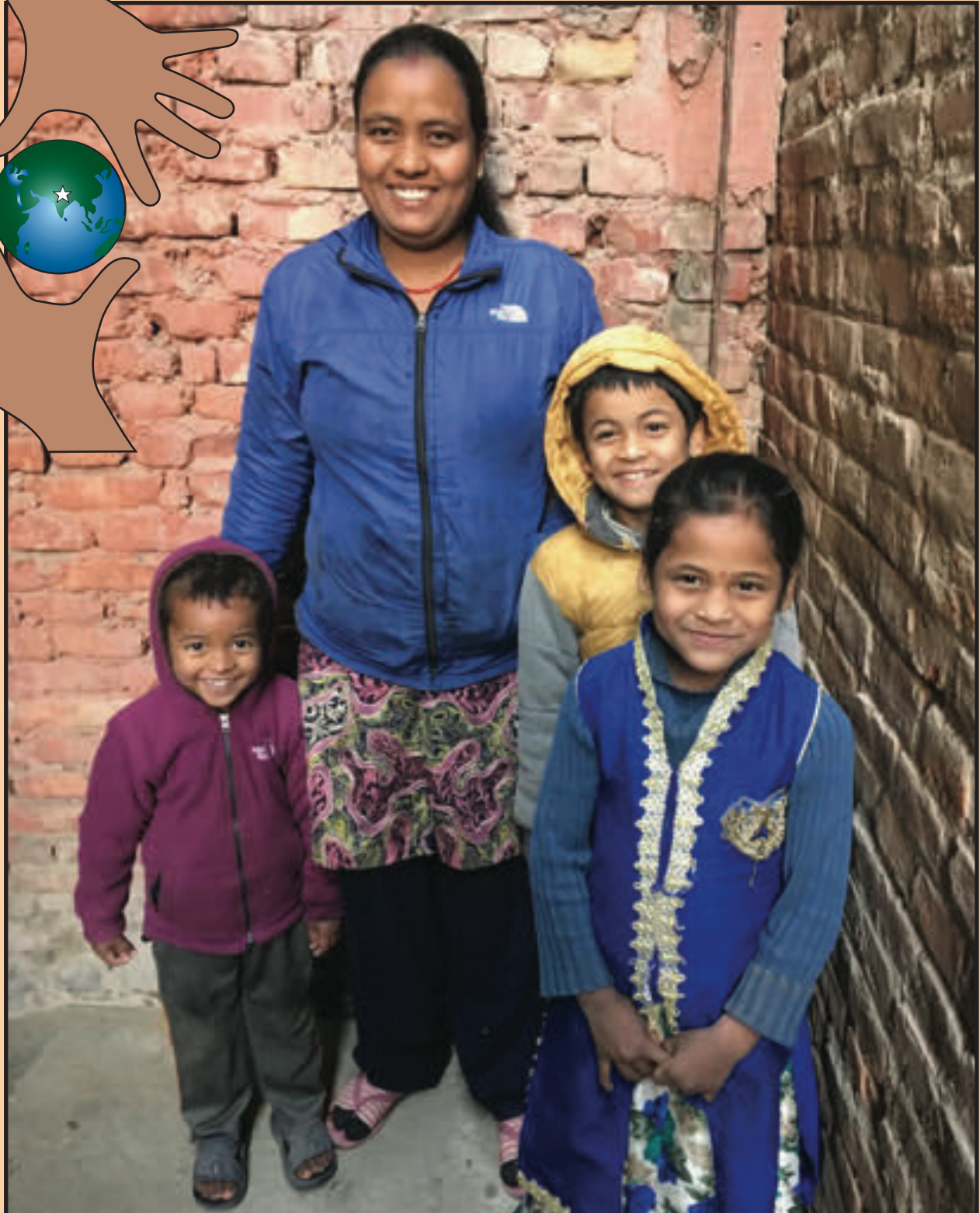


Hands in Outreach

When girls succeed, everyone benefits



2018 Accomplishments and Highlights

From the Director

With your generous financial support, our advocacy for poor, marginalized girls and their mothers is fostering self-reliance, dignity and hope. We're humbled and grateful for your abundant generosity. With optimism and promise, the power of education is steadily transforming the lives of girls and their mothers beyond the relentless grip of their deep-rooted poverty. Your generosity and care are making this happen, and we couldn't do this without you.

