



Mitrata-Nepal Foundation for Children

Newsletter Spring 2011

Mitrata-Nepal Foundation for Children, Inc.
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314.762-9412



Music Recital in the Mitrata Home for Children, Kathmandu, Nepal

Letter from the President

Dear Sponsors and Donors,

We are so grateful to you for your support in the exciting and challenging year of 2010.

Pursuing our mission of providing shelter, medical care and education to needy children in Nepal, we now support 102 children in the Mitrata-Nepal NGO. For the first time, we expanded to include funding for 30 more children in the Center for Child Studies and Development (CCSD). This is a unique NGO which targets the child laborers of the carpet industry, establishing a contact center to prepare them for further education in school. Many of these children are older, have never been to school, are undernourished and neglected.

The challenge for us last year was asking our sponsors for more financial support for the first time in many years during a recession in the USA. Expenses in Nepal over the last 7 years have sharply increased due to rising inflation and economic hardship, such that we could no longer support the Mitrata children's programs on sponsorship donations alone.

Your generous donations in 2010 allowed us to continue to help and keep our programs intact. In 2011, we have remained true to our commitment to ensure that sponsorship donations are designated for our programs and not administrative expenses.

We are benefiting from the guidance and fundraising efforts of our part time Development Officer, Alexis Mead. She is establishing our infrastructure allowing us to expand our donor capabilities, research grants and begin to seek larger donations. We must find ways to support our growing children so that they can be come independent and self sufficient. We can no longer be concerned solely with operational expenses of our programs, but must consider the very future and viability of them.

We have come a long way from our humble beginnings when Nanda and I found Ishwori, sick and homeless in the mountains outside Kathmandu! Now we are able to help so many more children. I wish you could see their lovely faces, experience their sheer joy in being able to go to school, share in great conversations with them in English, and hear their lovely voices raised in song. Remember all of this happens because of you.

Amazingly, you have come through for us once again!

With gratitude,

Christine Schutz, President
Mitrata-Nepal Foundation for Children, Inc.



Save the Date!

Mitrata-Nepal 2011 Events

- ❖ **"Feed Your Brain"**
Trivia Night Fundraiser
Cardinal Rigali Center
Saturday, April 9
- ❖ **Red Lantern Journeys'**
Mt. Rainier Climb for Himalayan Children
July 14- July 16
- ❖ **Visit from Nepal by Nanda Kulu**
July 2011
- ❖ **Musical Concert Benefit**
Fall 2011

"We now support 102 children in the Mitrata-Nepal NGO. For the first time, we expanded to include funding for 30 more children in the Center for Child Studies and Development (CCSD)"

Please help us save postage and the environment by sending your email to info@mitrata.org

The cost of mailing one newsletter to our mailing list is equal to sponsoring one child in our school program.



Mitrata-Nepal Foundation Supports Center for Child Studies and Development (CCSD)

We now support a new and unique program in Kathmandu, the Center for Child Studies and Development (CCSD). This program operates a contact center for 32 needy children to prepare them for formal education. The children who participate are often older and have never been in school. They have been victims of child labor and are children of itinerant workers or carpet industry workers. The program offers good meals to get the children off the streets and the teachers work with the children to help them learn basics and school regimens. The Contact Center staff work closely with the families to obtain their support and involvement in their child's education. The children are eventually placed in good schools through sponsorships. Our support is allowing

CCSD to have a reliable source of funding for the first time and to be able to retain and hire good staff. Leena Satyal, the Executive Director, is a social worker who has worked in Kathmandu for many years and is providing dedicated leadership for this program. We will keep you posted on developments for this new and exciting program.



“The [CCSD] program offers good meals to get the children off the streets and the teachers work with the children to help them learn basics and school regimens.”



