



THE 2012 MAINTENANCE TEAM – DUST AND DUCK MASKS AT THE READY

# Nepal Friendship Project

## Community Development and Training Project

### Newsletter Issue One 2/2013



IN THIS ISSUE

## Central West NSW in Nepal

by Murray Paterson, Rotary Club of Orange Daybreak Club President 2012/2013

We are pleased and proud to be working on this community development project in Nepal with Rotary Clubs in Nepal, Rotary Clubs in the Central West of NSW (District 9700), with local businesses and corporate organisations and with other local clubs in Orange.

The spirit of adventure and generosity that is being shown makes the work so much easier.

This newsletter takes us into the project that is occurring in 2013, the work from 2012, and what we are planning for beyond 2013. It is also a big thank you to everyone – in Australia and in Nepal - who is making such efforts towards the success of the venture.

The project has three main training elements aimed to benefit the lives of remote villagers in the Maldi area of Dhading District in central Nepal. The villagers have requested training in teaching, building, and health.

In April 2012 a group from the Central West travelled to Nepal and did maintenance work at the orphanage called Bal Mandir. They also trained teachers in Kathmandu and in the village of Amarati in the Maldi area. Health assessments were also conducted at

the orphanage and contacts were made with local specialists in the mental health field.

This year in April another team is going to the Maldi area to train villagers in more sustainable housing methods, as well as training teachers and conducting dental and other health assessments. The first Mental Health First Aid course to Nepali primary health care staff will also be conducted.

Our team gave of their time and their funds to do this volunteer work. I invite you to read our experiences. Contact us if you are keen to help or want further information. As always, "I have only got what I have given." A quote below from one of the teachers from the 2012 trip says it all.

*"I loved and cherished every moment of this experience. It was the most challenging teaching and learning I've been involved in and the most rewarding. I take what I have learned into every classroom, conversation and relationship I enter ...."*

*Murray*



### Our international projects

Rotary Club of Orange Daybreak (RCOD) not only delivers support to its local Orange NSW community but also to overseas countries that need our assistance. Read about our other projects past and present – Vanuatu, School of St Jude's – on page 6.



### Joining with others

RCOD is part of a wide network of clubs, corporate organisations and individuals who are hoping to "make a difference" to the lives of people in Nepal. They include: NAB, Quota, and Rotary Clubs of District 9700 - page 4.

## Dental Health

by Robyn Murray, member of the 2012 team

Robyn is a manager in mental health for the Western NSW Local Health District and a member of RCOD.

What does a fellow in headlights, shorts, a blue shirt with red spaceships on it, a yellow BIG Bird and RM Williams boots have to do with improving children's dental health in Nepal?

Dr David Watkins a Dentist from Orange NSW was a key part of the Central West group that visited the Bal Mandir Orphanage run by the Mitrataa Foundation in Kathmandu in 2012. Believe it or not the children were lining up to have their teeth examined and assessed by Dr Dave. Was it Big Bird or just Dr Dave's winning ways??

Armed with a huge toothbrush and his trusty sidekicks (two of the older children) Dave examined 143 children and 17 adolescents.

His report: surprisingly good!! "The food at Bal Mandir is healthy. Many plaudits are due to Mitrataa and especially to its Director Bec Ordish. The children are also well-schooled in the business of teeth brushing!"

Dave reinforced good dental care with each



child and with the housemothers. He and his helpers made out a dental summary for each child that has now been handed on to a dentist in Kathmandu who will address the problems that were found.

One of the most moving moments was to see Dave down on the floor working with the youngsters with cerebral palsy. The children found it too difficult to get down the stairs to see him so he came up to where they were. "They were a joy to work with", says Dave.

Dave will join the 2013 team to the Maida

area villages and conduct assessments for the rural children and their families as well as training in basic dental care.

### WANT TO JOIN US OR CONTRIBUTE?

Rotary Club of Orange Daybreak welcomes any enquiries. You do not need to be a Rotary member to be part of the international work. Or you can join as an associate or full member.