Nepal is a tough place to come of age, but our girls are gaining ground and meeting with success. Sarah Tamang is now a lawyer, Kabita Adhikari's in her final year of dental school and Pooja Lamsal is taking the medical school exam in September. Binita Mandabar recently completed her BA in business and has a solid job at the Loyalty School, one of our valued partners in Kathmandu. Before long, with our help, she'll be the first HIO student to own her own home. A remarkable achievement !

Our food relief initiative in 2018 provided HIO families a small measure of food security during the Dassain holiday in October. We're planning to expand the program in 2019 to provide food relief for two months of the year. Your donations help alleviate the very real fear our mothers often have of where the next meal for their family may come from. With generous grants from the Berkowitz Family Foundation and the Australia-based Adara Group, we're offering a helping hand without causing dependency.



Reshma Karki in her 3rd-year of dental school lending advice to Pooja Lamsal, who'll soon take the medical school exam.



Long-time HIO sponsored student Sarah Tamang passed the Nepali bar exam and is now our HIO lawyer in Nepal.

Few of us can imagine the daily challenges our girls and their families face each day. While our small, dedicated staff in Nepal respond to our families' concerns, we grow stronger as agents of change, working diligently to encourage good strategies for problem solving, health care and independence.

Your support provides the inspiration for our girls and young women to become strong, responsible leaders in their communities. They'll have education and resources to pursue any of their life's dreams - as a doctor, a lawyer, a shopkeeper, a mother - and give those same opportunities to their own children one day. Our resolve to help our girls and their mothers achieve all levels of success is strengthened by your ongoing care and concern. Through your kindness, *everything is possible*. We couldn't do this without you.

Warmest wishes...

Ricky Bernstein

On the Cover:

Kamila Pariyar with her family

What HIO Girls Can Achieve



Sarala Rokoya's in her 3rd-year of a rigorous nursing program in her hometown of Nepalganj.



Palmo came up with a brilliant, fun idea - to teach our girls that saving money can be empowering. In January, 20 girls bounced onto the Chandra Kala patio with piggy-bank pots in hand. They'd taken the savings challenge seriously over the past six months, and were so excited to see the results.

Wide-eyed and eager, they formed a circle to ceremoniously break each pot. They cheered along with their teachers as the savings were revealed. What a delightful moment for all as they counted up their treasures!



A lover of animals, Uma Tamang is our first veterinary student now in her third year.

Family Food Relief

During the week of October 8th, for the Nepali Dassain holiday festival, Hands in Outreach staff successfully carried out a major food distribution effort in five locations around the Kathmandu Valley. Over a three-day period, the HIO team provided food for 177 families who may have otherwise gone without. Our team leaders, Palmo Tamang, HIO Co-Director, and Kanchan Adhikari, CFO, had wonderful assistance from several HIO college women and our students in the 11th and 12th grades, along with all of the teachers and staff at the Chandra Kala Learning Center and the Strong Roots preschool.

This mammoth effort in organization and logistics would not have been possible without Palmo's extraordinary leadership and coordination skills. A generous grant from the Arthur and Lisa Berkowitz Family Foundation provided funds for purchasing the food. The two bags of rice, lentils, cooking oil and spices that each family received provided them essential food for a month.

Families served: 177

Total rice bags: 268 — 14,740 lbs.

Mixed beans: 885kg — 1,947 lbs.



Lata Rai, a Kindergarten teacher and our mothers' education class lead instructor, helped Kamila Pariyar and her 1st-grade daughter Pramila to package their food relief donation.

