



**Creating opportunities and resources for the excluded  
Newsletter Volume X, December. 2017**

## **CORE – making a (+) difference ...**

CORE has supported ongoing programs in Nepal since 2006. The coming year will see a shift as we create a 'soft landing' for the over 400 members of the two large saving-credit groups. The positive changes in the lives of most women have been remarkable.

CORE will continue support to our programs for education and for women in rural areas. CORE is also now supporting education for children of the marginalized Chepang group in the hills to the south of Kathmandu. We will expand the very successful After School Program. **Thank you to all the staff who work hard on the ground.**

All of us at CORE thank the **Government of Alberta Community Initiatives Program** for its contribution to the funding our children's educational activities in

## **Non formal education as child centres and scholarships for kids**

CORE started funding the first child centre in 2006 in a poor area near the wholesale vegetable market, where many of the moms sell vegetables on the street. Since then 635 children have attended the three child centres we fund.

All three centres have now sent batches of kids to start school every April. This year there are 120 students attending school on scholarships from CORE and in total we have supported 288 students, 55 of whom have graduated from school. A factor in their success is the tutoring and Friday afternoon mentoring sessions.

*"I am Anjana Basnet, 19 years old. When I was 8 years, I started going to school (on a scholarship). Now I am in class 11 studying Business Management. I also work part time as a waiter. In the future, I want to be a businesswoman. I am very grateful for this scholarship and I am happy because other needy children like me are still getting this opportunity."*

After a pilot project at one centre, we are starting After School Program in the other two child centres



2017 and to **Canmore Rotary club** for its grant to fund the Kalimati child centre.

Donations to CORE make a difference in the lives of the people we try to help! Please check it out at [www.core-international.org](http://www.core-international.org)

Our easy, secure system for on-line donations through CanadaHelps automatically sends a Canadian tax receipt. <https://www.canadahelps.org/en/charities/core-international/>

**Thank you to all for your donations and support!**

and at a school in a poor area. *"The students all live in very difficult situations. Most families squeeze into one room... often with lots of drinking and domestic violence. We do tuition five days a week and one day do counselling and extra activities. "The change that I see in the students is that they are very eager to continue their studies so much fewer dropout. They are learning to deal with their problems in a positive way and help the younger, newer students."* Kshitija Shrestha, facilitator





## A Hand Up: Saving and Loans for over 400 Women

Our HAND UP program is in its tenth year. CORE and SOUP designed the program to find a way to help the poorest women be able to save money.

We decided to work the way these women earn... by the day. After saving, women could take loans from the group fund.

*"I like to save because at the time of difficulties I am able to use this money. My self-confidence has increased after I started saving here. I am relieved that now my son's future is secure as he is able to study on a scholarship. I pray that my son does not have to experience what we went through."* Hasina Khan

With SOUP, we decided that the time has come to start phasing out of support to these two groups by creating a 'safe landing' for the 419 group members over the past year.

The achievements are many. Hundreds of women have learned to save money. Several have gone from sorting garbage to having teashops or canteens, from selling from a basket to selling from a shop. If they had a teashop, they improved the facilities, attracting more customers. The family relationships have improved with the wife having her own money.



Says one member, Shyama:

*"It has been 10 years. We are doing very well. You have supported the distressed and the poor. We save little money and get loans to support us from the money we saved, it is good. At the time of crisis like when we fall sick, we are able to use this money. ..."*

*"Because of the support, the women got improvement in their lives. They acquired knowledge. Women learned how to work. We received training on how to make donuts, pickles, incense stick, tailoring, and candle making. From that training women got work for their livelihood. The needy women got support. The children are able to study now. Everyone should do well in life."*



**Thank you very much for your donation to CORE !!! 2017**



## A Hand Up for over 300 women in rural areas

Support to women and community groups in small towns south of Kathmandu continues. Each year, CORE supports training to grow organic vegetables for 2 – 3 rural groups in the Kathmandu Valley.

The vegetable classes run once a week for 17 weeks, so that there is lots of practical training as the plants grow in the field. Of the 389 people who have taken the training, 316 in eleven groups continuing to grow vegetables for their household use. This saves them money and usually a surplus of vegetables that they can sell for some income.

Several women are renting extra fields to grow vegetables in the fall-winter months. The women (and a few men) do saving-credit to further help improve their livelihoods.

