



"We must accept finite disappointment, but never lose infinite hope..."
— Martin Luther King, Jr.

Editor: Jen Kim

FEBRUARY 2017

NEWSLETTER

PAPA'S UPDATE

The Chelsea Education and Community Center's new building has turned the last corner and is headed for the finish line. We will soon be entering the decorative stage and have already begun to seek furnishings that will accommodate the growing population and diverse offerings.

Members of the Nepal Orphans Home Board of Directors and Advisors, those who are able, will be arriving in Kathmandu in mid-April for a week's worth of meetings and an opening ceremony on April 22.

We have invited the US Ambassador to Nepal and a few Nepali dignitaries who have come to know our work well, and a representative of the foundation that made the creation of this building possible.

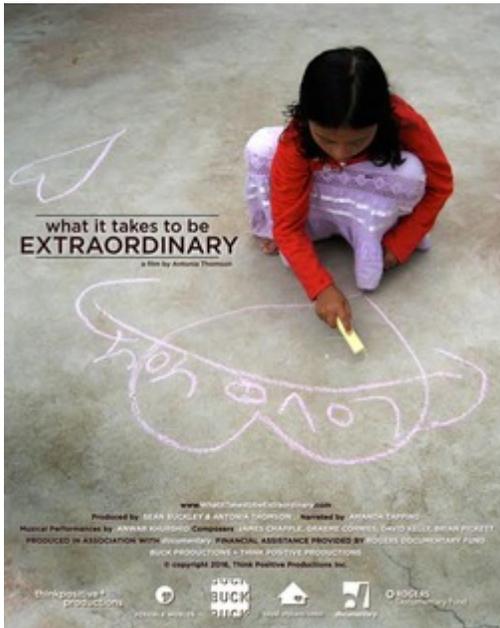
It is going to be a very proud moment in the 12 year history of Nepal Orphans Home, and a particularly poignant day in the life of Board Member Glenn Detrick of Washington University as we honor his late daughter Chelsea for whom the Chelsea Center's concept and building are named. [Continue reading here...](#)



Glenn and Chelsea, Graduation Day from Elon University

FILM UPDATE!

By Toni Thomson



We are honoured that our NOH documentary will be premiering in Australia at the Transitions Film Festival in both Melbourne and Sydney! We hope that all of our Australian friends will have a chance to see the film and bring friends & family to learn more about the challenges in Nepal, NOH and it's extraordinary children.

MELBOURNE, AUSTRALIA - Premiere
SUNDAY, FEBRUARY 26th, 2017 at 2:30pm
Cinema Nova - 388 Lyon St. Carlton
[Click here](#) for full details of the Melbourne screening

SYDNEY, AUSTRALIA Final Dates to be confirmed - but it will be a free outdoor screening in Chatswood on either
FRIDAY, MARCH 24th, 2017 or SATURDAY, MARCH 25th, 2017
More details closer to the date.

UPDATE: CHELSEA EDUCATION AND COMMUNITY CENTER

By Hillary Bernhardt

The Chelsea Education and Community Center continues to bustle with opportunities for the children of NOH as well as 250 local women. Since I assumed the role of Director of the Chelsea Center last September, I have seen firsthand how much our workshops and special programming have expanded and become an integral part of the community.



Highlights for Papa's House children at Chelsea Center

- **Hour of Code:** For two weeks during winter break, CECC teacher NOH Ashok Yadav and I helped students in grades 4 through 9 participate in the "Hour of Code" program, which gives students from around the world access to learning the fundamentals of coding.
- **Grades 1 to 3 Join the Chelsea Center:** In January, NOH kids in grades 1 through 3 began coming to the Chelsea Center to practice their math skills on XtraMath and Khan Academy. The younger kids are excited to be a part of the Chelsea Center classes and to use the computers!
- **Irish Dancing:** Returning volunteer Cora Summerville led 20 NOH children and young adults in an Irish dancing lesson. Irish dancing certainly requires a focus on precise movements as well as a quickness of foot, and many of our children took to it well!

- **Creative Writing Workshop:** Long-time returning volunteer Emma McDonald led a writing workshop with students in grades 6 through 9. This workshop comprised of four writing stations: 1) finishing a story about an intruder, 2) writing a six-word story, 3) writing about all the sensory experiences associated with the small candy Centerfruit, and 4) writing about a robo-bird.