**GO ON - GIVE IT A GO!!!**

Contact

[murray.paterson@keystosuccess.com.au](mailto:murray.paterson@keystosuccess.com.au)



Robyn Murray with two residents of Aasha Deep a rehabilitation centre in the Kathmandu valley (the residents gave their permission for the use of this photo)

### MENTAL HEALTH FIRST AID

To find out more about Mental Health First Aid go to [www.mhfa.com.au](http://www.mhfa.com.au)

## Mental Health

by Len Kanowski, member of the 2012 team

Len is a visiting fellow at the Australian National University, National Centre for Indigenous Studies.

As a mental health professional it was a humbling experience for me to visit Nepal and to see the conditions that people face in their everyday lives – from big posters of George Clooney advertising expensive watches to children begging for food on the sidewalks. What has stayed with me the most however is the resilience and optimism of the people we met.

We met senior clinicians and others who – out of very limited resources – have created ongoing services for individuals with a mental illness. They include the founder of KOSHISH a mental health self-help group, Mr Matrika Devkota, and Mr Prabhat Kiran

Pradhan, the co-founder along with Dr Drubha Shrestha of a residential rehabilitation centre called Aasha Deep.

Together with people in Australia such as Betty Kitchener, the co-developer of Mental Health First Aid, Jeanette Lymbery a senior clinician and Robyn Murray we are working with Rotary now to:

- Roll MHFA out to the Maida area in 2013
- Bring MH professionals to Orange for vocational training at Bloomfield MH Hospital, Orange
- Source government and other funding for the Rehabilitation Centre and for KOSHISH.



NEPAL APRIL 2012



### Hearty welcome

The Maidi-Amarain parents group welcomed the teachers to their remote area.



### Painters at work

Graeme Jacques, a RCOD member and David Watkins painting at the orphanage, Bal Mandir, in Kathmandu.

THE APRIL 2012 PROJECT

# Teaching Maintenance Health

**A number of Rotary Clubs throughout District 9700 have donated monies to this project. We thank them sincerely for their generosity.**

### WHERE TO NEXT?

Aligning with Rotary international's directions, see page 5 for the focus of the community development project from 2013.

visit: [www.rotary.org](http://www.rotary.org)



Some of the members of the teaching team in the village of Amarati in 2012.

## April 2012 Nepal Friendship Project

by Mary Brell

Mary is the founder of Keys to Success, a strategic training organisation in Orange and leader of the RCOD 2012 and 2013 project teams.

The April 2012 project in Nepal lead by Rotary Club of Orange Daybreak was very successful with 16 people in the team, a mixture of Rotarians and non-Rotarians. There were three components to this project:

1. Maintenance of the Bal Mandir Childrens home in Kathmandu managed by the Mitratara Foundation
2. 5 days training teachers at Riviera school in Kathmandu with 20 selected teachers from Maidi-Amarain in the Dhading Distict and
3. 4 days training 40 teachers from Maidi-Amarain in the Dhading District at Amarawati School in Amarain

The team consisted of 16 Australians, 6 of whom were members of the Rotary Club of Orange Daybreak. Eight of the 16 were members of the teacher training team. The remainder of the team consisted of a dentist, 2 mental health professional, a registered nurse, 2 retired school leaders and 2 senior managers. These people conducted professional assessment work (Dentistry and Mental Health).

Prior to this visit a team from the Rotary Club of Bathurst Daybreak had done restorative work in the orphanage in January 2012. In addition, money donated by the two Rotary Clubs had been used for major construction work, including a staircase and the front gate which had been completed prior to our visit.

In later 2012 a team from Griffith completed further electrical, paving and carpentry work.

The April 2012 team accomplished all their aims. They:

1. Restored a room for 10 young boys painting and laying new lino, replacing mattresses and painting their beds
2. Completed the training of the teachers at Riviera school in Kathmandu and
3. Completed the training of 40 teachers at the Amarawati School in Amarain.

As well, dental assessments of the children at Bal Mandir and the development of mental connections were achieved. And aside from that – WE ALL HAD A GREAT TIME!! We went on a trek, visited Bhutan and Chitwan and India, met excellent people and formed wonderful friendships.