Living on the Edge

by Ram Adhikari

Most of our HIO families live from day-to-day and face many challenges. The mothers head their households and most have no education. They work as day laborers on construction sites or as domestics, cleaning houses and washing people's clothing. This is hard physical work and if they're sick and cannot get to their job, they make no money for that day. This means no money for food and no money for rent.

Our mothers' education class provides our HIO mothers a way to learn in school part-time, while earning a stipend for every day they attend class. This helps them to save with their own bank accounts. Kamala Pariyar, whose daughter Pramila is now sponsored, benefits greatly from being under the HIO umbrella. Kamala is 28 years old and the single mother of three children - two sons and one daughter who are nine, seven and four. Due to the poverty they faced living in a rural village, she and her husband Bhim came to Kathmandu in search of a better life and better work opportunities.

Both Bhim and Kamala started working at construction sites as day laborers, making about ten dollars a day, barely enough to feed their family and pay the rent. After the family moved to Kathmandu, Kamila's younger sister joined the family. She fell in love with Bhim, who abandoned Kamila and their three children to marry Kamila's younger sister. Bhim soon left his second family and married a third woman, leaving the first two wives with children and no support. Somehow, within our patriarchal government system, Bhim was able to get away with this terrible behavior. The women are blamed for why men abandon their families. Along with others in her ethnic community, Kamila has very limited opportunity for education, health care and basic human rights. Shortly after her husband's disappearance and remarriages, Kamala's life became even more difficult. Raising her three children as a day laborer making less than five dollars a day is extremely challenging.

Kamila lives with her three children near our Chandra Kala Center, often referred to as *Kathmandu's hidden slum*, behind all the big houses. They live near other families in deep poverty. These are the families our HIO staff know best. For the past four years, Kamila's family has lived in a small, 8'x12' rented room with one window and almost no room for the children to move around. If the door is left open, the smell from the bathroom comes in. Because of the terrible odor, the door is always closed with no chance for air flow.



Pramila Pariyar, a very spunky 6-year-old, lives in a tiny rented room with her mother and two brothers. From a very at-risk family, it's far more likely that Pramila will stay in school now under Ram and Palmo's vigilant care.



Kamila has hope
for a brighter
future

Even during the day, the room needs the one electric light bulb on to see properly. The walls are mottled gray with black soot behind the two-burner hot plate. There is one bed, shared by Kamala and all of her small children. Across from the bed is the small cooking stove and a chair heaped with the children's clothing. Kamala's rented room almost looks like a shack we typically see in the slum. Even though the room is small and dark with no functioning toilet or running water, the rent at \$33/month is expensive. Because there is no running water, Kamala has to buy water for cooking, for toilet use, washing clothes and bathing.

After HIO's intervention with this family, we invited Kamala to join our mothers' education class. She's attending class early in the morning and benefitting a tremendous amount from this opportunity to be in school herself. She is not only learning to read and write, but also learning more about women's rights and the benefits of being a legal Nepali citizen. Soon after joining the mothers' class, Kamala was encouraged to get birth certificates for her children along with a marriage certificate, which she must have in order to fight for her legal rights.



First-grader Pramila Pariyar



For the past 20 years, Ram has crisscrossed Kathmandu countless times making home and school visits. Ram and Palmo, as HIO Co-Directors, are the reason why our inner-city social work is so effective.

Despite all the difficulties and challenges she faces each day, Kamala is moving her life forward and raising her children. She knows that only she can make the changes in her life that will ultimately benefit herself and her family. She is so grateful for HIO sponsoring Pramila. The involvement with HIO has given her hope for a brighter future knowing that education is the way to lift her from deep poverty. We admire her courage and strength.

Sincerely, Ram

2018 Accomplishments

Sponsorship

- Our generous sponsors made it possible for 160 girls to be in school safe from early marriage, pregnancy and a dead-end life of menial labor. We added twelve new, young girls to our program in 2018.
- Board member Carolyn Schmitz planned a lovely HIO sponsor trip to Nepal for 10 people. In March, the group trekked, visited world heritage cultural sites and spent time with their sponsored girls.

