



Creating opportunities and resources for the excluded
 Newsletter Volume XIV, December 2021

2021 – Provided urgent relief in lockdowns and kept kids studying

With all your donations, CORE could provide funds to support efforts by five Nepali NGOs assisting health posts in rural communities and offering food packages to families who are without any daily wages during the very strict lockdown. Your donations help us to help people stay healthy and help health workers stay safe while working with their patients.

Worldwide, the impact of the pandemic has been much greater in countries of the [global south](#).

Thank you to all the staff and volunteers of our partner organizations, for your hard work, careful planning, constant commitment, and immense compassion for all who are suffering in this time.

Please check [CORE's website](#), [Facebook](#) or [Instagram](#)



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

Donations to CORE helped over 6,700 families this year!

CORE's timeline and impact over 15 years						2006 – 2021					
2006	08	10	12	14	16	17	18	19	20	2021	
Education for 716 poor urban kids 2006–20 (child centres, scholarships, tuition)											
Hand Up Savings and Loans: 2007–17: 419 members						Education for 110 marginalized children 2017 – ongoing					
Hand-Up – vegetable growing training 2011–19 449 people attended training of whom 376 still grow vegetables for their household and sale						<ul style="list-style-type: none"> • 100 Chepang students plus families – scholarships and tuition • Ten marginalized children in Namche 					
Self-employment and English classes 2007 – 09: 100 teenaged porters in Lukla						Pandemic responses 2021: 6,768 families					
Uplifting women through Literacy and awareness in far west Nepal 2008–14: over 300 women						<ul style="list-style-type: none"> • 5,882 families – Covid awareness and prevention items • 916 families – food relief and Covid prevention 					
Uterine prolapse awareness project 2009–12: 300 women						2015-16 After the Quake 4,300 families					
Facilitator, social mobilization, teacher training – 65 people											

2021 – RESPONDING to the COVID CRISIS in NEPAL

With these Nepali organizations, CORE determined priority needs and cost estimates for items to help households improve their hygiene to prevent Covid and to provide protective equipment for health workers.

Many Nepalis took the lead with numerous groups helping, especially in Kathmandu. However, there is less support in rural areas and a couple of districts, Dolakha and Makwanpur, where CORE has worked, before showed the potential to become Covid hotspots with social problems like [human trafficking](#) and child marriage.

Himalayan Human Rights Monitors has worked in Makwanpur district with CORE on an ongoing educational program for marginalized children since 2017. We distributed **hygiene materials (mask, soap) to all 4,622 families** in the two municipalities and PPE with health materials to local health workers. CORE responded by providing extra funds to HimRights to **provide additional food supplies to 100 Chepang families**, who were in serious need of food to get through the lockdown.



There was also a three day refresher training for teachers and tutors as part of CORE's support to HimRights for educational support to marginalized children.

This program has had an impact as some kids have gone from dropping out of school to being the top of their class.



We also supported a [special art class](#) for the scholarship students on the prevention of Covid and human trafficking, which became a problem in families without income during the lock downs.



Faselung Social Service (FSS) Committee in Dolakha, where we funded **distribution of hygiene materials (mask, soap, sanitizer, medicine) to 1,260 families** in rural villages and PPE with health materials to the 24 local health workers. In the end, our initial support of masks, soap, sanitizer, and protective equipment for field staff doing a lot of awareness worked. FSS reported that there were **no more cases of covid** after that. [Read more](#)

Stories of Nepal provided relief in many districts of Nepal and used CORE's [support](#) to give **food items and hygiene materials to over 600 families in extremely poor villages** near the Indian border in three districts. CORE contributed almost 25% of Stories of Nepal's Covid relief fund (over US \$100K) in four installments (also directed an additional 9% directly to it) that supported hundreds of households.

"The families supported are very poor. Most work in Birgunj but have had no income for a month due to lockdown restrictions. They don't have their own fields so depend entirely on their small jobs. Most families supported were surviving on handfuls of snack mix. The children hadn't eaten well for weeks so were ill."

Many of these people have no land and assets so must earn day wages to have food to eat each day. With no work, there is no food. The food supplied lasts from 1-2 months depending on the size of the family. SoN also provided hygiene kits to the families to try to reduce the chances of them contracting covid. We also gave support for [216 families in the remote far western district of Bajura](#).



Some of the SoN funds were redirected to flood relief in Manang and Dolpo after the catastrophic floods at the start of the monsoon.



CORE gave funds to The Partners Nepal in Mahakulung municipality (SE Solu-Khumbu district) for provisions and oxygen cylinders for local health posts. The fears were that when the many locals, working on Everest climbing expeditions as kitchen staff and porters, return to their villages, they could spread Covid contracted at the base camps. [more](#)

CORE provided funds to Clinic Nepal in Chitwan for PPE for medical personnel at a cancer hospital being used for covid wards. It also contributed 20% of the funds for food relief in the remote Tsum Valley with [Kyimolung Foundation](#).

The gift of sharing ...donations as gifts

CORE offers the opportunity to give the gift of sharing. Every donation however large or small helps. You can donate through CanadaHelps on our [donation](#) page. It automatically sends a Canadian tax receipt.

Your gift for your friends and family can support:

- \$100 – food for one disadvantaged student to stay in school for one year
- \$300 – medical supplies for one rural health post
- \$ 250 - scholarship for a child for school for a year
- \$ 1,500 - Pays for food for 80 families for 2 months
- \$ 2,300 - Pays salaries of 3 facilitators for 4 months

New Ways Forward ...

In recent years, we were seeing changes happening in the demographics and situations of the people we aim to help. Now, the pandemic has presented new challenges and ample time for reflection.

Ultimately, how do we help people to be better able to adapt to changes – environmental, political, economic? How do we offer support that catalyzes local governments to expand the work we've shown can be done?

So, we still have lots of strategic thinking to do... but so far, we see some ways to proceed for the long term:

- More scholarships for marginalized kids
- Continue support to very poor communities
- Do more livelihood training in rural areas



CORE is happy to also provide scholarships to [ten students](#) at Namche Community School. These disadvantaged kids are mostly the children of people from other districts who have come to work in hotels and lodges on the trekking route to Everest.



Thank you to ...

- ... everyone who has [donated](#) in the past 15 years.
- ... all the **people involved on the ground in Nepal**, especially to the staff and boards of Himalayan Human Rights Monitors (HimRights), Stories of Nepal, FSS, The Partners Nepal, Kyimolung Foundation, Clinic Nepal, and Namche School.
(This [video](#) by Kathmandu Canadian Marty Logan honours the thousands of Nepalis helping others in the pandemic and times of crisis. Glad to see that clips from a couple of CORE's partners made the cut.)
- ... CORE's **board** and advisory members: Wally, Jane, Degju, Fionna, Manisha, Pat, and Heidi.
- ... **Carol Walker** for being our **feet on the ground** in Canada to **keep our books**, check the mail, and do the banking
- ... **Neetu** in Kathmandu for administrative and documentation support

- We'd also like to remember the following organizations or agencies for their support over the past fifteen years that helped us expand and solidify our programs
- ... (former) Alberta Government Community Initiatives Program
 - ... (former) Mary Tidlund Charitable Foundation
 - ... Canmore Rotary and Calgary South Rotary