



2019

ANNUAL REPORT

www.ConsciousConnectionsFoundation.org

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Message from the Board Chair

Dear Friends of CCF,

Sitting here, in the midst of a pandemic that no one thought possible 6 months ago, I look back with amazement at what CCF did in 2019 and with a bit of trepidation as we face an uncertain 2020! Regardless of the state of the world right now, this small, all volunteer run non-profit that holds at its core the power of relationship, charges on. The base that we continue to build in Nepal and in the US through our relationships does nothing but get stronger. Young people in Nepal are leading much of what we do with great enthusiasm and insight. Their capacity to delve directly into what is needed without pandering to ego or paternalism made 2019 truly impactful. Their growth and involvement is proving to be the key to effective work now as we face the pandemic in 2020.

Our CCF board continues to evolve, as well, and their commitment, enthusiasm and willingness to let CCF's work be led by our partners in Nepal means that we can really lean into what is needed, not do what Westerners believe should happen. In the midst of the largest protest movements for social justice in American history, our board strives to ensure that principles of equity and justice are reflected in our international work as well. This board is a thoughtful team and as you will see in the report below has taken great care in 2019 to look closely at who we are, what we do and the criteria that we use to evaluate our work. We hope this helps you, our donors, to see more clearly how we allocate your donations.

CCF believes in the power of possibility and that **when women and girls thrive, the world is better off**. We did amazing work around that belief in 2019 and will continue to hold that as our core as we delve into the new world the Corona Virus presents us with in 2020. We look forward to our work together and hope that you enjoy this annual report as much as we enjoyed doing the work to make it happen. We are so grateful for your continued support, we can't do this without you!

Namaste and stay safe,
Denise Attwood-CCF Board Chair



MISSION

The mission of Conscious Connections Foundation is to facilitate the advancement of marginalized individuals in Nepal by promoting access to education, healthcare, skills development and facilities improvement, especially for girls and women, so they can create strong, vibrant, economically viable communities. And to educate North Americans on their ability to positively impact these individuals' lives with direct donations.

What CCF Does & How

At the beginning of 2019, CCF's Board of Directors decided it was time to clearly articulate the values, beliefs, and motivating principles that guide CCF's work in Nepal. For the sake of accountability to both our donors and partners on the ground in Nepal, we sought to make our intuitive mission concrete for all to see. The following guidelines "What CCF Does and How" serve as a crucial supplement to our mission statement.

CCF believes that when women and girls thrive, the world is better off. We support women and girls in Nepal becoming key participants in healthy societies by...

- Partnering with trusted Nepalis to identify the most pressing issues in their community and generate collaborative ways of addressing them.
- Distributing funds to accomplish these objectives through proposals that adhere to CCF's guiding values and the criteria created to reflect them.
- Linking communities and individuals across North America with the rich life of Nepal through fundraising and education.

CCF does...