HIO Girls Pursuing Higher Education

- Kabita Adhikari - Completing 5th and final year of Dental School
- Nyima Bhuti Sherpa - 4th year of Medical School
- Reshma Karki - 3rd year of Dental School
- Uma Tamang - 3rd year of Vet School
- Sarala Rokaya - 3rd year of Nursing School
- Rabita Sujakhu - 1st year Nursing School
- Sanisha Shrestha - IT/MBA program, Australia
- Sunita Nepal - Junior at Whitman College, Washington, USA
- Norden Tamang - Senior at East Central University, Oklahoma, USA
- Bimala Rawal - Applying to US medical schools and working at Columbia University as a research assistant.



Norden was inducted into the Alpha Chi National College Honor Society

Education Initiatives

- Board member Laura Gladding traveled to Nepal twice within nine months to assemble two wonderful libraries at our Strong Roots preschool and Chandra Kala Learning Center. The *Alan and Barbara Boroff* libraries were generously funded by Arthur and Lisa Berkowitz. Moses Brown School generously donated books and supplies.
- Led by Maida McKenna and Linda Liss-Bronstein, our education team held over 30 real-time video training sessions for our KTM partner teachers.
- Laura Hunt, Laura Gladding and Tracy Tyson conducted on-site teacher training workshops in Kathmandu that benefited thousands of students in our partner schools.

Be Part of Her Dream

In May, the mothers' education class, generously funded by Dining for Women, completed its two-year mark. 46 of the 48 women enrolled gained Nepali citizenship. 44 women achieved a 2nd-grade level and three achieved a 5th-grade level. All saved \$650 from their stipends in personal bank accounts. These women are now familiar with their basic human rights and have a deep commitment to their daughters' education. They now have a voice and a measure of hope.



When girls
succeed, everyone
benefits

2018 Accomplishments

- We expanded the mothers' education class, enrolling 29 women at our Strong Roots preschool in the Balkhu slum, one of the poorest areas in Kathmandu.
- Ram led a dedicated team of Intel employee volunteers, who installed cloud-based early learning software and upgraded computer labs in our partner schools.
- Sofia Riva, a senior at Columbia University, spent two months working tirelessly at both of our preschools, helping teachers and enhancing curriculum development.
- An intrepid group of eight students and two brave teachers from the Moses Brown School in Providence, RI overflowing with love and light, traveled to Nepal to serve in our preschool learning centers.

Social Services

- HIO received a generous grant from the Australian-based Adara Group, providing emergency family relief in the Balkhu slum during monsoon flooding - dental and medical needs for our girls and funding for Chandra Kala teachers.
- In October, Co-Director Palmo Tamang brilliantly coordinated a food relief effort for 177 families, providing enough supplies for a family of four to eat for a month. Funding for the initiative came from a marvelous grant from the Berkowitz Family Foundation.



Sukrima Gurung majoring in environmental science in her first year of college working with Tara Pariyar in the mothers' education class.

Building Projects - designed by Carolyn Schmitz

- We built a top floor earthquake-safe group of rooms at our Chandra Kala Center. An office/meeting room, a guest bedroom and bathroom, and a multi-purpose assembly space were made possible through partial funding from the Rotary Club of Hamburg, Germany.
- The Strong Roots preschool's tiny building received a facelift with a new downstairs bathroom and kitchen area, while the upstairs had new carpet and an interior drop ceiling installed. The classrooms are now beaming along with the teachers and young children.

Leadership

- Long-time educator Laura Hunt became the HIO Deputy Director. Laura's superb expertise adds a profound benefit toward ensuring HIO's sustainability.
- A shift to making Ram and Palmo co-directors enables them to assume greater decision-making responsibility and program implementation in Nepal.
- Mena Tamang, from our *mothers' education class*, was invited onto the HIO Nepal Board, along with former HIO students - Mamata Rai, Sarah Tamang, Nyima Bhuti Sherpa and Binita Mandabar.



