

GOLDEN BAY FRIENDS OF NEPAL

FY 2021

Annual Report





Word from Chairperson

BY THOMAS (TAJ) RABOSKY

Namaste! We are excited and pleased to present to you the FY2021 Annual Report for Golden Bay Friends of Nepal (New Zealand Registered Charity C53344). What started in April 2015 as a compassionate reaction to a natural disaster (the 2015 Nepali earthquakes) has continued on and evolved into a series of local village projects in Kavre district of Nepal to build friendship, offer knowledge, provide opportunity and create resiliency and self-empowerment for our friends in Kavre district of Nepal.

The past year has been challenging in many parts of the world and particularly in Nepal where a pandemic, closed borders and rolling lockdowns from Covid-19 have created economic pain, food shortages, school closures and sickness. But our team on the ground adapted and adjusted throughout the year to continue delivering positive outcomes around the villages.

Highlights for FY2021 include completion of a new house rebuild for Kamala (a local Dalit/untouchable widow) and her 3 children, successful distribution of 140 more pairs of turkeys around the village as well as hundreds of seedlings, rebuild of plumbing and tanks to provide safe drinking water and storage for 15+ Dalit/untouchable families, launch of remote teaching for village students, and distribution of food and supplies to 22 poor local families. We have also started work on a new earthbag house for Dipa (another local Dalit/untouchable widow) and her daughter to be completed in FY2022.

This past year has been challenging and uncertain but also fruitful and rewarding, as you will see in this report. Life can be tough, but (like so many resilient Nepali people) we push forward to continue creating hope, sharing love and providing opportunity. We want to take this opportunity to thank you for shining your light and opening your heart to help deserving people on the other side of the world. Your donations are the key to enabling positive change in Nepal. Since the creation of GBFON, we volunteer all of our time and cover the administrative expenses out of our pockets so you know 100% of your donations go to Nepal to create the positive change you will read about in this Annual Report. We thank you again and hope you enjoy seeing the positive change your donations are creating in Nepal.

Dhanyabad (Thank You),
Thomas (Taj) Rabosky (Chairperson - Golden Bay Friends of Nepal)

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House completed for Kamala (Dalit/untouchable widow) & her 3 children

Cost: NPR 467,000 (NZD\$6,320/USD\$4,068)

We are very excited to report that construction of a new 1.5 story, 2 room house for Kamala and her 3 children was completed in April 2020, just days before Nepal's first lockdown! Kamala, a local Dalit/untouchable widow, lost her house in the 2015 earthquakes and then her husband in 2016 who died of kidney failure. We also helped Kamala to receive the full NPR300,000 earthquake victim grant from the Nepali government for this project. We used a design for a 1.5 story house, so the family has an annex in the roof for extra sleeping space, storage, etc. Through your generous donations, Kamala is now able to provide comfort, security and safety for herself and her 3 children.

Why we help Dalit/untouchable widows in Nepal?

Lowest social standing/lowest caste in Nepal & India

Often relegated by higher castes to low paying, difficult jobs

Targets of discrimination and limited opportunity

Widows have little chance to remarry (blamed for the death of their husband)

Kamala and children's "house" before (June 2019)



Kamala's house rebuild (continued) and additional donations

The house is painted, lights are on, and Juffalo the Buffalo is now part of the family. Our original budget was NPR 467,000 (NZD\$6,320 / USD\$4,068) and we managed to complete the entire project at a cost of NPR 455,000. The remaining NPR12,000 was used for paint (NPR6,000) and electricity and lights (NPR6,000). This has been the most ambitious project yet for GBFON in terms of organization, complexity and fundraising.

What your donations have provided Kamala and her children:

New 2 room house = Cost: NPR 455,000 / USD\$3,963 / NZD\$ 6,157

Female buffalo for milk & income = Cost: NPR 30,000 / USD\$250 / NZD\$ 408

Beds, quilts, mattresses (x 2) = Cost: NPR24,000 / USD\$199 / NZD\$326

Toilet and outdoor kitchen = Cost: NPR30,000 / USD\$250 / NZD\$ 408

Paint, lights and electricity = Cost: NPR12,000 / USD\$101 / NZD\$ 163

Pair of locally raised turkeys = Cost: NPR2,000 / USD\$ 16.67 / NZD\$ 27.14

Kamala and children's house after (Mar/Apr 2020)



Earthbag house for Dipa Shivabhakti and her daughter Ishwori underway

Dipa Shivabhakti's house was destroyed in the 2015 earthquakes and as a low caste untouchable she didn't have money to rebuild. Her husband was a labourer and porter who unfortunately and suddenly died from a heart attack before the earthquakes. Dipa has 3 daughters (2 grown) including 14 year old Ishwori, who sometimes lives with Dipa, but Ishwori often stays with her step-sister as she finds her mother's house/tin shack too uncomfortable. Your donations are going to change that! Dipa has limited opportunity to work due to a leg injury suffered while farming. She had an operation but still walks with a severe limp. As a Dalit widow she has a low social standing in Nepal and has extremely limited means to re-marry or work her way out of her situation without outside help. But thanks to your incredible generosity, she will soon be living in a safe, comfortable, dry, earthquake-proof house with her daughter Ishwori. Groundbreaking started already and we look forward to providing updates when Dipa's house is completed.