The women in ten past groups continue to grow vegetables for their household use, which saves them money and usually gives a surplus of vegetables that they can sell for some income. Several women are renting extra fields to grow vegetables in the fall-winter months. At present, we give support to the past groups from the agricultural technician and SOUP facilitator.

Anita took the training six years ago: *"Before the training, I did not know how to make seeds and used to buy seedlings to grow vegetables but that was expensive. After the training, I learned to make seed in the nursery and started using organic fertilizer and pest control in my vegetable farming. All through the vegetable season, I go to the market twice a week earning in each trip. Now, people come to buy vegetables because they are organic... so I have money in my pocket, as I have to give money every day to my children for school expenses."*



Juna Devi and her husband, Bishnu, rent land to grow vegetables to sell. They came from another district to the Kathmandu Valley, where they can earn some income if they work hard. They employ a woman to help them. *"The income is satisfactory. The money earned is enough for our domestic expenses. After taking the training, our way of doing vegetable farming improved. Ninety percentage of the fertilizer I use now is organic. Sometimes we work hard but the market price of that vegetable falls. However, I am very satisfied with the training. Even if we leave and go to another place, we have knowledge and can do accordingly."*



Rama: *"This is my land where I grow vegetables and where my house used to be until the earthquake. So I live in a tin shed nearby. I grow radish, mustard green leaves, cauliflower, and garlic. For more than 20 years I have been growing vegetables but I did not know the proper method as I know today. I completed the training four months ago. "Since then, I replaced urea fertilizers with organic fertilizers. In the training, I learned about the insects that damage the vegetables and the remedy for those insects. My son has a shop where I sell the vegetables. He gives me money from the sold vegetables. I grow everything so I only buy salt, oil, and lentils. By selling the cauliflower, I have earned NPRs 5-6,000 in one year. From the money earned, I buy food and keep the money left in the bank."*

## Support to Chepang children and women

In April 2017, CORE began a project with Himalayan Human Rights Monitors (HimRights) to promote education by giving scholarships to Chepang kids in Makwanpur, the district south of Kathmandu. It offers training to the parents to help them understand the importance of education. The Chepang don't migrate to the city, they are truly forest dwelling people.

HimRights has worked in the area for a several years. It had a field staff person, who has worked with these groups before, ready to visit families in the remote villages to encourage them to send the kids to school.



For marginalized people in these jungles, their access to services, especially education, has been so limited that only 1% of women can read. The parents often do not understand the value of education, so the dropout rate of the children is high.



The facilitator encourages parents to send the children to school. A food allowance makes school attendance more attractive for parents who struggle to have enough food for their families by collecting wild edibles from the jungle and doing subsistence slash-and-burn cultivation. Some earn minimal income from day wages as unskilled labourers.

### THE GIFT OF SHARING ...

#### DONATIONS as GIFTS for family and friends

CORE offers the opportunity to give the gift of sharing. Your donation as a gift for your friends and family can support:

- \$ 100 A scholarship to a child to attend school for a year
- \$ 150 Pays the salary for the teacher in a child centre for a month
- \$ 200 Buys materials for training to grow organic vegetables, literacy and leadership for one group
- \$ 500 Pays for one month of literacy training for a group of women in a village
- \$ 1,000 Pays for a 17-week course to grow organic vegetables, literacy and leadership for one group
- \$ 2,000 Pays the salaries of four child centre facilitators for four months

Click [here](#) for on-line donations through CanadaHelps, which automatically sends a tax receipt. Or, mail a cheque to CORE International at PO Box 8701, Canmore, AB, Canada, T1W 0B9 and we will email a Canadian tax receipt as a secure PDF.

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For more photos check

<https://picasaweb.google.com/108492209007487725889>

## Thank you !!!

... **All of you who have donated over the past eleven years.**

... to all the people involved on the ground in Nepal, especially to the staff and boards of **Society for the Urban Poor (SOUNP)** and of **HimRights**

... to Alberta Government **Community Initiatives Program** for its matching grant this year

... **Canmore Rotary** for grants in two past years, a grant for earthquake relief, and a new grant to support one child centre.

... the board members and supporting members, Jane, Degju, Wally, Leila, Manisha, Pat, and Heidi.

... Leila and Wally Berg for giving CORE a home base and for being our feet on the ground in Canmore with office support

... Carol Walker for keeping our books and banking support

... Chhewang Sherpa of Sherpa Tech and Sherap Sherpa of Mandala Graphics for website support

**Thanks again!!!**