



Creating opportunities and resources for the excluded
Newsletter Volume XV, November 2022

Since 2006, donations to CORE have helped 14,000 families or individuals!

With your donations, we help kids keep on studying and provide immediate assistance for those in dire need. Donations to CORE make a difference in the lives of the people we try to help!

CORE provided funds for education of children of disadvantaged groups and people. As well, we supported specific activities by a Nepali NGO to provide health insurance or food and relief for disadvantaged people affected by natural disasters or the ongoing closure of the border to Tibet, China.

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

A sincere thank you to everyone who has supported the work of CORE in so many ways. Thank you to all the staff and volunteers of our partner organizations, for your hard work, planning, constant commitment, and immense compassion for all who are suffering in this time.

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

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



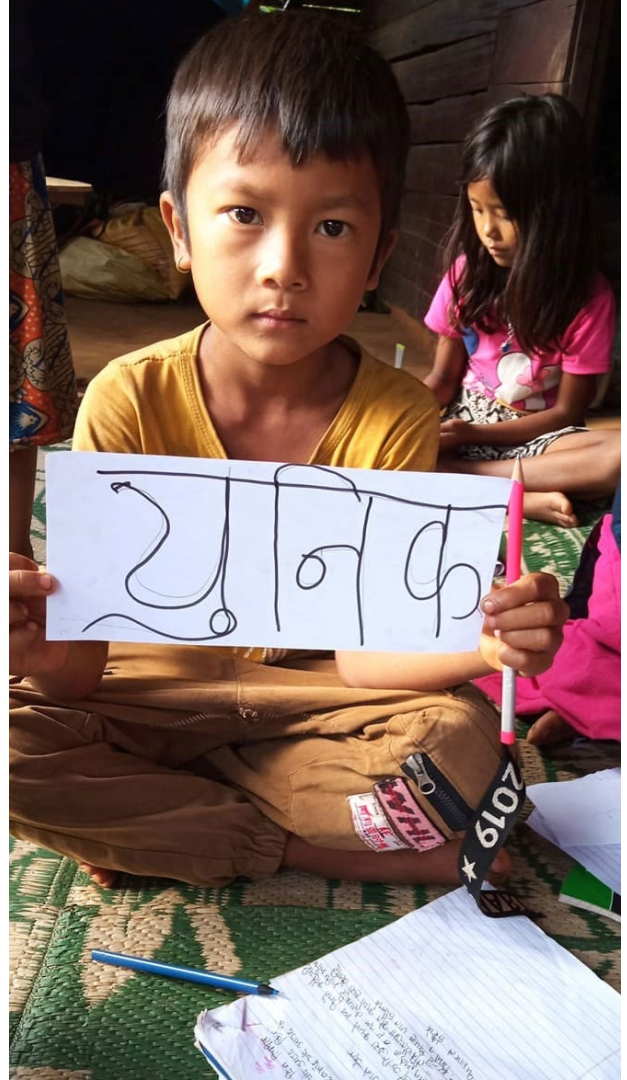
Education Support to 100 Chepang kids and parents

Since 2017, CORE has worked with Himalayan Human Rights Monitors (HimRights) to give scholarships and support to 100 Chepang schoolkids in Makwanpur, a district in the hills south of Kathmandu.

The Chepang are one of the most marginalized ethnic groups in Nepal living on the edge of forests. Their access to services, especially education, has been so limited that only 1% of women can read. The parents rarely understand the value of an education, so the dropout rate of the children is high.

Now, kids who rarely went to school go every day. This program has had an impact as many kids have gone from dropping out of school to being at the top of their class.

¹ Care has been taken to not double count. For instance, students receiving scholarships for several years are only counted once, not every year.



It has been 16 years during which we have contributed to helping over 14,000¹ families or individuals in changing situations with the conflict and two major crises, the 2015 earthquake and pandemic lockdowns.





Support to disadvantaged kids

Namche School scholarships

CORE continues to support scholarships at Namche Community School, now to [fourteen students](#). These disadvantaged kids are mostly the children of people from other districts, who work for wages in hotels and lodges on the trekking route to Everest. There are also several from Dalit (so-called untouchable) families who traditionally do metal work, butchering, and sewing in villages.

Besides providing educational support to Chepang children, we aim to empower and build leadership of Chepang children (and families) to link them with local government and enable parents' livelihoods to support their children.

The education support includes: admission fees, bag, stationery, uniforms worth Rs. 5500 to each student. As well, we provide monthly food support which adds up to Rs. 360,000 for 100 children per distribution. This year we are distributing food three times instead of twice as in the past.



Kavre district scholarships

Despite its proximity to Kathmandu, Kavre district has significant numbers of rural poor. For the past two years, CORE has contributed to a scholarship fund run voluntarily by community members who studied with Peace Corp volunteers in the 1960s.

Two tutors per school give children tutorial classes to support them academically and, in their homework, and encourage them to adapt to academic life. 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.

Relieving dire need from natural disasters and discrimination

Individuals, families, and communities sometimes find themselves in dire need of every basic need in the aftermath of natural disasters. The discrimination that they face can compound this situation, as can the remoteness of their villages in the mountains of Nepal.