Mouse Races Event



On December 11, 2010, the place to be was the Cardinal Rigali Center for the Mitrata Mouse Races and Marketplace. Though it was a cold and windy night, there was lots of heat generated by the crowd inside cheering for their favorite mouse in each of the ten races held. Bets were taken, the odds for the racers were set and they were off, well, at least most of them were off and running down the track ...eventually. The races would have been enough fun, but there was also food donated by Pappy's BBQ, a silent auction, and tables with jewelry, henna tattoos, knitted wear, photo cards, and silk scarves for sale. All donated by wonderful supporters of Mitrata. Thanks to all who worked so hard to make this happen and to all who came to the event.



Sponsor Appreciation Event

Our annual sponsor appreciation event was held in January this year. We gathered at the beautiful and historic home of one of our sponsors, Jon Isbell, and enjoyed food prepared by the Nepali Women's Global Network. Christine Schutz gave a presentation updating those attending with the current happenings at the Mitrata home in Kathmandu. It was an opportunity for the board of Mitrata to meet the sponsors face to face and for the sponsors to connect with one another.



Mitrata-Nepal is in need of additional sponsors to give our children a good start in life. A great way to recruit sponsors is to have a "friendraiser" to celebrate a birthday or no event at all. Interested individuals may contact Nancy Williger, Vice President via the website or by phone at (314) 962-2426.

Children Needing Sponsors

Susmita Tamang

DOB 4/28/1996

Entered Mitrata 2008



Susmita is from a poor family consisting of her mother and three older brothers. She is very interested in study, but her family could not afford this. She is now with Mitrata and is a very gentle and sincere child. She is very talented and active. Her aim is to be a doctor. We hope she is able to achieve her goal and will be a great and successful person in the future.

Susmita is in need of a full home sponsorship.

Ajay Shrestha

DOB 2/18/1995

Entered Mitrata 2002



Ajay came from a very poor family. His father left for a Middle Eastern country to work but never returned, and his mother later abandoned him and his sister as well. They left them in the home of a friend who could not maintain adequate care. Shortly after he was brought into the children's home, he requested his sister be brought in as well as he felt it very important that they stay together. Ajay is a kind and hardworking boy and is a very good artist.

Ajay is in need of a partial home sponsorship.

CHILD SPONSORSHIPS AVAILABLE

*Mitrata-Nepal Foundation for Children is currently in need of **three full sponsorships** at the \$1,200 level and **nine shared sponsorships** at the \$800 level to support children currently residing in the Mitrata-Nepal Home for Children in Kathmandu.*

Please help spread the word and contact Nancy Williger, Vice President via the website or by phone at (314) 962-2426 to learn more.

Children Needing Sponsors (cont.)

Pratichhya Rai

DOB 12/25/1999

Entered Mitrata home 2006

Pratichhya's village was greatly affected by the conflict between the government and the Maoists. Her father disappeared. She and her mother left the village, but her mother was unable to afford her care and requested she join the Mitrata home. Pratichhya is very talented a good in her studies. She loves to dance. She is kind and helpful and popular among her friends. She wants to be a doctor.



Pratichhya is in need of a full home sponsorship.

Anup Thapa Nagar

DOB 07/27/2003

Entered Mitrata home 2009

Anup's parents are impoverished and his father was chronically ill and unable to work. His mother performs seasonal labor but much of their income is taken up by the father's medications and the mother's health condition is also marginal and she cannot continue to do hard physical labor for long. Anup's aunt is a member of the Mitrata staff and let the administration know about his plight. He was brought into the children's home in 2009 to help him with basic care and education.



Anup is in need of a full home sponsorship.

Chandra Laxmi

DOB 03/18/2001

Entered Mitrata 2006

Chandra comes from a remote part of Nepal where there are no roads and little transportation and no educational facilities.

The Maoist war has been very hard on her area. Her father died four years ago, he was the breadwinner for the family. The mother is deaf and had no source of income. A relative brought her to the Mitrata Children's home for care and education. She is good in her studies. Her character and behavior are good. We feel that she is talented and have great hope for her potential.



Chandra is in need of a partial home sponsorship.

