



GOLDEN BAY FRIENDS
OF NEPAL

1 APR 2016 - 31 MAR 2017

*Annual
Report*



Word from Chairperson

BY THOMAS (TAJ) RABOSKY

Namaste!

We are excited to share with you the first Annual Report since Golden Bay Friends of Nepal was formally established as a registered New Zealand charity (C53344) in April 2016. This report highlights the achievements and progress being made in Bhumlutar, Nepal and the surrounding villages as a direct result of your support and generosity. The villagers and students in Bhumlutar are eternally grateful for the assistance, support, and inspiration Golden Bay Friends of Nepal is providing in the local villages. We would like you to know that 100% of every donation made to date makes it's way to Nepal to help the local villagers.

Our committee donates 100% of our time (unpaid) to helping our friends in Nepal. In New Zealand, we receive no salaries, have no expenses and have no overhead. In the past year, both Thomas (Taj) and Kees visited Nepal and funded their visits entirely with their own personal finances. Through our visits, the smiling, gracious, loving people of Nepal have warmed our hearts and souls - this is our small way of giving a little back. We are happy to invest some of our volunteer time and energy into this project to help our friends in Nepal. As you will read below, we are making some real, positive change in the local villages.



Contents

Words from Taj (Chairperson)

PAGE 02-04

Friendship Academy

PAGE 05-07

NGO Registration

PAGE 08

Additional Information

PAGE 09-10

Achievements/Expenditures

PAGE 11-16

Goals and thanks

PAGE 18-19

Evolution

What started out with the donation of emergency supplies in the days and weeks after the earthquakes has evolved into a community project with an aim to helping affected locals rebuild their houses, and their lives. About 80% of houses around Bhumlutar were severely damaged or destroyed, 68 people and 473 animals perished. The Nepali government promised each family who lost their home in the earthquakes financial assistance of NPR300,000 (NZ\$4,285) but this has yet to materialize in rural Nepal due to political instability and a Nepali government focused on rebuilding Kathmandu Valley and tourist hot spots. In rural Nepal, most villagers are subsistence farmers with little income or savings, and often limited (or no) education. Many rural villagers in Kavre district who lost their homes during the earthquakes (about 80%) are still living in temporary tin or bamboo shelters with dirt floors - very hot in the summer and cold in the winter. Many working aged men have been forced to seek jobs overseas in places like Singapore, Dubai or Kuala Lumpur - often as low paid security guards, construction workers, or labourers. They are often unhappy and forced to be away from their families for extended periods of time. This breaks up families and villages. We want to provide opportunity for locals to stay in their village with their families, with an opportunity to generate some income as farmers.



Knowledge = opportunity = income = rebuilding

Rural Nepali farmers have been growing food for thousands of years. Most are subsistence farmers, growing food like rice, corn, lentils and potatoes to survive, not for income. The destruction of so many houses (approximately 80% in Kavre district and up to 95% in neighbouring Sindhupalchowk district) leaves subsistence farmers with limited hopes of rebuilding unless they can generate some income for the purchase of building supplies (roofing materials, window framing, etc). If we can teach the locals to grow more valuable organic produce (in addition to the staples they need to grow) small amounts of income can be generated to start rebuilding their homes. Pesticides and fertilisers have also made their way into Nepal and have been used by many local farmers for short term yield gains. This worked for a few years, but now more chemicals and fertilisers need to be added (and purchased) to keep their fields productive. This costs money and destroys the ecology of the soils. The farmers want to return to old-fashioned "organic" farming. And Golden Bay Friends of Nepal wants to help.



Golden Bay Friendship Academy

A 2-room teaching Academy where we now employ 2 local teachers (Bhupal Kharel and his wife Kopila) to teach the local villagers. We offer classes for the children before and after government school from 6-9am and 3-6pm 6 days per week on 3 main subjects: English, Computers, and Organic Agriculture. We are now starting to offer free agriculture workshops for local adults to encourage them to grow organic higher value crops (garlic, coffee, tea, herbs, pineapples, tomatoes, etc) to generate some income to help them rebuild their lives and houses after the devastating 2015 earthquakes.

Why build Golden Bay Friendship Academy?