# April 2013 Community Development Project, Nepal

by Dr David Watkins

David is a dentist in private practice in Orange and a member of RCOD.

From 2013 the Community Development Project, Nepal which will focus on:

1. **Building training:** 20 local builders will be trained in more advanced techniques allowing their houses and buildings to be more weather proof. Two outstanding Industrial Arts teachers, Kerry Adamthwaite and Mark Wittig will be working with the local builders
2. **Teacher training:** 60 teachers will be involved in ongoing and new training particularly in the areas of science/Maths/English. A lot of the training will build on from the work that was done in April 2012. Barbara Adamthwaite (Molong Central School), Dawn Colcott (Victorian Institute of Teachers), Sharon Wittig (Guyra), Mary Brell (Keys To Success), Heather Grant (Canobolas HS), David Grant (Canobolas HS), are highly professional and skilled teachers who will be working with the local teachers
3. **Nurse Educator:** Alison Ward (Ken Hazelton Practice in Orange) is already

gathering supplies that she will be able to use while working with the women on hygiene issues

4. **Physiotherapist:** Jenny Rodway who has her own Physio therapy practice in Dubbo, will be working with and training the village women on how to look after their backs as they carry huge weights when going out into the fields on a daily basis.

Dental checks will be conducted again and Mental Health First Aid training will be conducted by clinicians from Kathmandu.



## THE 2013 PROJECT - TRAINING

# Teaching Building Health

The project is aligned with Rotary International's 6 areas of focus:

- Peace and conflict prevention/resolution
- Disease prevention and treatment
- Water and sanitation
- Maternal and child health
- Basic education and literacy and
- Economic and community development

## ROTARY INTERNATIONAL

For information on the direction of Rotary International and the Rotary Foundation see page 5 and:

VISIT: [WWW.ROTARY.ORG](http://WWW.ROTARY.ORG)

# A big thank you to all our funders

by Liz Romalis

Liz is a member of RCOD and in 2012 led the work around teaching small infants along with Jenny Walton. Liz is Principal of Trinity Preschool in Orange.

Many individuals, schools, organisations, corporate entities, other clubs and Rotary clubs generously gave material support and funds for the 2012 Nepal Friendship Project. Many have also given funds and support for the 2013 project.

They include: Quota Club of Orange, National Australia Bank, McCormack Barber

Real Estate, many schools such as Molong Central, and Rotary Clubs from District 9700.

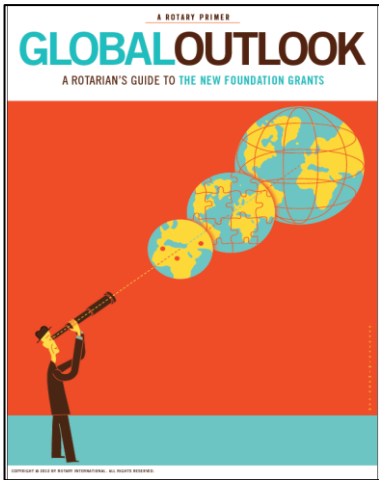
Staff from Bloomfield Hospital in Orange gave toys and clothes for the children at Bal Mandir. Private individuals also know that their dollars go directly to the place of need.

Big Bird came with us from Bloomfield through Passport Control at Mascot and insisted on his own seat. He also enjoyed his daily cup of tea while waiting until he went to meet the children at Bal Mandir.



Photo is of Big Bird having tea in the garden of Kathmandu Guest House. Staff at Bloomfield Hospital in Orange sent toys and fellows like Big Bird across to the children at Bal Mandir.





On 1<sup>st</sup> July 2013, The Rotary Foundation will launch its new worldwide grant model – the **Future Vision Plan**.

While the Foundation's primary service opportunities remain – humanitarian projects, scholarships and vocational training – this **new model** helps clubs make a more **sustainable impact**.

Before, the Foundation spent about 20% of its annual programs budget on large-scale, high impact grants. Under Future Vision the **target is now 80%**.

Rotary will now be a **leader in global development** and humanitarian service.

Aside from PolioPlus and Rotary Peace Fellowships, the model simplifies the Foundations grant options, offering 3 types instead of twelve.