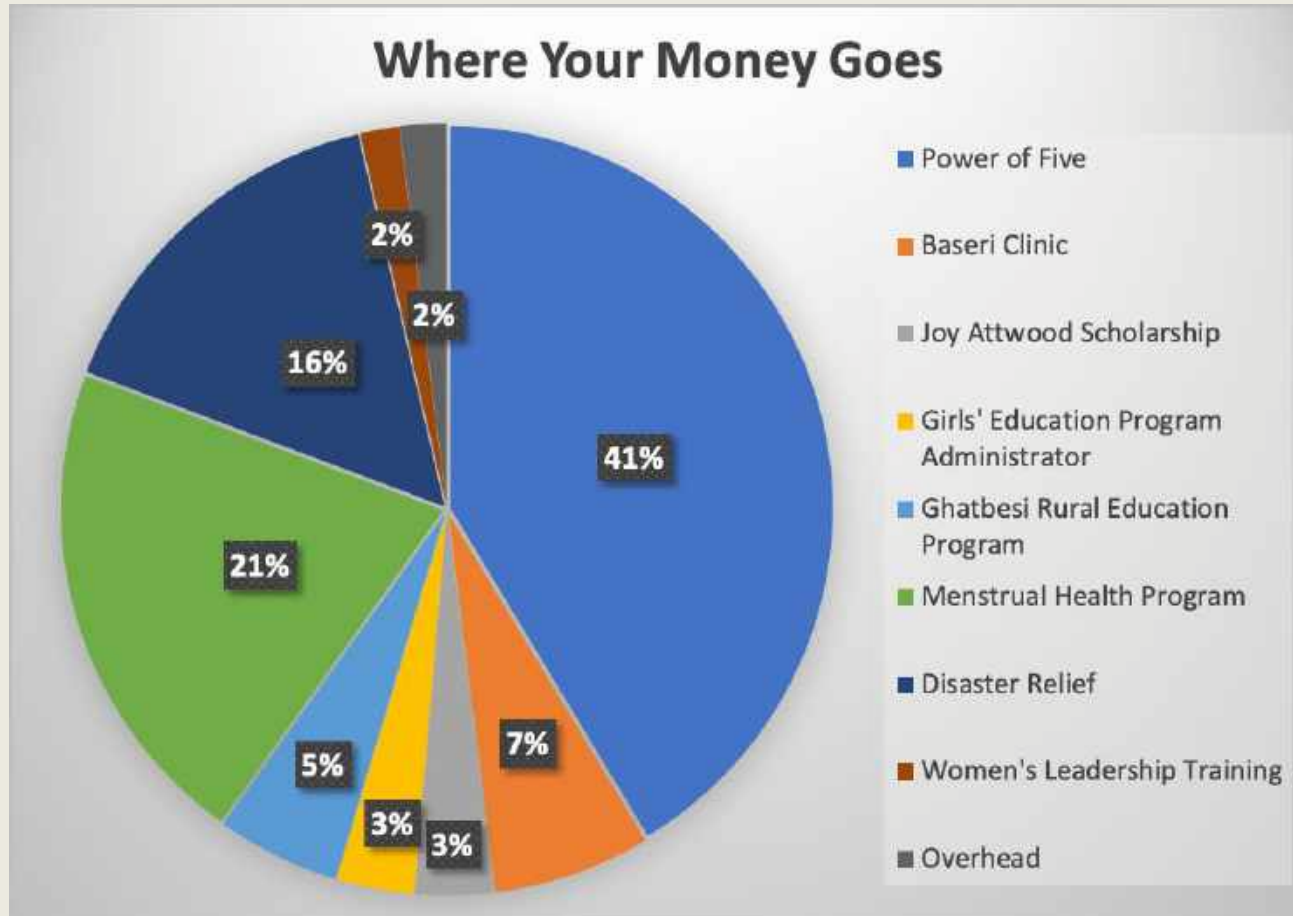
- Small and targeted grant-making
- Focuses primarily on women/girls
- Is locally led and cooperative
- Is relationship-based
- Holds a long-term perspective

CCF's motivating principles are...

- A healthy society is one in which girls and women thrive.
- Working in ongoing relationships under Nepali leadership stimulates mutual respect, ownership, learning, trust, and long-term commitment to further benefit.
- Leveraging small, targeted grants facilitates significant impact.
- Taking a long-term perspective creates lasting effect and enduring competence.



STATEMENT OF ACTIVITY



*In 2019, CCF received a grant to cover all administrative expenses, which means that 100% of every dollar donated explicitly for programs went directly to that designated program in Nepal.

In 2019, CCF granted **\$59,238** to its partners in Nepal. The grants were distributed as follows:

- **\$25,000** – Power of 5 Child Education Stipends
- **\$4,018** – Deurali Community Service Center (aka Baseri Clinic) for salaries and building maintenance
- **\$2,000** – Girls’ Higher Education, Class 11/12, Joy Attwood Scholarships
- **\$2,000** Girls’ Education Program Administrator
- **\$3,165** – Ghatbesi Rural Education Program
- **\$12,603** – Girls’ Menstrual Education Program
- **\$9,175** – Disaster Relief
- **\$1,000**-Women’s Leadership Training

In 2019, CCF spent **98 cents of every dollar** donated directly on programs in Nepal. Only 2 cents went to fundraising and administrative expenses*

Conscious Connections Foundation

2019 PROGRAMS

EDUCATION

- The Power of 5 Child Education Fund
- Ghatbesi Education
- Joy Attwood College Scholarship
- Power of 5 Program Administrator
- Women LEAD Collaboration

HEALTHCARE

- Baseri Clinic
- Menstrual Health Programs
 - Kit Production
 - Leadership Training
 - Menstrual Education
 - Training Manual

DISASTER RELIEF

- Remote Emergency First Aid Trainings
- TEAM Nepal Windstorm Relief

CCF Proposal Criteria

When a proposal is brought before the CCF Board of Directors, the following criteria are used to determine whether or not it should be funded. These criteria were developed in 2019 as a part of our “What CCF Does and How” initiative in order to help ensure the work we do aligns with our values and furthers our vision.

CCF Proposal Evaluation Criteria

- 1) Does it increase the ability of women and girls to thrive as key participants in a healthy society?
- 2) Is it Nepali-led by a person/group we trust?
- 3) Is it a collaborative effort between CCF and the community being served? What is each of our contribution?
- 4) Does it invest in and empower the local community?
- 5) In 20 years, will this have proven to be a good idea?

Bonus Criteria

- 1) Does it create interconnections (both within Nepal and between North Americans and Nepalis) and lay the foundation for more opportunities down the line?
- 2) Is it adaptive and emergent (both before, during, and after)? Is it listening for and responsive to what wants to happen?
- 3) Does it reflect a commitment to the communities where we work, enhancing their potential?



