



Creating opportunities and resources for the excluded
Newsletter Volume XII, December. 2019

CORE –focus on education outcomes

CORE continues to support our on-going programs in the Kathmandu Valley for the urban poor and women in nearby towns. CORE now focuses our programs on learning. We expanded the After School Program and added tuition to the support of education for marginalized Chepang children in the hills to the south of Kathmandu. As 2019 draws to a close, we are rethinking ways to give support that gives long term outcomes with limited funds.

Thank you to all the staff of our partner organizations, who work hard on the ground.

Please check out [CORE's website](#) or [Facebook page](#).
The video about CORE can be seen [here](#).

Thank you to all for your donations, support, and hard work!

Support to 80 Chepang children and their parents

In April 2017, CORE began a project with Himalayan Human Rights Monitors (HimRights) to promote education by giving scholarships to 80 [Chepang kids in Makwanpur](#), a district in the hills south of Kathmandu.

HimRights has worked in this remote area for several years and has a field facilitator, who knows the people and visits families in the remote villages to encourage them to send the kids to school. Before, the kids rarely went to school, now they go every day.

Most of the students we support must walk for at least one hour each way to and from school in these remote rugged hills. For marginalized people living near the jungles, access to education has been so limited that only 1% of women can read.

Workshops with the parents have helped them to understand the value of education, so they support children to stay in school. The municipal representatives have also taken an interest in improving the facilities at the schools and providing scholarships for more marginalized children.

Tuition after school has proven to be a crucial ingredient for helping the kids to stay and do well in



All of us at CORE would like to thank the **Government of Alberta Community Initiatives Program** for its past grants and contribution to the funding our children's educational activities in March 2019 and to **Rotary Club of Canmore** for its grants to fund the Kalimati child centre each year since 2016.

Donations to CORE make a difference in the lives of the people we try to help!

You can now donate through CanadaHelps directly on our website [donation page](#). CanadaHelps automatically sends a Canadian tax receipt.





Sancha Lal Thing, Tutor, says:
“The tutorial classes have helped students in many ways, it added life in them. Before, they were very shy and hesitant to speak in the class. Now, they self-confidently introduce themselves; they can ask teachers whenever they get confused. They are very curious to learn new things. They speak and understand Nepali language (We equally promote Chepang language). All the students passed quarterly examinations with good scores. Sometimes, their parents visit the school to talk to me about their children’s studies. I think, that motivates the students as well. The parents said that their children give time for their studies and are quite happy. They asked for continued support.”

The HimRights facilitator works with the principal and teachers of the school to find those children who are most in need of support to attend school. One of these was 8-year-old Sanjiv. When they went to meet the family, parents and Sanjiv were out grazing sheep. Sanjiv had done well in school until class 2, when he had to drop out because his parents could barely afford food, let alone the school fees and expenses.

Sanjiv and the other scholarship students get the opportunity of going to school and are provided with basic school necessities -- bags, uniforms, water bottles, tiffin boxes, slippers, books, stationery, food money, and tuition. Sanjiv had to repeat class 2 but with extra support in the tutorial classes, came first in his class and was promoted to class 3.



A Hand Up for over 400 women in rural areas

Each year with Society for the Urban Poor (SOUP), 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 447 people (mostly women) who have taken the training, 366 continue to grow vegetables for their household use. This saves them money and usually provides 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.

The support for this program includes training programs for facilitators and field workers to improve their skills.

For more stories check our [website](#)
 To watch the video, click [here](#)

Child (School Preparation) centres prepare kids for school and scholarships

In 2006, CORE started funding the first child centre operated by SOUP. Since, 716 children have attended the child centres we have funded to prepare them for school. This year there was more interest in After School Programs (ASPs), so we now fund two centres connected to the child centres and new ASPs in three other locations attended by 250 students.



Laxman, 12 (above left) says, “My grades are better after coming here. I also study at home. My parents are happy sending me here. I will do better in my next exam. I want to thank everybody who is helping me.”

Each year, batches of kids ‘graduate’ from the centres to start school on scholarships. This year there are 103 students attending school on scholarships from CORE. Since 2007, we have supported 303 students.

The gift of sharing ...donations as gifts

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

- \$ 200 - scholarship for a child for school for a year
- \$ 1,200 - Pays for a 17-week course to grow organic vegetables, literacy and leadership for one group
- \$ 2,000 - Pays salaries of three facilitators for 4 months

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The path ahead...

In recent years, we have seen changes happening in the demographics and situations of the people we aim to help. So, we have lots of strategic thinking to do... but so far, we are seeing some ways to proceed for the long term:

- Continue one child (school preparation) centre (Jhaributi) and phase out of Kalimati.
- More scholarships for marginalized kids
- Continue support to poor valley communities
- Do more livelihood training in rural areas

One story: Kanchi Nepali from Gorkha district has four children. Kanchi says, “My husband works as a labourer in the vegetable market and I am a sweeper. We are not able to give our children a good education. My other three children also studied here before going to school. This education program has helped parents like me who cannot pay expensive fees in school. After studying here, my daughter went to government school with a scholarship from CORE. My son is doing well here. He makes drawings and has learned good manners.”

Menuka, 16, is in class 8. She joined the After School class supported by CORE 3 years ago. Then, she had no interest in her studies. Since coming here, she also loves dancing, drawing, singing and acting. She now has confidence to speak in front of the class.

“I have learned to respect elders. I can teach others what I have learned in the class. My teachers say that I am doing better than before. The extra classes help me to forget home. I can share my problems with the facilitators. They try to solve them. The two hours here is the best time of the day. I feel safe and happy here.”



Thank you to ...

... **everyone who has donated in the past 13 years.**

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

... Alberta Government **Community Initiatives Program** for its matching grant in March 2019 and grants in previous years

... **Canmore Rotary** for grants in three past years and a grant for earthquake relief.

... Roger Vernon for producing **CORE’s video.**

... Fiona Koether for her expertise and time spent helping us improve our **administrative systems**

... the **board** and advisory members, Jane, Degju, Wally, Manisha, Pat, Leila, Heidi, and Fionna.

... Leila and Wally Berg for giving CORE a **home base** in Canmore with office support for a decade

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

... Neetu and Dalima for administrative and documentation support