In early 2016, 12 months after the earthquakes, all 7 schools in Bhumlutar and the surrounding villages remained closed due to significant structural damage from the earthquakes. Bhupal Kharel, Taj's brother/friend on the ground in Bhumlutar and a former teacher at one of the local government schools, wanted to give the children an opportunity to learn again and asked, "Brother, can we build a school?" We decided to go for it!



How Golden Bay Friendship Academy was built

The villagers donated timber, labour and time. Golden Bay Friends of Nepal donated the funds for cement, roofing sheets, doors, windows, carpets, tables, and paint. Construction started in April 2016. The villagers in Bhumlutar came together and pitched in to build a simple 2 room school building for their children in about 6 weeks. A milling machine (electric saw) was even donated from a local village for 2 days to cut the trees into posts and beams - the rest would be used for shingles.

Golden Bay Friendship Academy is open

About 6 weeks later Golden Bay Friendship Academy opened and over 110 local students arrived to learn again. Several months later the government schools began to "re-open" (although in rural Nepal they are often shut for any number of reasons) with the children returning to school most days. We decided to offer training in English, computers and organic farming in the morning and late afternoon to supplement their existing education and provide new opportunities for students and adults in the local rural villages. Golden Bay Friendship Academy is born!



Student progress to date at Golden Bay Friendship Academy

74 registered and regular students at Golden Bay Friendship Academy

35 primary-level students completed the basic computer course

9 high school level students completed advanced computer course

24 young students with no prior English knowledge can now recite letters, numbers, and basic sounds

62 students completed basic English language course and they are improving everyday in English

3 local Nepali government schools have thanked Golden Bay Friendship Academy for the significant improvement of the English skills of the local students. Now they want us to help with Math.

Additional uses of the Golden Bay Friendship Academy we've built:

- 1) Organic Agriculture training and education to grow higher-value organic produce
- 2) Training and education workshop for village construction of simple EarthBag or earthen houses



NGO registration

To provide education and/or aid in Nepal following the earthquakes, all donors must either partner with a locally registered NGO (Non Government Organization) or become an NGO. During his (personally funded) visit to Nepal in July-August 2016, Thomas ("Taj") and Bhupal Kharel met with several local NGOs but a decision was made to register Golden Bay Friends of Nepal as it's own NGO, a time consuming and difficult process. We are excited to report that our NGO status was granted by the government in April 2017.



Little government assistance

Earthquake victims who lost their homes (many were in Kavre and neighbouring Sindhupalchowk districts) were promised financial support of up to NPR300,000 (NZD\$3,900) in the weeks after the earthquakes from the Nepali government.

But subsequent political instability, corruption, and a focus on rebuilding Kathmandu Valley and tourist areas has left rural Nepalis to fend for themselves. Without help from outside organisations like Golden Bay Friends of Nepal, local subsistence farmers growing food to survive (the majority of rural Nepalis) have little chance of earning enough money to rebuild. The need to generate some income to purchase building materials (roofing sheets, window beams, etc) has forced a wave of Nepalis (mostly men) to seek employment as labourers in Kathmandu (already overcrowded) or in foreign countries like Malaysia, Singapore, Qatar, etc. This breaks up families and removes fathers and workers from local communities. We want to help families live in clean, dry, safe houses again. We intend to help by offering earthbag building training and providing income opportunities through organic farming.



Members / membership

We finished the 2017 financial year with 49 members. If you would like to continue supporting Golden Bay Friends of Nepal please make your membership donation via one of two channels:

Give A Little (credit and debit cards):

<https://givealittle.co.nz/org/goldenbayfriendsofnepal>

Nelson Building Society (direct bank transfers):

Acct: 03-1354-0368990-000 "Golden Bay Friends of Nepal"

Supporters

The Village Theatre, Fresh Choice, NBS (Nelson Building Society), Aroha Health Spa, Golden Bay Organic Shop, Birds Gifts, Takaka Infusion, Wholemeal Café, Delish, Waitapu Springs, Curry Leaf, Lollokiki, Manna Organics, Chez Alexis, Tanya Carey (artist), Craig Potton (photographer and author), and all the beautiful local bakers for your treats and sweets to offer for koha at raffles and movie showings. We also thank all of the generous donors via our crowdfunding page (<https://givealittle.co.nz/org/goldenbayfriendsofnepal>) and those of you who made direct donations into our local fee-free bank account at Nelson Building Society. Thank you!