Conscious Connections Foundation 2019 EDUCATION PROGRAMS

143 CHILDREN
ABLE TO
ATTEND SCHOOL
This year!

23 GIRLS
ABLE TO ATTEND
HIGHER
EDUCATION



*Raised in 2019 for future stability
and expansion of the Power of 5
stipend program*

868 YEARS OF SCHOOLING
PROVIDED to 143
children
SINCE THE INCEPTION
OF THESE PROGRAMS

EDUCATION

THE POWER OF 5

The Power of 5 child education fund provides low income children access to education through a monthly stipend program. CCF partners directly with the Association for Craft Producers to keep 100+ children (with an emphasis on girls) in school and to create a sustainable endowment for the future of the program.

In 2019 through the Power of 5 program CCF:

- Raised \$25,000 of which \$14,400 went to educational stipends and \$10,600 was reserved to provide for financial security and expansion of the program in the future
- Enabled 120 children to remain in K-10

A total of **830 years of schooling to 123 students** have been provided since inception of this popular program.



EDUCATION THE JOY ATTWOOD SCHOLARSHIP

In 2014, CCF created a Girls' College Scholarship. This competitive scholarship, administered by the Association for Craft Producers gives up to three Nepali girls who have the need, ability and desire, a means to continue their education into the 11th and 12th class.



Swikriti Pokarel

"Currently, I'm studying PLC nursing and plan to get my Bachelors as well... My favorite subject is anatomy, where we learn about different muscles, skeleton system and various body parts. I have an internship that is about to begin and I'm very excited about the experience I will gain. After completion of my course I would like to go abroad for my further studies and return back to Nepal to support my family and provide services to the people in rural areas."



Sagun Rawal

"I studied science in high school and plan to pursue a Bachelor's of Science in Nursing. I want to be a part of this journey to help people. I'm an only child, and a little pampered, so I want to work hard to give my parents a better life in the future. After high school, I aspire to go abroad and gain better experience and knowledge to pour back into my country. I love traveling, exploring and having fun with family and friends."



Saru Maharjan

"My father is abroad as a migrant worker and my mother looks after our family here. My mother does not show it, but she struggles to meet all our needs. I'm studying Hotel Management and my favorite part is studying about the food chain and learning about different animals. Though my mother wants me to be safe and come home early, I sometimes visit my friends and we love to roam around and have fun. This scholarship will directly aid the financial stability for my studies."

Meet our 2019 scholarship recipients!

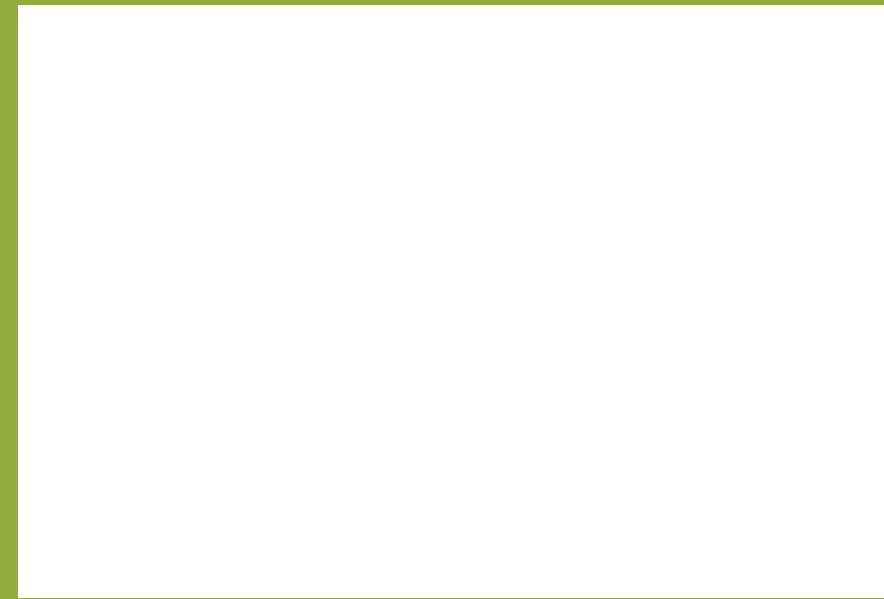
EDUCATION

POWER OF 5 & JOY ATTWOOD SCHOLARSHIP IMPACT

Samjana Shrestha is a former beneficiary of both the Power of 5 educational stipend and the Joy Attwood College Scholarship. In a 2019 interview with CCF board chair Denise Attwood, Samjana expressed how grateful she was for these educational opportunities. Her parents found it hard to financially support her education and CCF's help allowed her to stay in school. She is now finishing a 3 year basic nursing degree and looks forward to taking her exams. This coming year she will try for a competitive public service nursing post. After that she hopes to complete her bachelor's in nursing.



