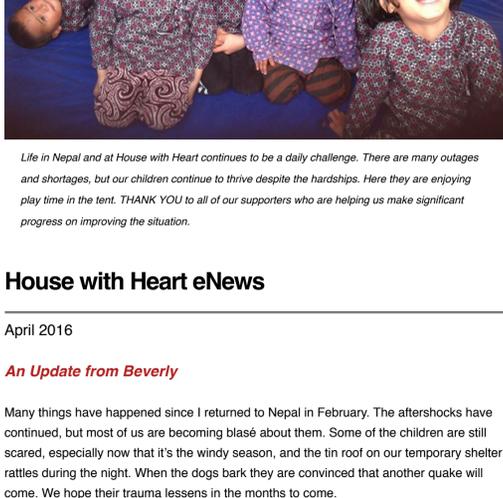


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Life in Nepal and at House with Heart continues to be a daily challenge. There are many outages and shortages, but our children continue to thrive despite the hardships. Here they are enjoying play time in the tent. THANK YOU to all of our supporters who are helping us make significant progress on improving the situation.

House with Heart eNews

April 2016

An Update from Beverly

Many things have happened since I returned to Nepal in February. The aftershocks have continued, but most of us are becoming blasé about them. Some of the children are still scared, especially now that it's the windy season, and the tin roof of our temporary shelter rattles during the night. When the dogs bark they are convinced that another quake will come. We hope their trauma lessens in the months to come.

Current Situation

Our solar system was damaged in the quake, and now periodically stops producing power, leaving us in the dark at night. We are depending upon torches for washing dishes at night outside at our hand pump and for trips to the outside toilet. We sometimes go with no electricity for up to 16 hours a day, which also means we have no water at all given our pump is electric. I am very proud of our children who have been dealing with the situation without complaining.

I am happy to report that we will be moving into the newly retrofitted house next week! Twenty three of us have been sleeping in two long rows in our sewing training room awaiting the completion of this project which was delayed because of the five month blockade at the Indian border, which stopped all essential supplies from arriving in Kathmandu. The border is now open but shortages continue and prices have risen considerably. People queue for many hours just to get their small allowance of petrol and cooking gas.

We love our volunteers

Recent volunteers have made a big difference at House with Heart. **Nicola Hayward** has been visiting us for over a month, and has helped in many ways including dealing with personnel policies and designing items for our training program. **Cara Valentino** and **Elena Stonebraker** taught pattern making and helped with felt design, as well as provided our women trainees with training on how to run their own cookie business, showing them how to make the cookies, sell them, and keep their own books. They, along with Elena's husband **Eddie**, carried loads of stuff here from California including the much needed tea tree oil for lice prevention. Thank you also to **John E. Delameter** for visiting and making a generous donation toward construction of the new Learning Centre.

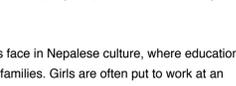
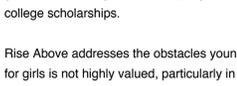


The women in our training program enjoyed learning how to run their own cookie business in a session taught by Cara Valentino and Elena Stonebraker. The women brought the cookies to the street, where they quickly sold out.

Newest Family Members

Our family is rapidly expanding. Two-year-old **Marsang** has settled in well, but often has terrible nightmares. She joined our family in the summer after her mother died in the earthquake. In the beginning of March we took in **Astha** who is three and a half. Her mother also died after the earthquake and with two other children, her father was unable to educate and care for her. She is from one of the most remote villages in Nepal, and is quite wild and extremely stubborn—we hope she will soon settle in. Most recently and unexpectedly, we took in **Dolma**, aged 5, and her sister **Bhim Maya**, 6. We are also waiting for another three-year-old to arrive from her village in about two weeks.