Highlights for the Women at the Chelsea Center

We have recently hosted a wide variety of workshops for the women of CECC:

- Child Development, volunteer Romina Gorer
- Depression and Managing Emotions, NOH adviser Laurie Levine
- Creative Art Therapy, volunteer Mackenzie Perras
- Personal Finance, volunteer Dhiren Ratanji and CECC Director Hillary Bernhardt
- Beginner's Yoga, Daisy Hickey
- Heart Health (focused on diabetes and high blood pressure), volunteer Sarah Bannerman
- Entrepreneurship, CECC Director Hillary Bernhardt
- Violence against Women, CECC teacher Kabita Karki

Welcome Back Party: After the Dashain vacation, the Chelsea Center threw a party to welcome its members back for regular classes. The party consisted of speeches made by students and staff, an award ceremony, biscuits and tea, games and dancing. The highlight of the event was when the most senior member of the Chelsea Center (72 years old!) recited poetry.

New classes for the women of the Chelsea Center: In the past couple of months, we have offered three new computer classes led by Ashok Yadav and three new tailoring classes led by the tailoring girls Sanu and Amrita.

Empowerment through Financial Independence: One of our aims at the Chelsea Center is to empower local women through education. Since women's empowerment comes from not only education but also financial independence, we have hosted both a "personal finance" workshop and an "entrepreneurship workshop" for the women.

For a complete listing of this year's special events and workshops, [click here](#).



*Top photo: Em McDonald's writing workshop
Bottom photo: Full teaching staff for the women's AND kids' classes*

WORKING WITH LOCAL WOMEN

By Chelsea Center Staff



Priyanka Uprety

Working as a staff member at Chelsea Center not only gives me a sense of pleasure because the Center serves children and women with the most beautiful smiles and with varied geographical/ethnic and social backgrounds, but it also gives me a feeling that all the work we do has a big impact in their lives. The Chelsea Center gives me the chance to be part of an institution that is still growing and has plenty of room for growth in the future. We have the chance to learn while at work since it has excellent leadership with diversity. All in all, we get to work with really intelligent, sharp people in a mature work environment.



Jashmina Thapa

CECC has provided me a once in a lifetime opportunity and has brought positive changes in my life. The courage, interest, zeal and effort these women show has helped me realize that that hope doesn't die and education shouldn't end, regardless of age. I still remember the charming face of the woman who distributed sweets to Team Chelsea because she was able to write a signature on her child's progress card. Despite their ample household chores, the women come to Chelsea with smiling faces. As I have always dreamt of being professor, Chelsea has helped me build good communication and leadership skills. Every day I am gaining new knowledge through trainings, workshops and more. The Chelsea Center has given me a broad platform to explore myself and unleash my potential.



Divya Dhungel

When the women first came to the Chelsea Center, they didn't know what the English alphabet looked like or how to pronounce English letters, but now after teaching them for a year, they can write their names by themselves. And when they wrote their names by themselves for the first time, they were so happy, and I felt this joy too. One auntie shared with me that whenever she used to go to her children's school, she used to ask the teacher to fill out the form as she could not read and write. Now after joining the Chelsea Center and studying here, she did it by herself and she was so happy. Another auntie, who is now 70 years old, shared that she is happy because she can help her grandson with his homework. The women are a real inspiration to me. I feel lucky and proud that I am part of Team Chelsea.



Kabita Karki

As a teacher at Chelsea, I love working with all the women, and they make me happy by showing their eagerness to study and prove that age does not matter. At the Chelsea Center, I have been able to learn and experience so many things. I have learned how to present myself in front of a group of people and that is what helped me successfully present a workshop on "Domestic Violence" in front of 60 women. Also, I love doing much of the translation work for the women during our Friday workshops. The Chelsea Center has also taught me how to stay happy and to overcome difficulties, even when there seems to be no end. It has made me stronger.

Ashok Yadav

Being a part of the Chelsea Center, I have learnt that beyond every difficulty, there is an opportunity. This workplace has taught me the meaning of the words "NEVER GIVE UP." The Chelsea Center has provided me the platform where I enjoy my job. The courage and



enthusiasm of these smiling faces has truly changed the words "IMPOSSIBLE" into "I AM POSSIBLE." This place has showered me with love, affection, respect and care, which overwhelms me and encourages me to do my work.



