



# Fall Fundraiser Feat

This year marked our 7th annual TRIFC fundraiser dinner, 2014 - An Evening of Promise, once again held at the picturesque Escala in the heart of downtown Seattle. The continued support and incredible commitment of our members was celebrated and on full display throughout the evening through both record breaking attendance and over \$19,000 total in donations. We were also treated to a discussion with Ms. Nirmala Gyawali, Executive Director of the TRIFC partner organization, Ability Development Society of Nepal (ADSoN). Based in Nepal and extremely involved with our many projects and programs there, Nirmala's first hand account of the children with disabilities perspectives and how



the TRIFC/ADSoN partnership is markedly improving their lives was very moving and appropriate for this inaugural year of our sister organization. All the proceeds generated from the event go toward our educational, medical and empowerment programs in Nepal.



## Dhankuta & Hile School for the Deaf Help

Using funds sent over by TRIFC/ADSoN, Renuka Budhathoki, principal of the Purwanchal School for the Deaf arranged for the purchase of many critical needs at the little Hile and Dhankuta schools in the Dharan area of Nepal. Thanks to our donors we were able to provide new bunk beds, blankets, mosquito nets, sweaters, solar lighting for doing homework, carpet, gas cooking cylinders and scholarships for three students and four months of snacks for both schools.



# Fall Trekking Group Snapshots

In early November, TRIFC board member Jackie Garces led a group of seven trekkers on the 14-day Annapurna Circuit Trek. They trekked, volunteered and raised over \$12,000 for TRIFC in the process! Below are a few highlights of their Nepal trek and trip.



## Team TRIFC on Thorung La

We've enjoyed trekking through many towns and villages, learning about Nepal's flora, fauna, geography, and best of all, the people. We head to Jomsom and will part ways with the asst. guides and porters whom we've become so very fond of. We feel grateful for this experience of a lifetime!



## DHC New Life Visit

Team TRIFC had a great day visiting with their DHC New Life family! We played soccer and ping-pong, distributed donated goods, visited with the kids, and had a delicious traditional Nepali meal! New friends were made, old friends were reunited, and a great time was had by all!



## Khagendra Home Visit

The volunteers from Seattle had a great day at Khagendra Home distributing blankets and pillows donated by TRIFC and providing Adaptive Yoga sessions led by Beth Reite. We are so grateful for the opportunity to serve these wonderful residents. Many thanks to Nirmala Gyawali, ADSon executive director, for arranging our visit.

# Women's Empowerment News

By Rose Stevens

Our Deaf Women's Empowerment Group continues to hone their stitching skills with the production of reusable sanitary kits. The goal of this project is to keep girls in school by providing a reusable kit with pads that can be washed and reused for up to 3 years! The kits were distributed to over 60 young women earlier this year as part of the pilot program before proceeding with full production. A questionnaire was created to aid us in the product development and design. Overall the kits were very well received. The information gleaned from the questionnaire has led to modifications in sizes and materials. The new prototype is now in production and will be tested with this same group of women. Once it has been determined the product has addressed their concerns we will then begin production for the other young women throughout Nepal.

Our embroidered card project has attracted the attention of Ganesh Himal Trading Company, a wholesaler for Nepali Fair Trade Products. This is very exciting news as they



have begun placing orders direct with the DWEG. Their in-county representative, Ms. Chunta Nepali, is working closely with the group to further develop the product.

Cards will still be available for purchase through TRIFC. The newly designed Christmas cards have arrived! If your group or organization would like to place an order for a specially designed card please contact us at either [Rose@trifc.org](mailto:Rose@trifc.org) or [Rob@trifc.org](mailto:Rob@trifc.org).

## Gifting Stock: a **Win-Win** Proposition

Most of us simply write a check to support our favorite charities such as TRIFC. However, have you considered donating shares of stock or mutual fund shares? If you sell shares of stock or mutual fund shares that have risen in value which could leave you with capital gains, you can potentially save some or all of the capital gains, IF you donate all or a portion of the shares to TRIFC. As long as you have held the shares for over one year, the donated shares will mean a charitable deduction for you for the fair market value of the shares at the time of the gift, which would eliminate any capital gains assessments on the future sales of the shares.

Investments that make ideal candidates for gifting include having an investment for which you've lost track of what you paid for it, and having a large allocation of appreciated stock. Gifting some of it is a good way to lower your risk exposure and further diversify your portfolio. Gifting shares may not make sense if you don't itemize your deductions, if you didn't own the shares for 12 months prior to the gift, or if you are in a lower tax bracket and not subject to the capital gains tax.

If you decide to gift shares of stock or mutual funds, TRIFC is ready, willing and able to accept them and put the funds to use in a way that will provide benefit to those in need!



Thank you to Mike Hodgkins and CIS for printing, and to JR Mailing for lettershop services.

*Happy holidays from TRIFC and our sponsored students!*



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