

Spring 2005

MITRATA-NEPAL FOUNDATION NEWSLETTER

U.S. Director
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An Annual Message by Dr. Christine Schutz, U.S. Director

Dear Sponsors and Supporters,

There is so much to say about our progress as we begin our 4th year of the Mitrata-Nepal Foundation child sponsorship program, but first I want to say how grateful I am to all of you for your contributions, assistance and generosity. I am still awed by the evolution of our project from a passionate hope in the heart of Nanda Kulu and our shared deep desire to help the needy children of Nepal. I often think back on that pivotal moment of first seeing Ishwori in the village, sick and homeless and our decision to take her down the mountain to care for her. I had no idea then that now, 3 years later, we would be supporting a home and caring for 45 beautiful Nepali children. Here are some of our more recent accomplishments:

1. Grant Proposal: This year we are continuing our efforts to obtain more financial support from grants and endowments. Thanks to the hard work and devotion of Hazel Tamano, Research and Development Officer, our grants are going out to a multitude of organizations.
2. Mitrata-Nepal Coffee & Tea Project: We have started our Mitrata-Nepal Coffee and Tea project, with the generous support of the Hartford Coffee Company in St. Louis.
3. Blessing Basket Project: We are exploring the opportunity to provide gift cards for the Blessing Basket Project as a sustainability project for the older children in our home. Using the Nepali paper we will be creating gift cards with children's drawings to be sold with the baskets.
4. Eliot Chapel and Mitrata-Nepal Fundraiser: The 6th grade students and their adult partners are presenting a wonderful Night in Nepal to help us raise money for the children's home.
5. We will be hosting a special dinner for potential donors on June 26th at the Everest Café.
6. We have a very active fundraising committee who meets monthly that consists of Julia Mariani, Hazel Tamano, Gil Williams, Nancy Williger, Stefanie Recht, and Jim Brasunas.

Each year we have raised a little more money to support our growing population of children. At the same time we are still in great need of financial support for the future of our children and to allow us to continue to grow and serve more needy children. There are more children who need our help. As you may know, the political situation in Nepal is deteriorating. Prices are soaring in Kathmandu and the cost to support a child is increasing.

Continued

If you wish to learn more about the current political situation, log on to <http://insn.org/> which gives many views on the crisis in Nepal. Due to suppression of the media, other sources we have usually relied upon are unclear.

If you have yet made your contribution to support your child this year, please do so. If you would like to communicate with your child, please send any e-mails directly to me. I will track each request and be sure you get a reply. Cards or letters can be sent to your child by mailing it to the Mitrata home at P.O. Box 19522, Ward No. 16, Naya Bazaar Kathmandu, Nepal.

If you wish to make a contribution to help us with a particular program, please specify which one. Many thanks to all of you who make all this possible!

Namaste,

Christine

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Mitrata-Nepal Foundation Events

Spring Fundraiser Night at Eliot Unitarian Chapel on Friday, April 29th from 6:30 p.m. to 8:30 p.m. The event is sponsored by Eliot Unitarian Church at 216 East Argonne in Kirkwood. Enjoy an evening of culture, art and crafts, and Nepali food. Win gift items at the raffle. Admission is \$5 per individual or \$10 per family. Call Joan Casey at 314/821-0911 for more details.

See our Booth at the Earth Day 2005 Celebration in Forest Park Sunday, May 1st from 10:30 a.m. - 6:00 p.m.

Everest Café is Sponsoring a Special Dinner scheduled for Sunday, June 26th. Please contact Julia Mariana at 314/265-8380 for more information.

Group Trip to Nepal A fall trip to Nepal to visit the children's home and learn about their culture is being planned for late October. The excursion to Nepal is a 2 week trip. For more information, please contact Christine Schutz at 314/762-9412.

If you would like to include any articles on related topics concerning Nepal or would like to post a community event, please send your information by e-mail to HTComGroup@sbcglobal.net.

About our grant proposal work for 2004-2006 by Hazel A. Tamano

The mission of Mitrata-Nepal Foundation, a Nepal NGO (SWC No. 10012; H.M.G. Registered No. 555-056-057), is to provide shelter, medical care and educational opportunities for underprivileged children in Nepal. Overall, the organization works to improve the lives of needy children and to promote sustainable development in Nepal. Currently, we are supported by personal donations and child sponsors, private sector, and small businesses. All of our funds have gone directly to the children and the organization. Since 2000, the organization has been working in Nepal to help the disadvantaged, particularly the school sponsorship program. Through the help of Occidental United Eastern and Southern Transfers (O.U.E.S.T.), the organization expanded by opening a group home for underprivileged children in Kathmandu, Nepal in 2002. By year-end, 21 children were being supported by Mitrata-Nepal Foundation through partnership with OUEST. Now the organization helps 45 children and each day more needy children come to our group home for help.

As you may know, the internal political crisis in Nepal has led to a severe decline in its economic/social conditions and resources. Already a poor country, Nepal has been severely affected at various levels in society and faces uncertainty and challenges. More families are in need and more children are left vulnerable and homeless. Therefore the Mitrata-Nepal Foundation is relying on the international community and outside resources for technical and financial assistance for our projects in Nepal. In particular, we are seeking help with our rapidly growing child sponsorship and children's home programs of the Mitrata Nepal Foundation in Kathmandu.