Significant Achievements of FY2016-2017

Golden Bay Friendship Academy opened late May 2016

Total cost: NZ\$2555

NZ \$1,030.00 (Phase 1: framing, foundation, construction) (FY 2015-16)

NZ \$1,000.00 (Phase 2: roofing, cladding, walls, doors)

NZ \$525 (Phase 3: paint, carpets, windows, electricity line)

110+ students attending initially

74 registered students now attending regularly

Opened 6 days per week from 6-9am and 3-6pm (before and after government school)

Offering training in English, Computers, and Organic Agriculture

Teacher salaries paid 15 May 2016 - 31 Mar 2017

Cost/month: Bhupal (NPR20,000/NZD\$285.71)

Kopila (NPR10,000/NZD\$142.86))

Total (NPR30,000 /NZD\$428.57)

Total paid FY2016-17 (9.5 months) = NPR285,000 (NZD\$4,071.43)

Future cost per year (11 months) = NPR330,000 (NZD\$4,714.28)



Organic Farming Training

Cost: NZ\$319.29 total (NZ\$79.82 per person)

3 days hands-on organic farming training at Everything Organic Nursery, homestay + food

Attendees: (Taj, Bhupal, Kopila, Krishna Dai)

Subjects: Composting, Seed beds, Seed saving, Nitrogen fixing, Seed composting, Liquid fertilizer/compost (Gitimol) , Pruning, Air layering, Grafting (side, tongue, bud, top working), Plant propagation, Organic pesticides

Composting toilet and washing area

Cost: NZ\$228.57

With large numbers of students coming every morning and evening, we felt it was a good idea to provide toilet facilities and a washing area. We decided to install a simple composting toilet system and constructed a washing area for hand washing and cleaning tea cups with soap.

Materials provided:

Piping, joints & roofing sheet for composting toilet (walls made from local plants & bamboo)

Piping, joints, rock wall & foundation for washing station

2 large water storage tanks for toilet and washing area



Rain ponchos for 110 students

Cost: NZ\$58.71 = NZ\$0.53 per student

During the monsoon season, children often don't go to school when the rain is heavy. Umbrellas are expensive and easily broken. We bought 2 rolls of heavy PVC plastic, measured every student, seam sealed the edges with candle flames and for about 50 cents per student made 100+ rain ponchos. Now the village children can learn in any weather!

Art supplies and sports equipment

Cost: NZ\$53.23

We donated drawing pads, colored pencils and coloring books for the youngest students. A field, just below the school, has been converted into a football and volleyball zone where students can get some exercise and have some fun during breaks.

Textbooks, posters, flashcards

Cost: NZ\$36.31

English and computer textbooks, permaculture posters, maps, flashcards, and other learning tools were donated.



Morning tea supplies

We bought a big, industrial sized stove for brewing up a big vat of morning tea for the students. They like it extra sweet, but we discussed the dangers of too much sugar. We also switched the sweetener from refined white sugar to "sakar" (local, raw sugar cane).

Plants, seeds, seedlings

Cost: NZ\$125.71

Apple, pear, seedless lime, avocado, tomato, plus a wide variety of local, organic seeds

Prayer flags from Motupipi School

Cost: Free

In the wake of the Nepal earthquakes, the students and staff at Motupipi School here in Golden Bay organized a fundraiser for the victims in Nepal.

These donated flags are an inspiration to the local children who know they have caring friends on the other side of the world. Soon we hope to connect these new friends with each other thru video chat!



5 donated used laptops

Cost: Free

Five laptops were generously donated in NZ and taken to the school. Special thanks to Line Tech Consulting in New Zealand for their generous donation of 3 used laptops. Now the children can learn how to use a mouse, type emails, and see the world beyond Bhumlutar. Eventually we plan to offer training to adults in the villages too and offer a computer literacy certificate.

74 rechargeable solar lights

Cost: NZ\$235.71 (NZ\$3.18 per student)

During the short winter months, the children often walk in the dark in the early morning hours to arrive at the Academy by 6am. They asked for a solution. We wanted to provide a renewable, rechargeable, and affordable light without battery waste (and cost). Bhupal (Achni Dev) and Kees researched options in Kathmandu and purchased 74 units of solar powered, rechargeable hand lights and distributed them to the students. The feedback so far has been positive and the children can now walk to our Academy in the early mornings or home in the evenings with their own energy charged from the sun. The lights are also used in village homes.