Flashback: Samjana (above) as 2016 Joy Attwood Scholarship recipient



Samjana in 2019 being interviewed by CCF board Chair (photo left) and with her proud father in the ACP dining hall (above)

EDUCATION

POWER OF 5

& JOY ATTWOOD

SCHOLARSHIP IMPACT

Heema Maharjan's story of how valuable education was to her and how much she wanted to stay in school helped catalyze the creation of CCF's Power of 5 program in 2011. In 2012, Heema became one of the first Power of 5 stipend recipients and excelled. She worked hard in school and in 2015 was the very first Joy Attwood College Scholarship recipient.

Now 21 years old, Heema is finishing up a 2 year bachelor's degree in business management and working as a cashier in Kathmandu. Without Po5 and JA she says there's no way she could have stayed in school.

Flashback: Heema and her mother Maya in 2004



My Parents are not educated. Then also my mother allow us to the school but my father didn't care of our education. He didn't give money for our education. Some time he quarrel with my mother. While my father bit to my mother we became very sad and I think that in our family only this things happen. My mother only cannot ~~of our fees~~ manage of our fees, copies, books etc which are needed in school. And some time if my mother can't manage us copies then my younger sister began to cry but what to do my mother have no money. My mother works in kelling but what to do she can't get work always. Sometime she got work then many of times she come home with empty hand. So, she was sad that she can give us chance to continue our education or not.

My aim is to be a doctor but I can continue my education or not I don't know. We are poor and my family couldn't afford money and I can't continue my education in school level ~~any~~ also. If I can continue my education with the help of your then I will do best from my side. Firstly If I became a doctor then I will provide treatment specially for the poor people.



Heema & Mother Maya in 2019 talking of her success in education (photo above)

Heema is awarded the very first Joy Attwood Scholarship in 2015 (photo left)

EDUCATION

GIRLS' EDUCATION PROGRAM ADMINISTRATOR

As CCF's Power of 5 and Joy Attwood higher education scholarship funds have grown at the Association for Craft Producers (ACP), administrative and reporting requirements have grown along with them.

In 2018, Prastuti Dhakal was hired as the "Girls' Education Program Administrator." Her salary is split between CCF and our program partner, ACP. Prastuti helps CCF and ACP oversee and administer the education programs and reports to CCF and ACP on their progress. She also is responsible for mentoring and counseling the girls and their parents as they move through the educational system and puberty.

In 2018, Prastuti helped to organize the Menstrual education programs at ACP for the girls in both the Power of 5 and Joy Attwood programs. 2019 is her second year in her position and she has helped the program immensely.



Prastuti Dhakal, CCF's Girl's Education Program Administrator, meeting with CCF board members & Joy Attwood Scholar Samjana Shreshtha- Jan 2019

"Being someone who is proactive and loves working with kids, our overarching goal to empower women and help their children is very inspiring. "Educate women and you will educate a family; Educate a girl and you will educate the future." With this belief, the Child Education program at ACP would not just help the girls to have a better income for quality life; they will further have better perspective in life...I would like to keep on giving my best to enhance [this program's] progress and achieve its objectives and goals."

EDUCATION

GHATBESI EDUCATION PROGRAMS

Since the 2015 earthquake, CCF has been partnering with the Ghatbesi community to advance accessibility and quality of education in the region, especially among women and girls.

Following the 2015 earthquake, CCF helped rebuild Ghatbesi's only Primary School and subsidized teacher salaries as the community got back on its feet. With the financial burden of subsidizing the local teachers' salaries lifted, community members were able to focus on rebuilding their own homes.

Since 2018, this money now goes to providing scholarships for students graduating 10th Grade to attend college (11th and 12th Grade in Nepal). In 2019, CCF, in partnership with Spokane Aurora Northwest Rotary, was able to provide scholarships for *all girls* graduating 10th grade who wanted to continue their education. For those struggling in Final Exams, we also introduced a new tutoring program this year.



EDUCATION

GHATBESI GIRLS' HIGHER EDUCATION PROGRAM

In 2016, after completing the new Ghatbesi Primary School and at the request of community leaders, CCF began the Ghatbesi Girls' Higher Education Program. This scholarship initially provided funding for one exceptional female student from Ghatbesi to attend a private college in Kathmandu for two years (11th and 12th class) and for six other girls to attend local college.

In 2018, with continued support from Spokane Aurora NW Rotary Club (SANWR), CCF was able to expand the program from six scholarships to 20. This allowed all Ghatbesi girls who graduated from 10th grade to attend their local college for two years (11th and 12th class) at a cost of \$120 per girl per year. Although girls are preferred, boys in need will also receive scholarships once all girls have had the chance.