Mena Tamang, one of the highest achievers in our mothers' education class reached a 5th-grade level in two years and wants to reach the college level !

A Note of Thanks and Inspiration

As you will certainly understand, it's hard to put into words our experiences while in your beloved Nepal. What I can offer is huge thanks for supporting our involvement. We left Moses Brown with eight intrepid students, and returned with eight young people committed to making a difference by telling the story of their journey and recognizing their roles in making the world a better place for young learners. So again, thank you. Your work is hard and tiring, but what amazing dividends! I'm honored to be part of your HIO team.

With hugs, Debbie

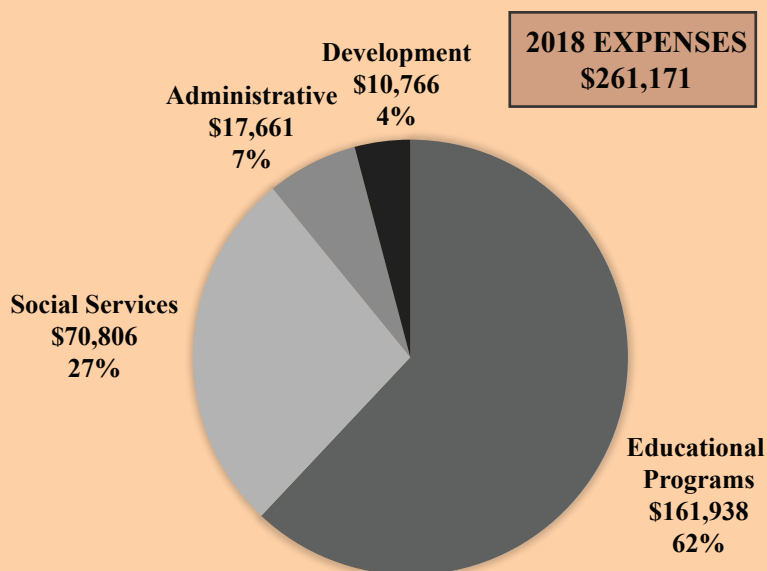
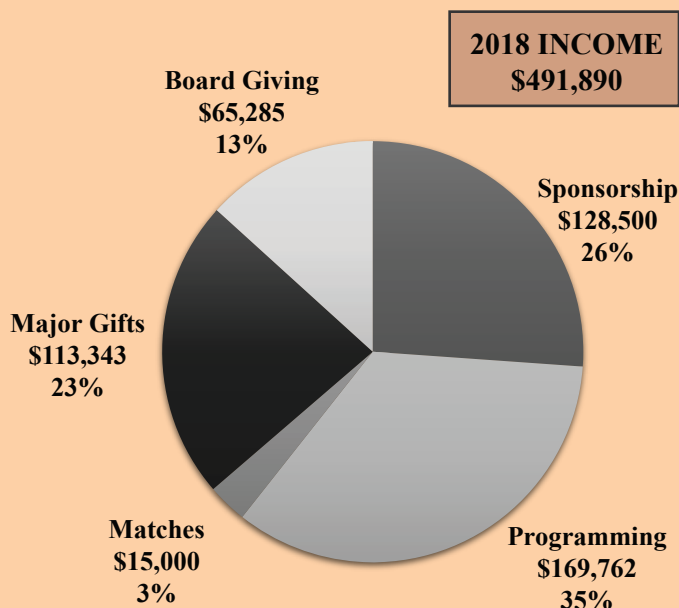
Debbie Phipps, a seasoned traveler, is the assistant head of academic affairs for the Moses Brown School in Providence, RI.

On the Moses Brown School social service trip last July, Jack met little Angila at the HIO Chandra Kala Center and now he and his mother Dawn Tripp sponsor her education.



2018 Financials

We're pleased to report that with your help, our endowment fund increased by \$127,386. The HIO fund is at \$522,261. A healthy endowment fund ensures a strong and sustainable HIO future.



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