

Namasté

Newsletter of Bright Futures Foundation
Spring 2006



Bright Futures Foundation is dedicated to improving the lives of people — especially women and children — in the poorest corners of the earth and in a manner consistent with their traditions and culture.

The Latest News from Nepal

HOW YOU HAVE HELPED! 2005 in Review

(1) Healthcare

- 4,092 patients were treated at the Bhotechaur Health Clinic (more than 10,000 patients have been treated since the clinic opened in December 2003)
- 2,310 women (56% of all patients) received care in the clinic's Women's Annex
- 265 pregnant women received prenatal checkups
 - 102 women were treated for prolapsed uterus
 - 36 women experiencing post-delivery complications received obstetric care
 - 1,229 children under age 5 (30% of all patients) were treated for infectious diseases, parasites, fevers, and respiratory tract infections
 - 609 patients received deworming treatments or were treated for skin diseases such as scabies and fungal infections
 - 785 patients were treated for dysentery and diarrhea



(2) Education

- 11 talented and gifted but needy students received scholarships to study at Galaxy School in Kathmandu

*The clinic's most urgent needs now:
\$4,500 for health & dental camps this year
\$3,000 for obstetric training for clinic nursing staff
\$500 for a deworming and health education program
\$100 for an oxygen cylinder & nebulizer*

*YOUR DONATION IN ANY
AMOUNT WILL HELP!*

Thank you for your support of our work in Nepal. What we are doing there directly and profoundly affects the lives of thousands of people every day. This is a vulnerable population that would otherwise have little hope of receiving medical care or educational aid without us. Let's keep working together to bring a brighter future to people in need.

Namasté.

Catherine Wood, President/CEO



**Samip Bhatta, a
Bright Futures
scholar**



16-year-old Anisha Bhatta, above, and her scholarship sponsor Dr. Kathy Krauss, below



Bright Stars: Anisha Bhatta and Kathy Krauss

Dr. Kathy Krauss, professor of World Religions at Rogue Community College in Grants Pass, Oregon, is a strong proponent of education for women. "I knew about Bright Futures' work in Nepal and I wanted to be a part of it," she says. "I want to make things better for girls and give them a chance to achieve more in those parts of the world where they are lagging behind." Kathy particularly wanted to sponsor a scholarship for a girl, and so we matched Kathy's desires with Anisha Bhatta's needs. An avid traveler, Kathy says, "I hope that someday I will be able to visit Nepal and meet

Anisha in person." Anisha could show Dr. Krauss many things that she would find fascinating. Anisha comes from Changu Narayan, a tiny village that sits on a narrow hill above Kathmandu. It is the site of the most ancient Hindu temple in Nepal and still serves as the spiritual center of the village. Anisha is a lovely young woman who is now in Class 10 at Galaxy School. Her favorite subject is science. "My hobby is to read books and play badminton. I love flowers, chocolate, and music," she says, "and my aim is to be a doctor. So, to be a doctor I will study hard." We asked Anisha what changes

she would like to see in her country and how she would bring those changes about. "I will try to be a doctor and go to remote areas of Nepal," she said. "I want to give service to poor people and give them knowledge about healthcare and sanitation. I want to remove superstitious beliefs of people as much as I can." Bright Futures Foundation is very excited to be able to match generous visionaries like Dr. Kathy Krauss to eager students like Anisha Bhatta who sees herself in the role of uplifting health education in her homeland.

Namasté, Dr. Krauss!



The Birds of Paradise

Midnight at the Oasis — Save the Date!!!

Midnight at the Oasis is coming up on Thursday, July 27th at Galice Resort. Come and be dazzled! Delight in an exhibition of fusion belly dance by The Birds of Paradise of Worldbeat Dance Studio; savor dinner on the deck overlooking the Rogue River; sample delicious wines; dance to the red-hot blues sound of Broadway Phil and the Shout-

ers; bid in our fabulous silent auction featuring art & artifacts from around the world. Where else could you find an authentic wolf axe from Afghanistan, mola textiles from Panama, or an intricate hand-painted Buddhist mandala from Nepal? All proceeds go to the Bhotechaur Health Clinic and educational scholarships. For more information

and a peek at our auction items, log onto www.brightfuturesfoundation.org



Bidders compete in the Silent Auction

MIDNIGHT AT THE OASIS — THURSDAY, JULY 27, 2006, AT GALICE RESORT IN MERLIN, OREGON!