Pem Chhoji and **Sun Maya**, sisters aged eleven and nine, joined our family just this week. Sun Maya was buried for five days in the landslide that followed the second earthquake. Her rescuers brought her to Kathmandu, and the doctor said there was no hope for her and she would die within the hour. Luckily, **Samrat Basnet**, who runs the **Nepal Healthcare Equipment Development Foundation**, stepped in and got her the medical care she needed. Eight operations later, she has recovered well. With one operation to go to remove a plate in her shoulder, she will soon be ready to attend school.

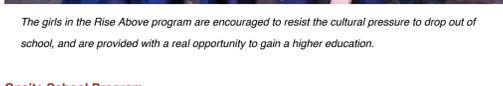


We recently welcomed Pem Chhoji and Sun Maya to our family. Sun Maya was buried alive in the earthquake, and suffered significant injuries. The parents of the two girls divorced, and after each remarried, they refused to care for the girls.

Keeping Girls in School

The ten girls in our **Rise Above** program continue to attend math and English classes at our centre daily. They are enthusiastic and happy to know that if they pass their exams, we will help them to continue onto college. Rise Above is our holistic, multi-year program for girls and young women aged 11-25 from government schools that targets impoverished girls who are at high risk of dropping out of school. The program provides skills training and college scholarships.

Rise Above addresses the obstacles young girls face in Nepalese culture, where education for girls is not highly valued, particularly in poor families. Girls are often put to work at an early age to help earn an income for the family. Rise Above combats the cultural forces that lead to early marriage, employment exploitation and human/sex trafficking. Thank you to the **Don Splawn Foundation East** for generously funding this program.



The girls in the Rise Above program are encouraged to resist the cultural pressure to drop out of school, and are provided with a real opportunity to gain a higher education.

Onsite School Program

School in Nepal is not free, nor mandatory. Our onsite **Children's Learning Centre** provides a free education to children whose families cannot afford to send them to school. Our students are mainly the children of women working (and living) in the carpet factory next door to us. These children are prime targets for providing child labor to this factory. To prevent that, we pay the families a small stipend to send the children to our school instead.

We also feed these children lunch every day and work to improve their hygiene. The children live in small rooms in the factory with no running water. When they arrive at House with Heart, they wash their feet, hands and faces. Periodically we give them clothes—I have yet to see them clean though. **Knitting without Borders** kindly donated handmade dolls. Most children here have no toys, so they were, of course, delighted.



These are some of the current students in our Children's Learning Centre. They enjoyed the handmade toys provided by Knitting Without Borders.

New Well

Our old well was producing dirty water, making it unusable, so we began the process of boring for water, which allows us to go much deeper than the typical well installation. It is a long, labor-intensive process here. Day one and two: no luck. Day three: at 125 -145 feet, there was sand (a good sign), but at 145-165 feet, there was black mud (that's bad). Happily, at 165 feet down, we saw sand again and hit water.

We are so grateful to long-time supporter **Rivka Orlin** for funding the boring process, the new pump, and the pipe cleaning process. She is dedicating a percentage of profits from **Queen of Falafel**, her fabulous new eatery located within the **House of Yes** in Bushwick (Brooklyn), to go towards HwH. Their first donation made this project possible.

The boring was successful, but we had to dig at the far end of the garden, so a pipe had to be stretched all the way from there, alongside the training room, and through the felt room ending up at the new water filtration system provided by **Noor Gilliani** and the **PYAR Foundation**. Whew, that was a big project! We are so thankful to have clean water again.



The water supply boring and pipe installation was labor intensive and required a lot of ingenuity. Our hardworking crew spent several days on this difficult job.

Thank you all for your support and good wishes. This keeps us going!

Beverly

Beverly Bronson,
CEO & President

Can you help? Donate online

OR send a check to [Donate to House with Heart](#).

Our mailing address is:
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151 First Ave, #74
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House with Heart (formerly Ghar Sita Mutu) is a home for abandoned children, an education center for impoverished women and children, and an outreach program for needy families in Kathmandu, Nepal.

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