Greenhouse supplies (plastic and steel rods)

Cost: NZ\$232.57(plastic) and NZ\$25.71 (steel rods) = total NZ\$258.28

Anton (friend of Kees and an expert greenhouse builder in developing countries) visited Bhumlutar with Kees. Materials (plastic sheeting and metal rods) were purchased for construction of a large greenhouse next to the Golden Bay Friendship Academy (now under construction). Anton has generously offered assistance and guidance via email to the people of Bhumlutar as they begin to grow vegetables year round. The greenhouse will also serve as a demonstration/teaching area for future greenhouse workshops as well as a seedling propagation area (for distribution of seedlings to local villagers). We plan to offer free greenhouse building workshops for local adults including distribution of plastic sheets and bamboo for locals to build their own small greenhouse next to their house.

Gardening/grafting tools

Cost: NZ\$135.88

Your donations purchased high quality grafting and pruning tools for use in the village (Secateurs x2, handsaw x1, Opinel knives x2).



GB Friends of Nepal is now a registered NZ Charity

GB Friends of Nepal has obtained New Zealand charitable status which provides us with more opportunity to continue fundraising for our friends in Nepal and will also benefit the running of our club. Our Charities Services registration number is: CC53344

NBS Account Set-Up

GB Friends of Nepal has a fee-free account at Nelson Building Society. Our account number is: (03-1354-0368990-000). Please feel free to make a donation (or make your membership donation) at any time.

Local committee established

Nine village residents have volunteered to represent the local committee in Bhumlutar. They will run the local NGO and make decisions to determine how we can best help in the local villages going forward. They are currently deciding on the need for an extra teacher/gardener at the Academy as well as the location of the first rainwater collection pond. They will also help run the greenhouse currently under construction.



Goals for the coming year (FY2017-18)

Hire 3rd staff to focus on agriculture program, greenhouse, seedling distribution

Full time electricity line to the school

Internet (password protected) to Academy to enable communication & learning

Greenhouse building workshops for locals (including plastic sheets and bamboo to build their own small greenhouse near their homes)

Hosting free earthbrick/earthbag construction workshop

Several rainwater storage ponds (50,000ltr) to enable food production in the dry season (Oct - May)

Free basic health course (sanitation, nutrition, first aid, sugar risks, etc)

Establishment of fruit garden to feed children fruit during breaks

Creation of women's group (weaving, seed saving, handicrafts, etc)

Creation of village cooperative to sell organic produce in Kathmandu

Offer basic yoga and meditation course on Saturdays (adults and children)

Bee keeping

Calendar to local villages (negative effects of poisons and pesticides, advantages of organic farming, importance of bees, bio-pesticide production, usefulness of animal urine, etc)

Long-term goals and ambitions for Golden Bay Friends of Nepal

Provide agricultural training to local farmers to enable them to grow higher-value organic crops (subsistence farming to income farming)

Set up village cooperative to sell high value organic crops in Kathmandu

Use proceeds from sales of organic produce to buy materials for construction of earth homes

Provide Earthbag or Earthbrick training through local Nepali partner to enable local families to rebuild their houses, and their lives

Organic homestays

Volunteer program for foreign students (English, agriculture, earth building)

100% to Nepal

We have no overhead costs, no salaries and no expenses here in New Zealand so 100% of your donations go directly to the people of Nepal.

Make a donation

If you would like to support these efforts in Nepal, we invite you to make a donation (100% goes to Nepal) via either:

Give A Little (credit/debit card):

<https://givealittle.co.nz/org/goldenbayfriendsofnepal>

NBS Bank account (direct bank transfer):

Golden Bay Friends of Nepal, Acct: 03-1354-0368990-00

Dheri, dheri dhanyabad (thank you very, very much) everyone!

Namaste, Golden Bay Friends of Nepal

~Thomas (Taj) Rabosky, Rita Scholten, Kees Brinkman

For any additional information (including our full financials) please see our website (www.gbfriendsofnepal.weebly.com) or the New Zealand Charities Commission website (<https://charities.govt.nz/>). Please note: We are not able to offer tax deductibility on donations at this time.