Roshan Tamang

DOB 09/18/2002

Entered Mitrata 2009

Roshan's father has cancer and is on chemo-therapy which is expensive. His mother is a maid and cannot afford to support them. Roshan was a school sponsored child until his father became too ill and his family requested that he stay at the Mitrata home. He has adjusted well and is working hard on his studies.



Roshan is in need of a partial home sponsorship.

Join the Climb or Sponsor a Climber

Where: Mt. Rainier in Washington State

When: Thursday, July 14 to Saturday, July 16, 2011

What: 18 climbers and 6 leaders from Seattle and St. Louis, in two groups climbing different routes

Number of climber spots currently available: Six

Registration Fee: \$100

Minimum Fundraising Commitment: \$1500

Contact Red Lantern Journeys for more information by email or phone:

Email:

charityclimb@redlanternjourneys.com

Phone: 206-568-0710

www.redlanternjourneys.com

Red Lantern Journeys' Climb for Himalaya Children in July 2011

Please join Red Lantern Journeys' Climb for Himalaya Children, an annual benefit climb of Mt. Rainier in Washington State.

The Climb for Himalaya Children raises money to support the children's home, educational programs, and contact center in Kathmandu, Nepal.

Your participation will help ensure that the children of Mitrata have access to food, shelter, clothing, and education in a country where orphans are constantly subjected to the dangers of malnutrition, child labor, and prostitution. Your contribution will make a big difference in the lives of these children. All donations are tax deductible.

Our overall fundraising goal is \$39,000. We appreciate your support, every dollar counts!

Climbing Skill Level

This climb is open to anyone who is physically fit and will commit to a training regimen to prepare themselves for the climb. Prior mountain climbing experience is not necessary, but is beneficial. One day of training is included in the climb. Prior experience with backpacking and camping is recommended.

Physical Conditioning Requirements

This climb is extremely rigorous, requiring excellent strength, endurance and the ability to carry a 40-plus pound pack. Climbers need to be in excellent physical condition for both personal enjoyment and to ensure your and the team's safety and success.



Please visit the CHC's fundraising site to make a donation to sponsor the climbers:

<https://mitrata.myetap.org/2011climb/>

Sending Items To Your Child

Would you like to send something to your child? The sponsor committee will collect **letters, pictures, or a very small, flat item of very light weight** to send to the Children's Home in one package. The children contact us twice a year and they love hearing from their sponsors. They especially like to see pictures as it makes the connection more real to them. On the front of the letter please put your name and the name of your child.



Send or drop off your item to Nancy Williger, 35 S. Elm Ave in Webster Groves (63119). If you want to just drop it off, you can leave it on the front porch by the front door or in the mailbox. **Please get it to us by April 20**, so that we can mail the package by April 25th. We hope to get as many of you to participate as possible, to surprise the children with this special treat. We will keep you posted about another mailing in the fall.

Feed Your Brain!

TRIVIA NIGHT
benefiting Mitrata-Nepal Foundation for Children

Table Sponsorships available at \$50/table
Name your table, decorate and psych out your competitors

Round Sponsorships available at \$100/round
Name the round and category

Saturday, April 9, 2011
Doors Open at 6:30 p.m.
Trivia Starts at 7:00 p.m.
\$20/ticket or \$150 for table of 8

8 rounds of interesting facts, serious fun, mini-games, prizes, mulligans, ask the expert. Snacks Included, Drinks Available for Purchase

Tickets and sponsorships can be bought online at www.mitrata.org or by calling Alexis at **314.249.0354**

Cardinal Rigali Center
20 Archbishop May Dr.
Shrewsbury, MO 63119
just off S. Laclede Station Road

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*Benefiting
Mitrata-Nepal Foundation
for Children*

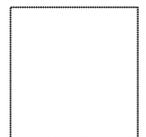
This favorite fundraiser will be held on **Saturday April 9th, 2011** at the Cardinal Rigali Center, St. Louis.

Reserve your seat today and help make a difference in a life of a child!

To reserve your table, visit www.mitrata.org or call Alexis, Development Officer, at (314) 249-0354.



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Name
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