I wish that I will always get this love.





Muskan and Auntie C in 2017



Muskan and Auntie C in 2010

AUNTIE C

The story that I have written is about a woman who is 64 years old, who is always active, and her name is Auntie C. Actually her name is Carola, but most of the people of NOH call her Auntie C. The reason behind that is that it was difficult for small children to pronounce her name. She loves visiting new places, meeting new people and learning new things from them. She has a dream of travelling to even more places.

She completed her study at the age of 21. She was a teacher. She used to teach students up to class 8. She got married at the age of 26 and then she gave birth to her two children, so she took a break for a few years till her children were a little older.

After that she got a job in a university. There she got a chance to complete her master's level of study. She also used to interview the people who wanted to become teachers at the university. While interviewing the

people she again realized the importance of teaching. So after five years working at the university, she started working at a school from class 1 to 8 again. Now that she is old, she has been retired for 4 years.

Her first visit to Nepal was in 2010 all by herself. When she first came to Nepal, her plan was to visit NOH because she had heard about it for 6 years. She had a connection with the NOH family ever since the organization was first established. Hearing a lot about NOH kids and looking at their pictures for six years, meeting them was a dream come true for her.

NOH kids have a very good connection with her. She is a great source of comfort and support. Her love for NOH family is unconditional. She is a woman who is always cheerful and always ready to do any kind of activities. She says that we are her super heroes, but I think she is our super hero.



FOUR BROTHERS TREK AND EXPEDITION



Before starting my own registered trekking company I grew up at Papa's House (Nepal Orphans Home), staying more than 12 years. After I finished my school leaving certificate (SLC) I had a 3 month holiday. My uncle was a well-experienced trekking guide and I had a holiday, so I thought, "Why don't I do trekking for some time?" Then for the first time I did a trek in the Annapurna Circuit where my uncle was a trekking guide for three foreigners. I had three friends as porters carrying luggage.

During this first experience on a trek I found that trekkers are happy, travelling from one place to another in the mountains and other places. Meeting new people and sharing stories and getting to know each other and of course climbing mountain is really fun and adventurous. I learned many things about trekking expeditions from my uncle too and later I trekked almost all of the trekking routes of Nepal.

In 2014 after I had finished my +2 college I participated in trekking guide licensed training from the Trekking Agency Association of Nepal (TAAN) for one month. Since completion I started working as a trekking guide through Volunteer Nepal.

Then in 2018 I finished my University (with a bachelor's degree in social work) and now I have my own trekking company named Four Brothers Trek and Expedition. "Four Brothers" refers to my three brothers and me. So now we four brothers work as team to help each other, while also supporting families and helping the poor and needy people through our business. We want to be more involved in social activities for helping even further.



Lastly, this only could happen because of Papa's House. All your support and unconditional love helped me more than ever. I am happy and from the around every corner of the world holding together my hands: Thank you, thank you.



By Khemraj Shahi

NAMASTE!

My name is Khemraj Shahi. I am 19 years old now. I am from a remote area of Nepal--Kalikot District of the Karnali region. People of this region are still backwards or lacking in their basic needs such as food, shelter, and education. People are still living very difficult lives there.

I am one of the students of Nepal Orphans Home, locally known as Papa's House. When I was 8 year I got a golden opportunity to study through the help of this organization. I learned many good things from this. I got all of the facilities which I lacked before coming to this organization. I was so happy to stay in this organization as every staff and manager was behaving so nicely with me. Volunteers who came into this house were very nice and used to share lots of their knowledge and ideas, culture and language, and their experiences in their field. I was really impressed by them. Papa, who is the founder of organization, is the real hero not only to me for all the Nepali parents and children. He is godfather to me and for other Nepalese children. I stayed at this house for approximately 9 years starting from 2008-2017. I am still getting help and support from this organization. As soon as I stopped staying at Papas House I thought of making my future career.

At first I worked in Thamel as a water delivery boy. Thamel is popularly known as tourist area and I used to deliver jars of water almost every area of Thamel in a day. I was being paid Rs.6000 per month [approx. 60 USD]. With that money I used to pay my room rent and for my daily foods. It was very difficult to arrange with that small amount, but I was still trying to arrange it. As a water delivery boy I started to know many people who are already in the travel and tourism sector. We used to have contact 2-3 day a week and I

used to share many things. They also used to share with me about the tourism industry. I was so impressed by their work and I was gradually getting more interest in the tourism sectors. I was thinking it could be better if I could work in this industry, but I had no contact with any of the people who could offer me a job. I had no experience at all so that I could get to an interview. I was really depressed because I really wanted to work in this industry, but I did not lose any hope. I was just waiting for the right moment. And finally the day came when I was first called by the owner of the company named CH-HANGO Adventure. He gave a proposal for me to work with him. I literally thought it was a great chance to step into the field of tourism, but I thought, "I should not be paid for my work until I be capable of doing it." Well, I thought for awhile because my financial status was weak, but it was my Dream to work in this industry and I had been waiting for the opportunity for so long. So without any hesitation I accepted his proposal. This is where my journey into travel started.