Today, the needs of the Mitrata-Nepal Foundation continue to grow and the security and future sustainability of our programs are at stake. The annual budget for housing, education, basic necessities and school supplies for our 45 children is \$39,320. Our goal is to have at least a \$5,000 donation to sponsor 5 more children this year. We are also in need of financial support in the amount of \$100,000 to build the Mitrata group home, in order to have secure housing for the growing demands of hosting children in Nepal. We would like to prepare the older students by providing a scholarship fund.

Part of these funds will also go to assist the older children with college tuition or vocational school.

As part of our Annual Campaign, we hope that by the end of 2005 we will have raised most of these funds to support the following programs: 1) Child Sponsorship; 2) Mitrata Group Home; 3) Inter-Cultural Exchange; 4) Coffee and Tea Products; 5) Sustainable Development; and 6) Fundraising Excursion to Kathmandu.

As we grow throughout the year into 2006, we hope to collaborate and work in good-faith with the United Nations offices and international agencies working overseas in education, children's rights, and economic development. If you would like more information about our programs and to discuss the possibility of collaborating with us or volunteering at one of our events, please contact Hazel Tamano at 314/534-9251 or Christine Schutz at 314/762-9412.

With best wishes,

Hazel

News about Mitrata-Nepal Foundation

M i t r a t a - N e p a l Foundation wishes to recognize the generous financial support from the following sponsors:

Paul Beal
 Connect St. Louis
 Hartford Coffee Company
 Doreen Kozeny
 Macrosun International
 Arlene Miller and
 Hewie Powell
 Bridget Rolens
 Schowalter & Jabouri
 Ron and Carol Sasiela
 Wendy Slater of the
 Verdant Trust
 St. Louis Insight
 Meditation Group
 Jeannie Wilke and the
 friends and relatives in
 honor of my dear friend and
 colleague Robert Wilke
 Yoga Source

Special thank you to O.U.E.S.T. who has sponsored and developed several successful programs in Nepal since 1998, including Mitrata-Nepal Foundation. Without the leadership of Dr. Leah Schulte, Executive Director, these programs in healthcare for women, schools, and pro-environment programs would not exist today. We are grateful to Leah for her support and for her dedication on these projects.

A note from the Manasalu Public School Principal in Nepal

Christina, How are you? We are ok here. We have published our school's final result the children have done very well. We are really happy with the result of Mitrata-Nepal children. Our school is going to celebrated the school's Anniversary day on the 2nd of April, so the school is kindly invited you to come on the occasion.

Yours, principal



Announcing the New Mitrata Coffee Blend and Tea Project

The new Mitrata organic coffee blend is here and is available in regular, decaffeinated and espresso. Each 1 pound bag, if directly ordered from us, is \$10 and shipping is \$4. This new blend has been medium roasted to highlight its medium body and acidity, delicate flavor and sweet undertones. Coffee production is 'Fair Trade Certified' by Fairtrade Labeling Organizations International (FLO), www.transfairusa.org. We thank our sponsors, the Hartford Coffee Company, www.hartfordcoffeecompany.com, for their generous support!



Coffee mugs are also available at \$10 a piece. All proceeds go to support our programs and to promote sustainable development in Nepal. Coming soon, we will also have the new Mitrata Ilam tea, a special tea found in the Himalayas. We are seeking your support for start-up funds to market this new product. If you would like to help, please contact Hazel Tamano at 314/534-9251.

The United Nations Millennium Development Goals

The following are the current United Nations Millennium Development Goals (MDG). Mitrata-Nepal Foundation will work in collaboration with United Nations agencies by seeking their financial and technical assistance for our projects in Nepal. By 2015 all 189 United Nations Member States have pledged to the following action steps towards the MDG:

- 1) Eradicate extreme poverty and hunger: Reduce by half the proportion of people living on less than \$1 a day; Reduce by half the proportion of people who suffer from hunger
- 2) Achieve universal primary education: Ensure that all boys and girls complete a full course of primary schooling
- 3) Promote gender equality and empower women: Eliminate gender disparity in primary and secondary education preferably by 2005, and at all levels by 2015
- 4) Reduce child mortality: Reduce by two thirds the mortality rate among children under 5
- 5) Improve maternal health: Reduce by three quarters the maternal mortality ratio
- 6) Combat HIV/AIDS, malaria and other diseases: Halt and begin to reverse the spread of HIV/AIDS; Halt and begin to reverse the incidence of malaria and other major diseases
- 7) Ensure environmental sustainability: Integrate the principles of sustainable development into country policies and programs; reverse loss of environmental resources; Reduce by half the proportion of people without sustainable access to safe drinking water; Achieve significant improvement in lives of at least 100 million slum dwellers by 2020
- 8) Develop a global partnership for development: Develop further an open trading and financial system that is rule-based, predictable and non-discriminatory. Includes a commitment to good governance, development and poverty reduction-nationally and internationally; Address the least developed countries' special needs. This includes tariff-and quota-free access for their exports; enhanced debt relief for heavily indebted poor countries; cancellation of official bilateral debt; and more generous official development assistance for countries committed to poverty reduction; Address the special needs of landlocked and small island developing States; Deal comprehensively with developing countries' debt problems through national and international measures to make debt sustainable in the long term; In cooperation with the developing countries, develop decent and productive work for youth; In cooperation with pharmaceutical companies, provide access to affordable essential drugs in developing countries; In cooperation with the private sector, make available the benefits of new technologies-especially information and communications technologies.

Mitrata-Nepal Foundation

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