Puja Bista

I used to think that teaching and the learning process was so boring, but my thoughts have changed since I started working at the Chelsea Center. I have come to know that teaching can be done in fun ways as well. The women understand the material better when they have fun while learning, when the question is related to their daily lives, or when they can discuss and problem-solve among themselves

about how to answer a question. I have also gotten an opportunity to hear different experiences from the women. I like teaching at Chelsea because while learning, the women act more like mothers than students, which makes me comfortable to teach them as well. The women are so active and eager to learn and this makes us active and eager to teach them as well.

Big thanks to Team Chelsea! All the good and exciting activities going on at the Chelsea Center would not be possible without our incredible staff making wonderful things happen every day.

AN ESSAY FROM PAPA'S HOUSE: "READING CLASS"

By Juna



Since the reading class started two years ago, I cannot believe how much it has improved my English. I am always excited for Tuesdays, when we read one specific book till its end. And we discuss about the story in each chapter and make each other understand. I never get bored, and I always get more excited.

We read for 1 hour in reading class, and our teacher always makes us understand clearly before moving forward to another chapter. Now, I don't have as many problems with my English, and I can speak far better. We

have read many books like *The Little Prince*, *Stuart Little*, *Hidden Treasure*, *Missing May*,

The Tale of Despereaux and more. Amongst them, my favorite book I have read till now is *The Little Prince* because I think we can get more knowledge and morals. I have and will always love Reading Class.

Volunteer Spotlight: The Lure of Adventure

By Josh Rickard

"Himal do you actually know where we are?" I asked nervously. The sun was setting and it was starting to get below 10 degrees. We made our way into a forest, the wind was rustling the leaves overhead and the endless amount of trees made getting our bearings impossible. This was on the way to my second placement at the nunnery in Bigu.

It was the first time I was ever scared in my two months in Nepal. Himal and I were fully ready to sleep in the jungle. We brought supplies that made our packs so much heavier than they should have been. I'll never forget how we stumbled into Bigu, exhausted but relieved. We both burst into laughter when we received our tea.

The hike to Bigu was a welcome addition to the amazing memories I've made in Nepal. Exploring the snaking streets of Kathmandu. Serving hundreds of the city's homeless in Durbar square. Waking up at 4AM to see the first rays of light hit Annapurna at Poon Hill. Actively seeking out tigers while walking through the Chitwan Jungle. Dancing in front of 30,000 people at an elephant festival and teaching soldiers an Australian children's dance.

All these experiences, and so many more, have affected me so deeply in the most positive way imaginable. I have made such great connections with the other volunteers and the local Nepali people. The Nepalese people are honestly the most selfless, dependable and kind-hearted people you will ever meet, and they will go above and beyond to make you feel welcome.

The majority of my time was spent outside of the valley during my volunteer placements. I spent two weeks in the barren village of Ramechhap teaching English to primary school children in a glorified shed. My other placement was in Bigu, teaching nuns surrounded by the titanic Himalayas.

I won't lie, these placements are challenging. Many times I thought of throwing in the towel and coming back to the relative comfort of Kathmandu. It's the extraordinary people that keep you in these placements. Also knowing that you are benefiting these small communities in such a positive way is a major accomplishment in itself.

Nothing that's ever worth doing is simple. The stories and connections I have made I will treasure forever. Nepal will always hold a special place in my heart.

So I call on all people across the globe who read this, from the seasoned adventurer or armchair explorers, to open their hearts and minds to the amazing place that is Nepal. Let the people welcome you with open arms. If there is one thing bigger than Everest, it's the kind hearts of the people of Nepal.

My last piece of advice is just to surrender yourself to the experience, leap first - then open your eyes later. Never say "no" to a potentially awesome adventure. No matter how trivial the task is, I guarantee it will be a golden opportunity waiting to happen!

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](#). Get an inside look at Nepal Orphans Home for [donation ideas](#). Alternatively, various gift packages and descriptions of current projects are available at [Universal Giving](#).

If you would like to make a donation of stock, please contact Barbara Hess, Treasurer of NOH, Inc., at bhessnc@aol.com to obtain the routing number for our account.

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. Goodshop, an affiliate of Goodsearch, can also be used for online shopping, through which leading companies donate a portion of the sales to Papa's House.

Don't forget to follow us on [Facebook](#) and [Instagram](#)!