In 2019, we are pleased to announce that, with the assistance of SANWAR, CCF was once again able to offer every girl graduating 10th grade the opportunity to move onto college, regardless of caste or academic standing.

The estimate cost of this program is approximately \$2,400 per year. In addition to providing scholarships for a total of 23 students, SANWR grants have also allowed CCF to cover the costs of tutoring for students who are struggling with Final Exams.



EDUCATION

WHY KEEPING GIRLS IN SCHOOL IS IMPORTANT

When a Nepali girl isn't in school she is 3X more likely to be married before the age of 18, she has children at an early age, and the traditional cycle of exclusion and poverty continues. Girls suffer, families suffer, society suffers. A lack of education for girls means a lack of options. CCF believes that EDUCATION = OPPORTUNITY, and that all girls around the world deserve an education..

In addition, girl's education is good for the planet!

Research shows that *two of the top 10 most effective responses to climate change are investments in girl's education and voluntary family planning.* "Combined, they reduce carbon emissions more than any other solution identified" says Seema Jalan, executive director of the UN Foundation Universal Access Project (Sierra Club Magazine Nov 2019).

CCF partners with Nepali organizations that help struggling families keep their girl children in school without any cost to the family. Every eligible family receives \$10 per month as an educational stipend and in return they provide monthly evidence of the girl's attendance and progress in school. The program's focus is girls but boys in need are not excluded.



EDUCATION

CCF COLLABORATION WITH OTHER NGOS IN NEPAL

In 2019, CCF board members visited the Women LEAD program in Nepal to assess their work in leadership training for girls. Attending a “bullying workshop” with Women LEAD participants and talking with staff left us deeply impressed and with the realization that their program closely aligns with CCF’s mission. Not wanting to duplicate efforts, CCF decided to collaborate with Women LEAD and grant \$1000 to their program as a scholarship for girls who qualify for their competitive year long leadership program but are unable to afford it. By sponsoring this Women LEAD scholarship CCF also hopes that girls from the Power of 5 and Joy Attwood Scholarship programs will aspire to attend.

Women LEAD’s mission is to provide young women in Nepal with the skills, support and opportunities to become leaders and changemakers in their schools, communities, nation, and world by working with high school girls in Kathmandu ages 16 to 18 years old. Their programs focus on intensive leadership training; skills-building opportunities; mentoring; a peer-support network; and university preparation. The girls come from diverse backgrounds, but share a passion for creating change in Nepal. Many of the participants had never written a resume or spoken up in public before attending a Women LEAD program. Now they are leading workshops, mentoring others, and creating social ventures to address problems such as waste and poverty in their schools and communities. By partnering with Women LEAD, CCF aims to advance accessibility and affordability of high quality education for women even further.



Conscious Connections Foundation

2019 HEALTHCARE PROGRAMS: THE BASERI CLINIC

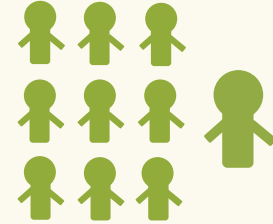
1600

**PATIENTS
SERVED
THIS YEAR**



**CCF'S COST
PER PATIENT
IN STAFFING THE BASERI
CLINIC**

**7 BABIES
DELIVERED**



3

**WOMEN
EMPLOYED**

MOST COMMON TREATMENTS:

- **IV Rehydration**
- **Fevers**
- **Burns**
- **Maternal Care**
- **Gastric Issues**



HEALTHCARE
**THE DEURALI
COMMUNITY
SERVICE CENTER'S
BASERI CLINIC**

The Baseri Clinic opened its doors in February 2010, serving thousands of people in nearby villages and even more remote areas. Patients are seen at the clinic for everything from maternal healthcare issues to burns, breaks, and intestinal disorders. Tragically, on April 25, 2015 the first Baseri clinic was reduced to rubble in the massive 7.9 earthquake that struck Nepal. With help from volunteers in the US and Nepal, CCF constructed a beautiful 5 room, insulated, and quiet earthquake resilient building. This new clinic is easily accessible to all of the surrounding communities and was fully built and functioning within 14 months of the earthquake.

The Baseri Clinic Staff



Anita Ghale

Anita was a NMA nurse midwife for 3 years before joining the Baseri Clinic staff in Dadagaun in early 2018. She is on call 24/7 for birthing and maternity issues only.



Parbati Bhandari

Parbati was a CMA (Certified Medical Assistant) for 3 years before coming to Baseri in early 2019. She works in the clinic 5 days a week and is on call for emergencies.



Sita Gale

Clinic assistant, Sita Ghale does all of the cleaning, opening and closing and takes care of staff and patient needs. Sita has been working at the clinic since its opening in 2010.