The **three types of grants** are:

- District Grant – relatively short-term
- Global Grant – long-term and sustainable
- Packaged Grant – long-term and sustainable with strategic partners

The **six areas of focus** are:

- Peace and conflict prevention/resolution
- Disease prevention and treatment
- Water and sanitation
- Maternal and child health
- Basic education and literacy
- Economic and community development

Julia Phelps from Massachusetts and New Hampshire District in the United States advises that the new Vision allows Rotarians time to reflect on what focus they would like to develop and where. Training and education in the new Vision ...will help clubs to have "...**more opportunities to make a difference.**"

## THE ROTARY FOUNDATION FUTURE VISION PLAN

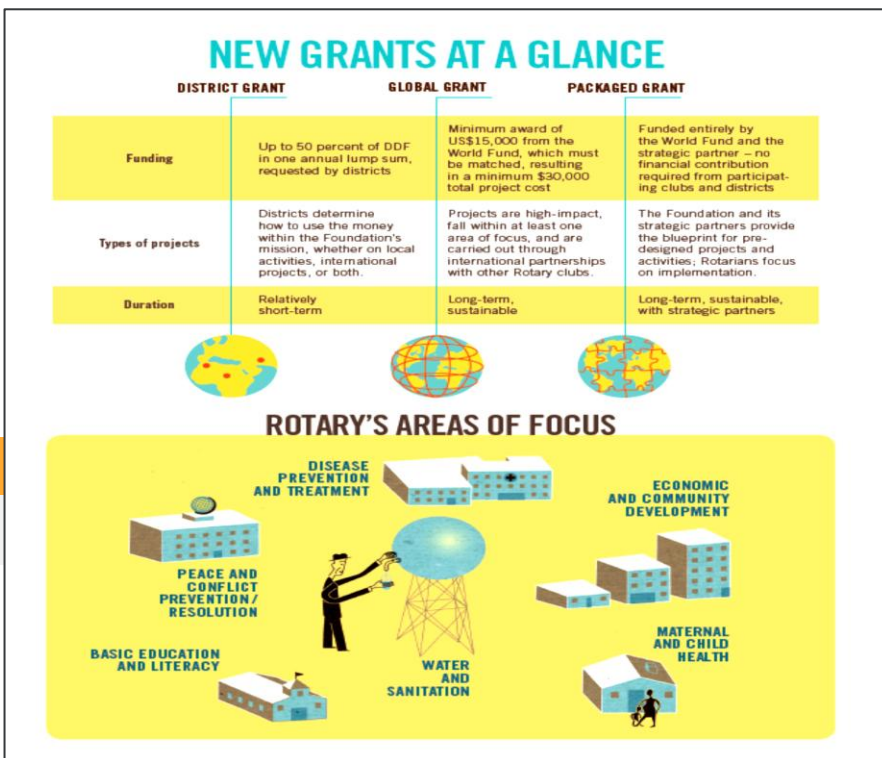
### Sustainable impact

The Rotary Foundation is about sustainability. In its new Future Vision Plan grants for projects will be aimed at those that make a lasting difference. Photo shows Rotarian Sue Moffatt at St Jude's in Tanzania.



### Leader in global development

Rotary will go from only funding up to 20% on sustainable big impact projects to now 80% large scale programs. This will place Rotary as a world leader in global development. Photo shows the 2012 RCOD team in Kathmandu.



### Elements of a sustainable project

- Community Needs and Strengths
- Motivation
- Funding
- Monitoring and Evaluation
- Materials and Technology
- Knowledge

Photo shows some of the 2012 RCOD maintenance crew at Bal Mandir – all ages and all helpers!!

# Vanuatu or Bust

by Ric Cother PHF

Ric is a member of RCOD and in his work life was a diagnostic plant pathologist specialising in bacterial diseases.

Rotary Club of Orange Daybreak – one of the teams is pictured at right - visited Vanuatu in 2008 for the purpose of helping a local community.