Health insurance for sixty extremely poor families in the Terai lowlands

For many poor in Nepal, access to health services even at what are supposed to be free clinics is beyond their means. The poorest often face discrimination as Dalits, so-called untouchables.

The Government of Nepal started testing health insurance in 2015 and has now extended it to most districts. Stories of Nepal approached CORE to fund the provision of health insurance for sixty families where it has worked in an extremely poor and excluded village in Saptari district in the Terai lowlands of Nepal.



For income generation, this year the program gave 16 female goats to 16 families based on criteria set by school principals and management committees, parents, and HIMRIGHTS.

Selling the offspring will become a source of income for the families. Four families have new goat babies. One family's goat died due to sickness, so the other parents and management decided this family will get one baby.



A local volunteer organisation supporting Dalit families did the work in the village to document, photograph, apply, and distribute the insurance certificates. This allowed this Musahar community of about 500 individuals insurance to access to health services at government health posts and district hospitals often for the first time in their lives.



Recently Kajol Sada was ill but because she had the insurance, she could visit the hospital on time. Before she received insurance, hospital visits meant a lot of expenses that she could not afford for tests and medicine. She is happy that going to the hospital is not a problem anymore.

When asked about the scheme she said, "I am very happy not only for me but also for my mother. She is old and now I can take her to the hospital without having fear about the expenses. We are poor people and the insurance has really helped us. Everyone in the village is very thankful."

Food relief for families cut off from their trading livelihoods high in the high mountains

The Himalayan community of Thudam in the Arun River valley between Makalu and Kanchenjunga is having a difficult time sustaining their livelihoods due to the closed border with Tibet (China) since the COVID lockdown. The villagers would trade herbs, yaks, and goods across the border but with the closure they lost their income from trading.

Also, landslides in the area had made it very challenging for them to venture far. They were isolated and in a very desperate situation despite their great resilience. A few times some organizations gave some relief. The support from the local government was minimal. News spread in the region about the plight of the community, so people were also sending some rations to these families that would last a week or two.



Stories of Nepal asked CORE to fund a food relief distribution for all the families. Nomyang Wongyel Nuppa the local SoN facilitator coordinated with the community there. The men and women of Thudam walked several hours to down to collect the relief items because even mules could not go up to their village due to the landslides. SoN distributed the relief equally among the 21 households.

The food delivered to the Thukdam villagers solved their biggest problem for 2-3 months. Since the monsoon, they have started selling their dairy products to nearby villages.

Nomyang said, "The journey was arduous but worthwhile." He was happy to see smiles in the faces of the villagers, especially the women. He said "CORE international was very compassionate and generous in providing sacks of rice to these villagers in such times. They were happy that people living far away are concerned about them." One of the recipient said "We were worried what we were going to feed the children. We thank CORE for sending us this relief."



Relief for dire need after landslides

A heavy downpour from 4th to 11th October 2022 caused landslides in Dobato Dalit community in Mugu district. Gamgadh river flowing near the village eroded the land used by the community for farming.

Since the Dalit community doesn't have any land elsewhere, these marginalised families are now landless. In the past, they have usually worked for daily wages in other people's fields since the harvest from their land was sufficient for food for only 2 months. At this crucial time, they could neither harvest their crops nor could they get any paying work in the village or beyond.



Through SoN, we were able to provide essential food parcels and NPR 4933 in cash to 30 families. SoN's partner was able to support another 20 families with essential food supplies for these tough times. Although this will not address the problems of forced marginalization and oppression at various levels, it will however provide some relief to the families for a few months.

Relief during Covid Pandemic 2022

The affects of the pandemic linger on in remote areas. Fashelun Samajik Sewa Nepal (FSS) signed an agreement with CORE to conduct a "Relief and Healthy Living during the Covid pandemic 2022" project in February. The first phase of the project was designed collaboratively between FSS and CORE, to distribute supplies, materials, and financial support to old people, people living alone, pregnant women, and nursing mothers in Damarang.

FSS purchased the items for distribution and FSS volunteers assisted in organizing the distribution. We are discussing the support of training for 24 health workers of the municipality on how to teach people to improve their health and living situation.

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 – one time medical supplies for a rural health post
- \$ 300 - scholarship for a child for school for a year
- \$ 1,300 - Pays for food for 80 families for 1 month
- \$ 2,500 - Pays salaries of 3 facilitators for 4 months

Thank you to ...

- everyone who has [donated](#) in the past 16 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, Clinic Nepal, and Namche School.
- CORE's board and advisory members: Wally, Jane, Degju, Fionna, Manisha, and Heidi.
- Carol for being our feet on the ground in Canada to keep our books, check mail, and do the banking
- Neetu in Kathmandu for administrative support

Reflections and Ways Forward ...

In recent years, we were seeing changes happening in the demographics and situations of the people we aim to help. In the early years of CORE, the insurgency caused many people to flee to the relative safety of the city, but that trend changed with the peace process.

Now, natural disasters and the pandemic presented challenges and for people to survive let alone improve their situations. Many of these disasters, such as in Mugu, are the result of excessive rainfall, most likely caused by climate change. Is support to any adaptation measures within the scope of what CORE can do?

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 assume or 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 and encourage them to find new livelihoods, such as in Thukdam, in the high mountains.
- Do more livelihood training and support in rural areas
- Investigate ways of making support to premiums for health insurance more sustainable.