Earthbag house for Dipa Shivabhakti and her daughter Ishwori underway (cont.)

We've partnered with Good Earth Nepal (<http://goodearthglobal.org/>) an NGO (non-government organization) in Nepal enabling villagers to rebuild safe, comfortable, affordable houses after the 2015 earthquakes - using local materials. They lobbied the government of Nepal to accept earthbag as an acceptable method for reconstruction post earthquakes in 2015 - and succeeded. They have built schools, houses and dwellings all over Nepal. They change lives and provide opportunity. Volunteers are gone but we plan to use local labour to build Dipa and Ishwori a new house.

What your donations have provided Dipa and her daughter Ishwori:

Earthbag house & outside kitchen = Cost: NPR 648,690 / USD\$5,500 / NZD \$7751

Beds, quilts, mattresses (x 2) = Cost: NPR24,000 / USD\$203 / NZD\$287

Toilet = Cost: NPR 30,000/USD\$254/NZD\$359

Pair of locally raised turkeys = Cost: NPR2,000 / USD\$ 16.95 / NZD\$ 23.89

Greenhouse with seeds and seedlings = Cost: NPR 3,000/USD\$25/NZD\$35)



**GROUND-
BREAKING FOR
DIPA'S NEW
EARTHBAG HOUSE!**

6 March 2021



Adopt-A-Turkey Program - 140 more turkeys distributed in Bhumlutar

Why turkeys?

- Companionship
- Security
- Local income
- Eggs
- Nutrition
- Breeding
- Rare in Nepal
- Happiness

Our "Donate a Pair of Turkeys" program over the holidays raised an amazing NZD \$1400 (NPR 96,000) for the purchase and distribution of 140 additional turkeys around the villages. Thank you to everyone who gave the gift of turkeys! Your generous donations are funding the purchase of an additional 140 turkeys (70 pairs) in the villages around Bhumlutar. The funds (NPR 96,000 / NZD \$1402.26 / USD\$783.87) were sent to Nepal and will be used to purchase 140 baby turkeys (plus medicine, food and transportation) for distribution in and around Bhumlutar to local families. Families who receive turkeys will also receive training from our team about proper turkey care, health and nutrition. We look forward to sharing the joy you have created for this next group of new turkey "shepherds".



Turkey Egg and Breeding Success!

Many of our turkeys from 2020 are still happily thriving in the village and producing eggs. The locals cherish their turkeys and are now breeding them successfully. A healthy female can produce approximately 100 eggs per year.

We have been teaching the villagers how to care for their new young turkeys and how to breed them. We've had incredible success with egg and baby turkey production and next year plan to purchase baby turkeys for NPR1,000 each from the local families raising them, instead of buying the baby turkeys from a distant farm in the south of Nepal. This creates income for villagers and keeps the project local. We also have plans to introduce turkeys into other nearby villages in 2022.

So thank you everyone for your amazing support to bring more turkeys to Bhumlutar - the turkeys bring love, companionship, nutrition, opportunity and happiness to the Nepali families who raise and cherish them.



Water storage system upgrade for 15 Dalit (untouchable) families

Cost: NPR 52,800, USD \$431.13, NZD \$771.25

After many delays due to Covid, we finally managed to get the materials to the village and completed the construction of new piping and 4 high-strength, upgraded water tanks for the local Dalit (untouchable caste) community in Bhumlutar. This upgrade provides clean, safe, reliable water storage for 15+ families in the village and replaces the broken water system resulting from earthquake damage years ago.

These colorful and strong tanks provide an all-day storage system for safe drinking water, eliminating the need to fetch water from distant taps often broken or malfunctioning. Having a supply of nearby water will also save countless hours and lots of precious calories for families no longer needing to haul heavy water containers from distant (and unreliable) taps. This will allow the villagers to use their energy for more productive tasks like growing food, feeding animals, and caring for their family.

15 Dalit / untouchable families given safe, clean, permanent access to drinking water



Poor villager assistance programme (helping 22 families for 1 month)

Cost: NPR67.980, NZD\$847.86, USD\$574.26

Covid has closed borders, displaced workers and sent people from the cities back to live in their native villages. Even local labourers have been asked not to work in some cases for fear of spreading Covid to others. So the implications are deep and we can't yet fully understand them entirely. But what is clear is that some people are struggling more than usual and not everyone has been able to plant enough food and some are experiencing hardship.