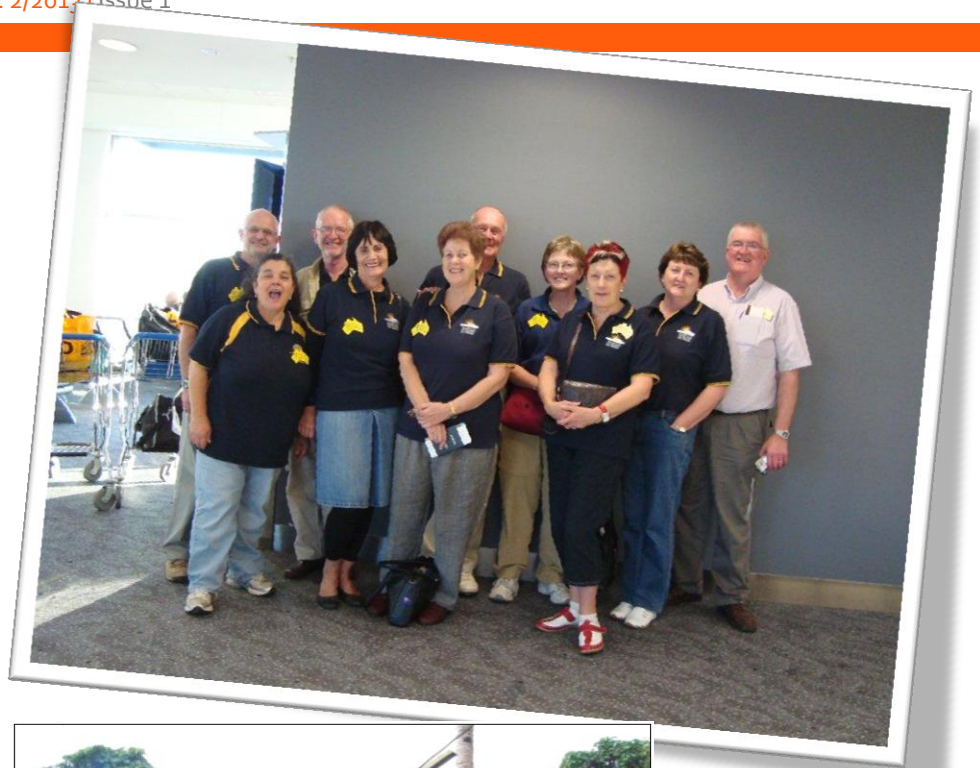
The work involved an international flight to Vila then a small plane (note: a VERY SMALL plane) to Vanua Lava Island.

We then walked 5 kilometres to the village of Sola, crossing small creeks along a beachfront “pathway”.

The team, with the help of the villagers, replaced the leaking school roof of the school dining hall with new iron. The next task was to build the foundations of a shed to house a generator for the local hospital.

This generator was situated a kilometre away in the jungle!! It was “disentangled” – as you can see in the photo on the right - and brought to the site slung beneath the bucket of a handy front end loader.

A second team, including Dennis Morgan our esteemed “centurion”, a week later completed the shed. Several teachers on the



team also assisted with organising the school’s library.

**Jill Everett**, PHF, Sapphire Pin, leader of one of the teams and a member of RCOD said that “all the helpers – from young children to older adults – and the Rotarians - enjoyed the camaraderie and the joint work they did together”.

# The School of St Jude’s, Tanzania

by Sue Moffatt PHF

Sue is a member of RCOD and a former academic for 19 years, recently Head of the School of Information Technology at Charles Sturt University.

RCOD is supporting the sponsoring of a lunch for the School of Jude’s founded by an Australian **Gemma Sisia**.

I was lucky enough to visit this school some years ago and saw the wonderful work Gemma has accomplished since setting it up with three pupils in 2002. The school now provides free education for over 1500 students, boarding for over 1000 and employment to over 400 local people. The benefits to the whole community are there to see.



## ST JUDE’S, TANZANIA

Fund raising lunch – Saturday 2<sup>nd</sup> March - 11.45am.  
Tickets at Inkability, Orange, phone 6360 4049

Visit [www.schoolofstjude.co.tz](http://www.schoolofstjude.co.tz)