



GSM Felt Selling around the World

We are so proud of the work being done by the participants in GSM's Women's Training Program. Sales of the craft items they make are up this year to over \$8,700. All proceeds go directly back to the program.



February 2014

Dear friends,

We are able to serve so many people on a small budget in good part because of our volunteers. Whether providing direct services to our children or helping us raise funds, volunteers play a key role in our success. I am deeply grateful for the many people who give their time and share their talents.

Beverly

Scottish Visitors

Thank you to our hardworking friends from Scotland, **Genevieve Smyth, Graham Bodenham, and Susan Scarth.**

Genevieve and Graham came to Ghar Sita Mutu and ran two three-day Drama Therapy training courses for GSM staff members, local Kathmandu school staff, and others. The training involved using drama, storytelling and therapeutic movement to help

Our women make a variety of items, from felt puppets (above) to fashion items such as the hoodini worn by our sewing teacher Dev Kala (below).



None of this would have been possible without the effort of all of our volunteer ambassadors who are selling the women's work in Portugal, Spain, England, Ireland, Scotland, Switzerland, and across the United States. **If you or anyone you know would like to join us in supporting the sale of GSM's products, please contact Beverly info@gharsitamutu.org.**

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abused, traumatized and other vulnerable children. This was a new method for everyone who attended.



Genevieve Smyth (front center) with participants in the Drama Therapy training courses she taught at GSM.

Graham (Uncle Fix-it) also did much needed maintenance on our buildings and installed shelving in our earthquake storage room. In addition, Graham and Genevieve both worked directly with the children teaching them some new group games. Everyone thoroughly enjoyed the workshop.



Graham up on the GSM roof checking our water system.

Ghar Sita Mutu Website:
GharSitaMutu.org
or
HousewithHeart.org

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After their visit to Nepal, Genevieve, Graham and Susan held various fundraising events and have sent in a donation for more staff training. Thank you so much. We really appreciate your efforts on our behalf.

Yearly Birthday Fundraiser

Another year of thanks to **Colleen Boland** and her friends and family for their Birthday Bash for Cash donation of over \$1,500. This online fundraising event celebrated its fifth anniversary in January and has become a source of funds we rely upon. Thank you, everyone, and have a great year, Colleen Auntie!

Annual Walk Benefits GSM

Many thanks to **Gurung Mustang** for his work coordinating *Walk for Nepal - Dallas 2013*. Twelve walkers raised over \$1,500 for GSM. We are so grateful to all of you!

A Letter from a Volunteer

***Melanie Foreman** has provided invaluable volunteer work for two years based in New York City. She recently visited the House in Nepal and wrote about her experience.*

I knew a lot about Ghar Sita Mutu before I went to Nepal, yet nothing prepared me for the true sense of family I felt once I arrived. My first night was spent dancing outside with the girls during the Tihar Festival, and every day was a new learning experience. I spent two wonderful weeks with the GSM family learning about the lives of the children and how GSM programs improve the lives of the women served.





Melanie with Maya at the GSM House.

The most emotional moment for me, however, has occurred since my return. The progress of Laxmi Magar, a developmentally disabled toddler GSM has been helping, has been astounding. When I first saw her I, quite honestly, didn't have much hope for a recovery. She couldn't sit up and was non-responsive. In the short time that I have been away, she has improved by leaps and bounds, owing not only to the medical support, but also to the love and nurturing of everyone in the GSM house.

After seeing Beverly and GSM in action, I know that so much more can be done with additional financial support. My experience in Nepal was unforgettable.

Ghar Sita Mutu | 151 First Ave, #74 | New York, New York 10003

Ghar Sita Mutu is a home for abandoned children, a training centre for destitute women, and an outreach program for needy families in Kathmandu, Nepal.

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