Keshav Thapa — Our Man in Kathmandu



Keshav Thapa

Keshav Thapa, a Masters Degree student at Tribhuvan University in Kathmandu, is the top student in his class. He is focused on health-related issues and has done volunteer work for the Nepal Red Cross, the Resource Centre for Primary Health Care, and others. He has participated in human rights workshops and HIV/AIDS research projects. Now, in return for a

stipend which helps him pay for his education, Keshav performs invaluable services for Bright Futures Foundation. He is our primary liaison for all the work we do in his country. He is a bright, dedicated, highly competent, compassionate young man who wants to be a researcher/lecturer and, he says, "a good citizen of nation, honest employer of job provider, good husband of

wife, and good father of kids." We are very fortunate to know Keshav, to have his help and to be able to help him.



Catherine & Keshav at work in Kathmandu

Without our many donors we could not keep the doors of the Bhotechaur Health Clinic open, nor could we ensure that women and children in this remote area of the Himalayan foothills have access to medical care, or that future leaders of Nepal receive the best education possible in their profoundly poor country.
We honor and thank you for your support and enthusiasm for what we do. Namasté.

2005 Honor Roll of Donors

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Scholarship Sponsors

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Ranjana Dahal, a Bright Futures scholar



Who We Are Helping Right Now...

We are helping people (especially women and children) in Nepal who have little or no access to medical care or educational aid, who are struggling to survive in profound poverty in a country enmeshed in a violent political conflict, and who are often ignored by their own government.

What We Are Doing Right Now...

- We are providing access to medical care to 50,000 people living in a remote rural area of the Himalayan foothills in Nepal. We are doing this by providing 100% of the financial support needed to run the Bhotechaur Health Clinic, including medicines, medical equipment and supplies, salaries for medical personnel (including a physician, nursing assistants, and a lab tech) and other staff.
- We are empowering the local community by ensuring that local villagers manage and operate the clinic.
- We are stimulating the economic growth of the region by enabling the long-term viability of the clinic. As the clinic grows, more jobs will be created along with opportunities for new businesses in the area to provide support for patients and visitors (such as restaurants, hotels, shops).
- We are helping bright but poor children to become leaders within their country. We are doing this by funding direct educational scholarships for boys and girls at the finest schools in Nepal where our young scholars study within their own cultures and religious traditions.
- We are a catalyst for social change by funding innovative "share-the-gift" scholarships. Our scholars promise never to mistreat, beat or otherwise physically harm a girl or a woman and, when each has completed grade 12, to help a Nepalese girl get an education. In a country where boys are favored, requiring boys to demonstrate respect for girls and women, and requiring that they, in turn, help a girl get an education, will precipitate a change in attitude one child at a time. By providing scholarships to both boys and girls, we hope to put in motion a cultural shift that addresses the lack of adequate educational opportunity for all children *and* the plight of women and girls.

Thanks to the generous donors to our 2003-04 "Sponsor-a-Room" project, all rooms in the Bhotechaur Health Clinic have been furnished. Plaques honoring each of these special donors have been hung in the various rooms at the clinic.

Here are just a few examples:



Thank you, Donna & Jim Wittkopp!



Thank you, Jim Clark's Consignment Country!



WHAT IS NAMASTÉ?

Namasté is a traditional greeting in Nepal. Said with the hands pressed together above the heart, it means: I bow to the divine within you. I bow to all the goodness that dwells in your heart and soul. Only that which is good do I recognize within you.

Namasté

Please pass this newsletter along to a friend.

Printing costs for this edition of *Namasté* were generously donated by Polly Cronin. Thank you, Polly!

Bright Futures Foundation is a nonprofit 501(c)(3) tax exempt charitable organization EIN 01-0726380.