We have identified 22 local families (many of them Dalits) who can use help. We have decided to supply them with 1 month of staple food supplies to help them get through tough times. We would like to thank a very generous anonymous donor who is sponsoring all 22 families for 1 month. More help will be needed - please get in touch if you would like to support other families. Here are the costs and details of what we are providing the 22 families:

- 22 poor families
- 1 month of food
- US\$26 / NZ\$39 per family lockdown assistance

Family support program	NPR (each)	NZD (each)	Qty	Cost (NPR)	Cost (NZD)	Cost (USD)
Rice (30kg)	1800	\$23.29	1	1800	\$22.45	\$15.21
Cooking oil (2 litres)	165	\$2.13	2	330	\$4.12	\$2.79
Beaten rice (3 kgs)	85	\$1.10	3	255	\$3.18	\$2.15
Salt (1 kg)	25	\$0.32	1	25	\$0.31	\$0.21
Dal (3 kg)	140	\$1.81	3	420	\$5.24	\$3.55
Sugar (2kg)	85	\$1.10	2	170	\$2.12	\$1.44
Tea (2 packets)	45	\$0.58	2	90	\$1.12	\$0.76
			Per family	3090	\$38.54	\$26.10
			22 families	67980	\$847.86	\$574.26

Poor villager assistance programme photos



**POOR VILLAGER
ASSISTANCE
PROGRAMME
BHUMLUTAR, NEPAL
(GBFON)
22 DEC 2020**



Remote and online teaching (teacher salaries)

The Golden Bay Friendship Academy has been in and out of lockdown over the past year but that hasn't stopped Bhupal (head teacher), Kopila (teacher for younger students) and Ranjana (agriculture and teacher for younger students) from continuing to teach. They use a combination of outdoor teaching with face masks, phone calls to students, Facebook and online education to stay engaged. They are the heart and soul of the Golden Bay Friendship Academy and they bring the necessary love, enthusiasm and happiness to encourage the students to continue learning every day. Thank you (dhanyabad) Bhupal, Kopila and Ranjana!

Ongoing teacher salaries (3 teachers) are as follows:

Bhupal: NPR 22,000 (\$268/mo, \$3219/year)

Kopila: NPR 11,000 (\$134/month, \$1610/year)

Laxmi: NPR 11,000 (\$134/month, \$1610/year)

Total: NPR 44,000 (NZD\$6,438.00 per year)

(GBFON's largest recurring expense)

Enables thru lockdowns:

- Online learning
- Remote teaching
- Engagement
- Homework



Ranjana Shrestha - our new hire to replace Laxmi

We are pleased to announce that Ranjana joined Bhupal and Kopila at the beginning of FY2021 to replace Laxmi who needed to devote more time to her family. We thank Laxmi for all her hard work and dedication. Ranjana has completed her "10+2" education (equivalent to high school + 2 extra years study). She has basic computer literacy, 18 months of experience working with a local NGO called ADRA (18 months), has completed several agriculture training courses from the Nepal government, and has some work experience at Dhushini Shivalaya Nursery. She has already helped build a new poly tunnel/greenhouse and is bringing new life (literally) to the gardens and nursery around the Golden Bay Friendship Academy and soon to the villagers of Bhumlutar. She is working part-time and her monthly salary is NPR11,000/month (NZD\$150/month).

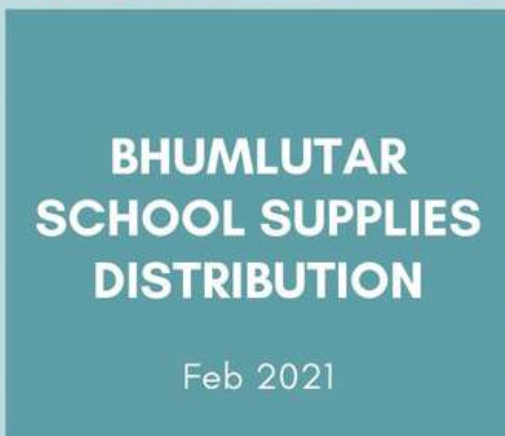


Teaching supplies (pencils, notebooks and activity books) in Bhumlutar

The Golden Bay Friendship Academy where we teach English, computers and agriculture has been closed for the majority of the year as we shift to remote teaching. We have been able to operate at times with increased hygiene and social distancing requirements.

Bhupal, Kopila and Ranjana are mixing remote teaching around the village with some days at the Golden Bay Friendship Academy when safe and practical. It is encouraging that life in Nepal is beginning to return to normal and students can once again learn and thrive.