As soon as I started my work I had no idea even for the basic things required in this field. I was really scared thinking what if was wrong on my decision, but I had to take the chance. The man who offered me a job helped me out in his matters. I started learning basic things, but it was very difficult to learn quickly. I tried very hard and I kept on repeating what I learned. It took me a long time even to know the basic things like trekking routes and cannoneing knots. I used to go to the waterfall for gaining cannoneing skills and to know how to make different types of knots use in the cannoneing and rock climbing field. Tying knots took me a long time to learn and to know their uses in any climbing sector. I did many mistakes and I even I got



scolded for not being able to learn after so many attempts. But again I did not lose my hope because I knew I had the capability.

After that I tried even harder than I used to. Slowly I learned every basic thing and my hard work paid off. The owner was impressed by my hard work because I had improved much better. He kept praising me and I felt so happy. I worked for one and a half years till the day when I was offered a job in another company. I was willing to test my abilities with them as well because it was completely a different product in the same field, so it was good chance for me to gain knowledge. So I shifted to another company named as ADRENALINE RUSH without delay. The owner of the company was impressed by my work, but at the beginning it was difficult to work in a new environment because I had to know the rates, details, and routes of different trip packages and I had to plan according. Gradually I learned many things and also become more experienced in this field.

It has been three years since I stepped into the field of travel and tourism. Travel and tourism is the most valuable and renowned occupation in the world even in Nepal. I stepped into this because of my interest from my childhood and the demand all over.

Alone with a part time job and study, it was difficult to arrange my time. I was able to do extra travel and tourism training organized by the greatest institutions of travel and tourism called NMA(Nepal Mountain Association), NATHM(Nepal Academy of Tourism and Hotel management), and many more. And I am well certified by these institutions in this field.

So after long years of struggle and experiences, I am able to own a company of travel and tourism. The company name is Nepal Snowfall Treks and Expedition pvt. ltd. It is fully recognized by the Government of Nepal. It is registered as 182341/074/075 and located in Thamel, Kathmandu.

Website: www.nepalsnowfalltreks.com



FROM HEARTBREAK TO HOPE

A fictional story

Heartbreak = *A perpetual feeling that something bad is about to happen. Some kind of grief fur-lined with fear that happiness and joy has forever escaped you, that there will be no “happily ever after” for you.*

Hope = *to desire with expectation of obtainment or fulfillment or to want something to happen or be true.*

She was a beautiful soul, very light hearted, full of emotions and the feeling of achieving success was already revolving around her. But after coming into the real world, she quickly discovered that she was woefully unprepared.

They say that all of us are truly afraid of something and you can't really stop being afraid of something pretending it's not there.

At 12 am and her mind wanders. She thinks about her future and her past something like 5 years ago and wonders why she is there on that planet, in that particular room, surrounded by different waves of feelings including the feeling of being completely helpless.

As her teardrops run down and fall off her nose and she cries in dark corners where nobody goes and even thinks about her or notice her. She is quiet and as usual she falls asleep on that cold floor and goes into the world of dreams, and the images of having fun with her family, eating delicious food, and wearing beautiful clothes appear in front of her beautiful innocent eyes.

She suddenly wakes up and starts to curse her parents. She remembers that black day when she was brought into that hell. She just froze and misses her little baby brother. Her days are shaped by the fear that she will never be able to go back home.

Outside it's dark and it's raining. Her pain is clearly visible in her eyes, but no one sees that. She was sold by her dad to work as a slave so that her family can have good food and good clothes.

"Why did Mother allow this? " is the only question that crosses her mind. It was five in the morning and as usual she gets up, washes her face, and starts her day by preparing breakfast, not for herself, but for her owner. She cooks food, cleans the house, does the laundry, and finally, if anything is left, then she eats.

Nobody asks her if she is okay, or if she has eaten. She is bitten to death if she does any kind of mistakes or tries to raise her voice. She is burned and is given death threats and again left alone in that corner of the dark room. Only one hope keeps her alive that is one day there will be a new beginning, a new morning that will bring a different sunrise where everything will be in her favor and an angel will come to rescue her and will take her far away above the clouds.

She is heartbroken and again falls asleep reminding herself that those are only her dreams which will never come true.

April 14, 2004. She wakes up in a different bed, a different room, surrounded by lots of people, scared and who spoke only three words of Nepali, had never been to school and spend every day and every night washing, ironing, cooking, and cleaning for the family and the visitors.

Today, she is a confident, poised, and articulate lady with barely a trace of an accent of any pain and sorrows. She loves her place, her new friends, and the most important person whom she calls PAPA. She is happy, but says she is done with her parents. For now though, she won't go searching for them.

She's found her home and family.

Someone said, "***DREAMS DO COME TRUE***," and well, he was right.

According to her:

Heartbreak = *The amazing emotion of being numb.*

Hope = *PAPA*