Conscious Connections Foundation

2019 MENSTRUAL HEALTH PROGRAM IMPACT

590

Reusable menstrual kits produced



Reusable upgraded menstrual hygiene kits distributed

361

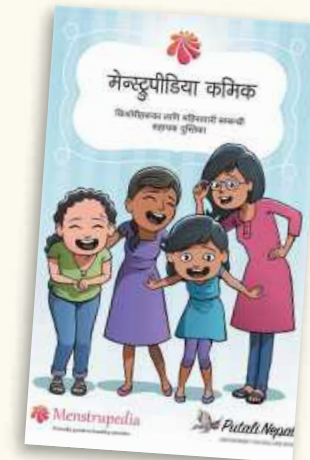
Rural women & girls educated about menstrual hygiene



1 woman trained in tailoring & employed full-time



Total cost to produce 480 kits



30

Menstrupedia comic books donated to village schools where trainings conducted

HEALTHCARE

GIRLS' & WOMEN'S MENSTRUAL HEALTH PROGRAM

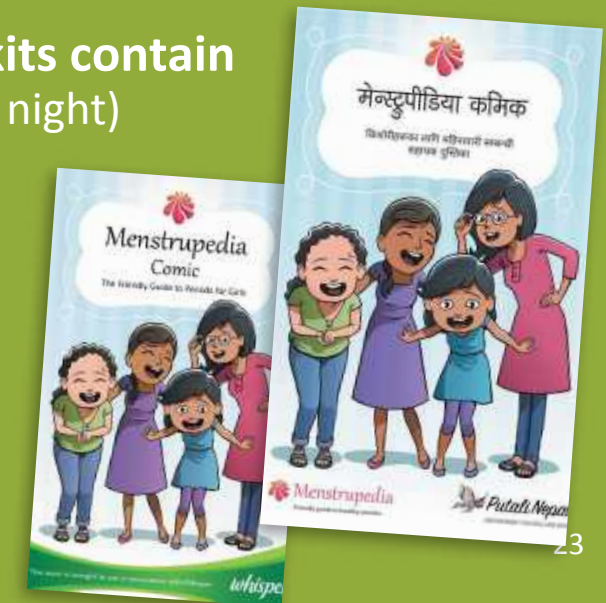
CCF's Menstrual Pad Project (MPP) is an initiative developed to break down barriers for girls and women. An evolving program, it offers a mix of three approaches:

1. CCF trains low income women to sew reusable menstrual pad kits. The kits they produce are then distributed as a part of CCF funded educational programs.
2. CCF funds intensive trainings to help women become leaders on menstrual education in their own communities
3. CCF funds informational day-long menstrual education programs led by Nepali women to discuss menstruation, sanitation, environmental issues, and breaking cultural taboos. Participants in these programs each receive a reusable menstrual pad kit provided by CCF.



CCF Menstrual pad kits contain

- 3 Shields (2 day, 1 night)
- 5 Liners
- 1 Soap
- 2 Underwear
- Carry bag
- Use and care instructions



HEALTHCARE: MENSTRUAL HEALTH PROGRAM

CCF MENSTRUAL HEALTH PROGRAM MANAGER: *Kesang Yudron*

CCF Board members, Denise and Ric, have worked with Kesang Yudron's family in Nepal as fair trade business partners since before Kesang was born. They watched her grow up and complete her accounting degree at St. Benedicts College in Minnesota and then collaborated with her when she returned to Nepal to start her own Fair Trade Business, Padhma Creations.

In 2017, Kesang became interested in CCF's work with Menstrual Hygiene Education and in 2019 became CCF's Volunteer Menstrual Hygiene program manager in Nepal. As program manager, Kesang oversees the Menstrual pad workshop, facilitates trainings, oversees the writing of the Mini Menstrual Hygiene Manual, and evaluates applicants who want Menstrual Hygiene Management training.

Kesang has volunteered many hours setting up a small sewing workshop to train low income women to sew reusable menstrual pad kits and helped to organize multiple Menstrual Hygiene Management trainings. She was first to recognize the need for a comprehensive MHM training manual for rural and mostly non-literate girls and women and brought that need to the attention of CCF.

CCF is incredibly grateful to this talented woman for all of her work on behalf of marginalized women and girls throughout Nepal.