Your donations have purchased notebooks, pencils and study books for students coming to the Golden Bay Friendship Academy. Below are some nice photos of the children learning.



Teaching supplies (pencils and notebooks) in Pachar and Aala Timreni villages
Bhupal, Kopila and Ranjana visited two nearby schools to distribute notebooks, pencils and study books to the students. The grateful students will use their new supplies to catch up on some of the learning they have missed over the past year due to lockdowns and closures. The students are incredibly grateful!

of students receiving pencils and notebooks: 370
Cost per student: NPR 120 / USD \$1.00 / NZD \$1.52
Total cost: NPR 44,400 / USD \$375.16 / NZD \$574.50

Schools receiving supplies:

Alaa Timreni Village

Shree JwaalaDevi Aadharbhut
Lower secondary school
108 students class 0 to 8

Pachar Village

Shree Bakshyashwori
Primary school
105 students class 0 to 5





**ALAA TIMRENI
SCHOOL SUPPLIES
DONATION
KAVRE DISTRICT, NEPAL
(GBFON)
FEB 2021**



**PACHAR VILLAGE
SCHOOL SUPPLIES
DONATION
KAVRE DISTRICT, NEPAL
(GBFON)
FEB 2021**



New bamboo greenhouse

Kopila, Bhupal and Ranjana built this amazing new bamboo greenhouse for additional growing capacity this year. The proceeds from the crops from our new greenhouse (tomatoes, capsicums, etc) will be used to pay for a portion of ongoing costs to run the Golden Bay Friendship Academy (electricity, WiFi, NGO registration fees, tea and sugar, etc).



Distribution of seeds and seedlings

NPR 2000 / NZD \$23.29

We have been planting hundreds of seeds for distribution to the villagers to enable better food and nutrition and help get villagers growing new varieties of vegetables including tomato, beans, cucumber, eggplant, capsicum, gourds, and more. We are distributing seedlings to students of Golden Bay Friendship Academy to take home as well as adults around the villages. We are providing villagers with the starter plants to increase their self-sufficiency, improve nutrition and potentially grow for income.

Many families have lost jobs (income) due to closed borders and lockdowns and have returned to their home villages. Nepalis are amazing farmers so we just need to lend a hand to get them started. We also offer training and advice whenever requested. Helping and encouraging them to grow more food in the village is a positive step for everyone. We are continuing to distribute more seedlings in the future.



Sock/hat/notebook distribution to students for winter

In January, Bhupal's brother (a police officer in Nepal) generously donated 70 hats and pairs of socks to the students at the Golden Bay Friendship Academy to help them stay warm during the chilly Nepali winter. Here are some photos of the students gratefully receiving their cozy new gifts as well as new learning books.



Fundraisers and thanks!

We hosted several fundraisers and also received some generous repeat donations from supporters so THANK YOU again so much for your continued support. Four of the six helpers in the photo below (Malika, Kiva, Arjuna, and Natascha) have gone to Bhumlutar to volunteer with Golden Bay Friends of Nepal so they knew what they were talking about!

Thank you again everyone for your generosity and compassion during these uncertain times. Without your open hearts and donations, none of this would be possible so we thank you again.

Namaste, Golden Bay Friends of Nepal Committee (Thomas/Taj, Rita & Kees)



Support and donations

We hope you like seeing the progress your donations are enabling in Nepal. If you would like to make a donation to support future efforts in Nepal, we invite you to make a donation below. We receive no salaries, travel expenses or compensation for running Golden Bay Friends of Nepal and never will. We run this charity with our donated time and energy as a way of giving back to our friends in Nepal.

100% goes to Nepal
No NZ overheads / salaries / admin / travel budgets
We volunteer our time to help Nepal
NZ Registered Charity #CC53344

To make a donation:



Card (from anywhere)

Click this link:

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



Bank transfer (NZ account)

Bank: NBS

For account # email us:
gbfriendsofnepal@gmail.com

(Please note: because the majority of our donations are sent outside NZ we do not have "Donee Status" and cannot offer tax deductibility at this time).





TO SUPPORT GOLDEN BAY
FRIENDS OF NEPAL:

GIVE A LITTLE
[HTTPS://GIVEALITTLE.CO.NZ/ORG/GOLDENBAYFRIENDSOFNEPAL](https://givealittle.co.nz/org/goldenbayfriendsfnepal)

DIRECT BANK TRANSFER:
NBS BANK [HTTPS://WWW.NBS.CO.NZ/](https://www.nbs.co.nz/)
ACCOUNT: GOLDEN BAY FRIENDS OF NEPAL
(CONTACT US FOR ACCOUNT NUMBER)

GBFRIENDSOFNEPAL@GMAIL.COM



Thank you everyone!(Dheri, dheri dhanyabad!)

