

Bindu Neupane

Woman with blindness excels



By Robert Rose

Back in 2009 we had a request for help from a young woman with blindness named Bindu Neupane, who needed funds to attend college. She wrote:

“My parents are completely illiterate and depend on daily wages from farming.... They have been discriminated against and hated because of my sightless condition. Neighbors commented that it is our sin from a former life that caused this family blindness and makes us and our parents really painful. The village’s behavior and their thinking toward us is really terrible. Some have even suggested to keep us inside, but now that I have graduated from the resource class their attitude has changed since we are doing well in exams and other activities.

We are five family members. There is my father, mother, me, and my brother and sister. I’m sightless and faced hardships to have food and clothes....our parents could not give us much.

I have been studying with hard labor! I know that such hard labor doesn’t go in vain and I will also be independent to live and I will give some contributions back to society in the days to come.”

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Brad Putney
Sponsor

Hike of a Lifetime

By Stephanie Moe

The inaugural TRIFC Fundraising Trek to Annapurna Base Camp was a smashing success! We may have been small in number this year, but we more than made up for it with our spirit and enthusiasm. We raised nearly \$15,000 to support TRIFC’s projects and mission. A phenomenal first year!

The 10-day trek was an incredible physical, mental and spiritual journey for all of us. Words struggle to describe the awe-inspiring, majestic beauty of the Annapurna Sanctuary as the peaks towered around us in all directions. As we made many friends along the way, we got to share this experience with fantastic people from all over the world while spreading awareness of TRIFC’s mission. Yes, we were very tired and sore from walking enormous, stone “stairs” up and down endlessly each day, but it was all worth the effort! The smiles and memories will be carried with us for quite some time.

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Photo by Stephanie Moe

Bindu *Continued from page 1*

In 2009, Brad Putney, past Nepal trip participant agreed to be Bindu's sponsor. A recent update:

"Namaste all, My results of ten plus two have come out. I got 60.7% (First Division Marks!) There were 12 of us in my class, (11 student with sight and I was only one without sight). Eight of us have passed this exam. **I received the highest grade among the twelve of us.**

It is with your help, I have come so far. If Brad and TRIFC had not supported me I would had to go back to home after my SLC exams (after 10th grade). I would have been very sad. Now I am happy and I am motivated to continue my further education so that I can earn my living for myself. I want to continue studying toward a degree in education."

TRIFC and Brad continue to help Bindu with her education. We recently provided her with a laptop with special software that can speak what is typed, and audibly read text from school assignments, emails and the Internet.

TRIFC is proud and fortunate to be able to give students like Bindu the help they need to be successful. With the support of our donors and friends, we hope to continue to expand our ability to positively impact many more deserving individuals.

Trek *Continued from page 1*



Our trekking crew was also able to visit some of TRIFC's project sites to see first-hand how our fundraising would have an impact. We had a Nepali cooking lesson, singing and drum lessons at DHC, an organization for children with disability, helped prepare the Deaf Women's Empowerment Group's hand-embroidered cards, took part in an interactive English lesson with the kids at Kavre School for the Deaf, and visited the new DNC (an organization for children with disability) facility. We enjoyed puppets, games, painting and photos with the kids. The kindness, perseverance, and tenacity of spirit we saw in the Nepali people and children helped us gain a deeper compassion and understanding of the obstacles that they face daily.

Thank you TRIFC for all you do for these wonderful people. And thank you to everyone who supported our trek fundraising efforts – you made the first official TRIFC trek a huge success!

Dinner Recap

By Robert Rose



This year's event was by far our most successful with \$15,000 raised during the evening. The food, ambiance and the general 'vibe' around the room were truly special. It was delightful to look around the room and see everyone engaged in conversation with other guests.

As noted in the program, we now help three organizations for children with physical disability, four schools for children with blindness and three schools for children with deafness. Adding in our Deaf Women's Empowerment group and the impact of our Braille Library in Kathmandu, **we are impacting over 1,000 individuals each year.**

There's another dinner and another trek coming up next year. Please consider joining us for those events and pass along information about our small, high-impact all-volunteer organization to others you think might be interested.

Deaf Women's Empowerment

By Rose Stevens

The ladies just keep on stitching! We just received 1100 cards from our Deaf Women's Empowerment Group. With each shipment, the cards grow in beauty with new, original patterns and layout designs. Comments from the empowerment group:

"We are happy to get training and make some money to help our family," and "our family members are happy we are doing something for our future."

TRIFC participated in two Tacoma Fair Trade Markets at Catholic Community Services/St. Leo's Church and Bethany Presbyterian. We also participated in the Mission Woods Presbyterian Annual Christmas Shopping Spree. The cards made by our Deaf Women's Empowerment Group sold briskly.

People were inspired and supportive of our work in Nepal and we received many comments of "thank you for doing what you do."

We were also pleased to have several people willing to purchase a backpack for students with blindness. Many were bought as holiday gifts, and we provided information for the recipient on TRIFC and the item purchased. This

backpack, which includes a folding cane, Braille slate and stylus, Braille watch, abacus and Braille ruler transforms the life of a student with blindness.

I sat with the children of Bethany Church and shared with them the difficulty of being blind in Nepal and how the contents of the backpack made the life of a child so much easier. I told them we were offering a Child Share for \$1 if they would like to help purchase a backpack. They were very excited to be able to help.

Our application has been submitted to the Fair Trade Federation and is under examination by the review committee. The approval will allow us to sell our cards in Fair Trade stores with the official Fair Trade Stamp. This will be a major step forward as we continue to develop skills and new

products. I am excited to be meeting with the Deaf Women's Empowerment Group in Nepal in February to continue along the path of empowerment.

If you would like to order cards please contact me at rose@trifc.org and I will be glad to email you photos of the various designs.



DNC Spotlight - Naina Dahal

By Robert Rose

DNC, or the Disabled Newlife Center in Kathmandu, is home to 32 wonderful children with varied types of disability. TRIFC provides funding for surgeries, prosthetics, medicines, nutritional support, physiotherapy, higher education sponsorships and tutoring. We partner with the Rotary Club of Kopundol who administer the funding we send over and HRDC Children's Orthopedic Hospital provides surgeries at a reasonable cost.

Most recently, Naina Dahal received corrective surgery on his leg. When Naina first arrived at DNC in 2004 he was malnourished and both of his feet were twisted and inverted. He was unable to walk and had to be carried everywhere. After a number of surgeries, he can now walk with the help of calipers.

I have known this quiet, gentle soul since he first arrived at DNC. We are good friends and we like to sit and chat together. He is extremely bright, his English is excellent and he does very well in school. Naina never demands attention, but shares it with the other children. Because he isn't as assertive, boisterous or loud as many of the other kids, he doesn't get as much attention from the outside volunteers. I often find him sitting quietly reading or studying in his room. I always look for him and make sure that we get to spend quality time together each time I visit.



The life vitality of these children moved me deeply. What a heartwarming experience to be able to see their joy, to hold their hands and hear their dreams for a better future.

TRIFC's vision for these kids is infectious.

-Sandie Olson - Volunteer, Nepal trip 2011, 2012



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*Happy holidays
from the directors!
Fostering Hope, Compassion and
Opportunity for Individuals with
Disability in Nepal*

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