HEALTHCARE: MENSTRUAL HEALTH PROGRAM

CCF MENSTRUAL HYGIENE MANUAL

In 2018 CCF funded the education of 508 mostly rural women in menstrual hygiene and trained 27 leaders. What became apparent after these trainings was that the leaders and the women being taught needed and wanted a resource guide on menstruation that they could keep, reference and share with others. After looking for a resource appropriate for all ages, we realized that those available were far too academic, boring and not appropriate for the rural, smart but mostly illiterate women being taught. In the spring of 2019, Kesang, CCF's Menstrual Hygiene Program Manager in Nepal, proposed that CCF fund the creation of a mini manual with engaging materials and lots of good, Nepal-centric pictures. A manual written in simple village Nepali that provided accurate information that would compliment our MHM trainings. Since this type of material didn't seem to exist, or at least wasn't available to us, we decided to create it and once created make it available to anyone who wanted to use it. As MHM Program Manager Kesang Yudron put it:

***“the manual is a labor of love
for all Nepali women who want to talk
& learn more about their periods.”***

Kesang gathered a Nepali team, including writers, a graphic designer, illustrator, menstrual hygiene expert and translator and started in. It is now nearing completion and has been reviewed by rural women and CCF's Menstrual Hygiene Committee members. Kesang's goal of developing a useful, easily understood educational tool for girls and women of all ages and educational background is scheduled to be in use in 2020!



WHAT'S IN THE MINI MANUAL?

A discussion of:

- Basic biology & anatomy
- What is menstruation (illustrated)
- Health and hygiene during menstruation
- What problems can occur and when to go to a doctor
- Nepali cultural menstrual restrictions and taboos
- Menstrual products available to make or in the market
- Lots of illustrations

HEALTHCARE: Menstrual Education

1. Menstrual Kit Creation & Women's Economic Empowerment

In 2019, CCF granted \$5,015 to pay for the sewing and construction of 590 reusable menstrual hygiene kits. Sewing these pads created enough work for one woman, trained by CCF in 2018, to be employed full time.

During our 2019 trainings, many of the women who had attended CCF programs in 2018 returned to provide helpful feedback on the kits. Using their suggestions, CCF kits have been improved; they are a little bigger, have rounded corners and use colorfast materials. The good news! Women had been using them for a year and they were still functional.

Each kit now includes: 2 liners with wings, and 3 inserts, 1 longer night liner with wings and 2 inserts, 2 underwear, 1 soap, a carrying bag and use and care instructions. All are made by the menstrual kit project funded by CCF in 2018.



Nilam, tailor and Kesang, discussing pad production & design

As CCF's menstrual hygiene education program grows, we will continue to purchase our kits from this menstrual kit workshop. In the future, CCF hopes to reach out to new markets and provide additional employment for other women.

HEALTHCARE: Menstrual Education

2. Training Local Leaders

Believing local leaders understand their communities best, CCF grants funds to our Nepali partners to organize intensive leadership trainings for women to become menstruation education trainers in their own communities.

In 2019, CCF and our partners helped to train 39 women in a 2.5 day training in the rural area of Sindupolchowk. The women trained ranged between 16 to 65 years old. Although this was meant to be a leadership training, it ended up being more of a basic menstrual hygiene training. Most of the women had a very low literacy rate, which made it difficult to cover all of the topics in the allotted time. While most of the women had first-hand experience of menstruation and sex, they lacked basic understanding of the menstrual cycle, sex and pregnancy. This was a great learning opportunity for CCF trainers, and it helped us understand more fully that a menstrual hygiene manual geared toward low literacy females was desperately needed.

The participants did appreciate the program and had a great interest in learning about menstruation and using the reusable menstrual kits.



Sindupolchowk training session



Sindupolchowk women at the end of their training

3. Menstrual Education Programs



In 2019 CCF funded two informational full-day menstrual education classes and several ½ day refresher classes in remote regions of Nepal educating 361 girls, women and a few men.

The classes on Menstrual Hygiene Management (MHM) were conducted to help girls and women learn about menstruation, sanitation, environmental issues, and the breaking of cultural taboos.

HEALTHCARE: Menstrual Education

Impact of Menstrual Education



Menstrual Hygiene Training in Neber, Nepal:

- 98 women trained
- Participants ranged from 10-49 years old
- 98 kits distributed
- 10 menstrupedia comic books donated to local leaders



Menstrual Hygiene Training in Hindung, Nepal:

- 121 women trained
- Participants ranged from 10-49 years old
- 121 kits distributed
- 10 menstrupedia comic books donated to local leaders



Refresher Menstrual Hygiene Training Sertung, Nepal:

- 103 women trained
- Participants ranged from 11-49 years old
- 181 kits distributed

Conscious Connections Foundation

2019 DISASTER RELIEF

In 2019, CCF switched from earthquake relief to disaster relief and emergency preparedness training. This year, we had two requests for funding: one for emergency first aid training and one for windstorm damage repair.

FIRST AID TRAININGS



19 Leaders
Trained in First Aid



POPULATION OF
1900 served

6

REMOTE VILLAGES
AFFECTED

\$7,500

Used to aid TEAM Nepal
for windstorm repair

FUNDS WERE USED TO REBUILD AND REPAIR TEAM NEPAL'S

- Bee hives
- Goat shed
- Buffalo shed
- Gardens
- Kitchen
- Store room
- Toilet roof

DISASTER RELIEF:

REMOTE EMERGENCY FIRST AID TRAINING - SERTUNG



When there are no local hospitals and lots of natural disasters, remote villages in Nepal need a basic understanding of emergency first aid. In 2019 CCF was asked to sponsor a 3 day first aid training for teachers and community health volunteers in the remote region of Sertung. 19 local leaders from six different villages were trained in basic first aid thanks to trainers Pema Tamang (CMA) & nurse midwife Pratina Tamang. The attendees learned everything from how to wrap sprains, do CPR, tend to bites & spot problems in pregnancy. The villagers found the program incredibly helpful and teachers had their students learning from them in their schools just a few days later. The total cost of this training was \$1,675.



Each participant also received a first aid kit and funds to replenish them.

DISASTER RELIEF:

TEAM Nepal Windstorm Relief

TEAM Nepal (Together Everyone Achieves More) is a non-government, non-profit social organization based in Sindupolchuk, Nepal. The organization helps to support local schools, offers scholarship funds to underrepresented youth, and runs a children's home for orphans, youth from very poor family backgrounds, and otherwise vulnerable kids. CCF has worked with TEAM Nepal in various capacities since 2015 when it provided substantial support to rebuild their children's home following the earthquake.

On Tuesday, April 16 a devastating windstorm tore through TEAM Nepal's Children's home and surrounding farm. Acting with the urgency the situation required, CCF's board approved a \$7,500 grant to TEAM Nepal for immediate repairs. These funds were put towards rebuilding the home's bee hives, goat shed, buffalo shed, kitchen, store room, and toilet.



2020 GOALS – THE YEAR AHEAD

GOAL	ACTIVITIES
<p>Monitor and provide assistance for emergencies that arise</p>	<p>CCF will support its partners should any unexpected emergencies develop. As corona virus spreads we will support people as our Nepali contacts advise and in alliance with our mission.</p>
<p>Sustainably cultivate and grow the menstrual pad project</p>	<p>CCF will:</p> <ul style="list-style-type: none"> ● Continue to fully employ at least one female tailor to create menstrual pad kits. ● Fund new menstrual hygiene trainings in both urban and rural Nepal. ● Work towards the completion of the menstrual hygiene manual for workshop participants. ● Distribute additional kits as needed along with MHM training.
<p>Support girls’ education in urban and rural Nepal</p>	<p>CCF will fund:</p> <ul style="list-style-type: none"> ● \$14,400 for stipends for 120+ students in the Power of 5 child education program at ACP. ● \$10,600 needed for the final installment of the future sustainability of the program. ● \$2,000 for the three merit and need based girl college scholars at ACP. ● \$2,400 for 20 college scholarships in Ghatbesi. ● \$2000 for half of the salary of the Administrative Assistant for the educational programs.
<p>Support the Baseri Clinic</p>	<p>CCF will continue to fund the salaries for the three women staff members and ensure the clinic itself is adequately maintained.</p>



“CCF lives in the world of possibilities and our lasting impact happens \$10 at a time. We believe if each of us gives a little it’s no longer pocket change but global change. Join us. We are nimble and effective. From start to finish our projects are Nepali led and inspired and we get things done!”

— CCF Board

***This is an incredible journey and we need your help.
Whether your contribution is large or small, it all makes a difference.***

DONATE ONLINE: consciousconnectionsfoundation.org/donate

DONATE BY MAIL:

Make check payable to Conscious Connections Foundation (CCF)

Send to: PO Box 342, Spokane, WA 99210

CCF is a 501(c)3 and your donation is tax deductible.

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WANT TO VOLUNTEER?

Not everyone can make a financial contribution and we appreciate any help you can offer. If you would like to be involved with CCF and any of our programs, please contact Cameron Conner 509-710-6759.

FOLLOW OUR BLOG AT:

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CCF IN THE NEWS:

www.thefigtree.org/nov18/110118consciousconnection.html

www.spokesman.com/stories/2016/aug/14/spokane-nonprofit-ganesh-himal-trading-nepal/

www.thefigtree.org/oct15/100115ccfearthquakerelief.html

www.spokesman.com/stories/2016/aug/14/spokane-nonprofit-ganesh-himal-trading-nepal/#/0

www.whitman.edu/newsroom/cameron-conner-20

Thank You!

On behalf of all of us at CCF, we would like to thank each of you for the incredible support you have shown us and our friends in Nepal over the years.

The road has been shaky and uncertain, yet you have endured the ride alongside us with unbelievable generosity and compassion. It is due to this strength of community and remarkable network of conscious connections that we are truly excited to see what the future holds.

www.consciousconnectionsfoundation.org

Simple no cost
handwashing station-
recommended by CCF
built in Sertung, Nepal



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