

Message from CCF's Board Chair

It's been an action packed 12 months with our small volunteer board working on many fronts to achieve what initially looked like the impossible. With your help and the help of many volunteers from Nepal and the US, **Conscious Connections Foundation** confronted a huge, unexpected disaster and provided valuable services to help thousands overcome the devastating impact of the April 2015 earthquakes in Nepal. CCF delivered earthquake relief in addition to our "normal" work of providing rural health care and educational opportunities for children who otherwise would not be able to attend school. Together we've done a lot!



CCF partners with Nepali communities to create simple but effective programs in education, health care and infrastructure development that are Nepali designed and led, with a particular focus on the advancement of women and girls. Our mission is to help North American donors partner directly and effectively with the communities we work with so they become strong, vibrant and independent. In April of 2015 we were called to do so much more when the earthquakes disrupted the lives of so many and so much of our work in Nepal.

In spite of all of the work that CCF did around earthquake relief including;

- rebuilding the Baseri Health Clinic,
- building two model earthbag homes,
- rebuilding the K-3 Ghat Besi Primary School
- and so many other earthquake related projects outlined in this report,

CCF stayed true to our pre-earthquake commitments. We

- raised \$25,000 for monthly stipends & an endowment for 100 low income students,
- raised \$2,000 for merit and need based college scholarships for girls,
- kept the Baseri health care clinic open and operating even after its total collapse,
- And through our work with communities around earthquake relief we created even greater bonds and established exciting new programs supporting education of K-3 children and college bound girls in rural Nepal.

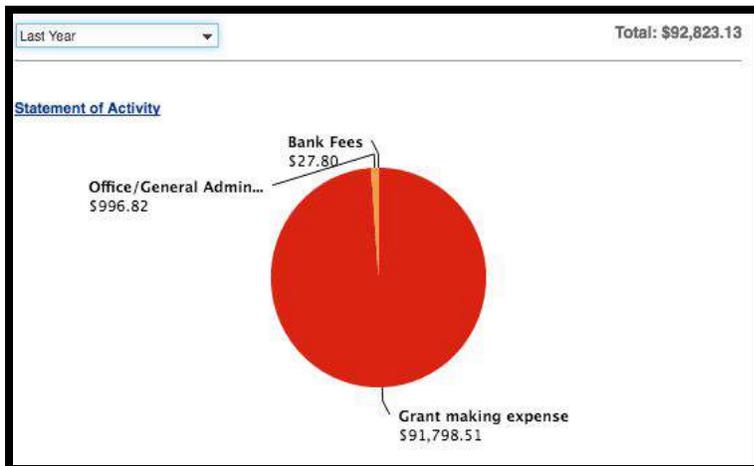
CCF started with a dream. If we all gave a little we could achieve a lot. We are all volunteer run both in the US and in Nepal and we have shown ourselves to be nimble and effective, even in the face of disaster. From start to finish our projects are Nepali led and inspired and **WE GET THINGS DONE!** We live in the world of possibility, as Emily Dickinson once said, and we have seen lasting impact happen \$10 at a time. Please join with us as we help to create with our Nepali friends a world that we all know is possible, one of peace, possibility, community, caring and joy.

To see how you can get involved visit our website at www.consciousconnectionsfoundation.org If each of us gives a little, it's no longer pocket change but global change. Thanks so much for your ongoing support. Namaste!
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, health-care, skills development and facilities improvement 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.

How your donations advanced our mission and programs in 2016



In 2016 CCF spent **98.9% of every dollar donated** directly on programs in Nepal. **Only 1.1% went to fundraising and administrative expenses.** In 2016 we received a \$5,000 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.

Our Programs:

Rural Healthcare in Nepal

The Deurali Community Service Center (Baseri Clinic, Dhadagaun)

The Baseri Clinic in March 2015 before the April 25, 2015 earthquake



Brief History & Why This Program Is Effective

The Deurali Community Service Center (aka Baseri Clinic) in the remote village of Dhadagaun, Nepal, was a dream of CCF board members Sita Gurung and Denise Attwood. Sita had grown up in Dhadagaun without healthcare and knew that where there was a lack of access to basic healthcare even the simplest issues had the potential to turn fatal. Dhadagaun needed a primary health care facility to assess and address these basic needs. Built using private funds, the clinic opened in February, 2010 serving thousands of people in 7 surrounding communities. It also served people in even more remote areas who still have no health care nearby. In the



first 7 months of 2010 over 1600 patients (an average of 10 people a day) had been seen at the clinic for everything from maternal health care issues to burns, breaks, and intestinal disorders. When CCF was formed in 2014, the clinic was incorporated as an ongoing project of CCF.

Tragically, on April 25, 2015 the Baseri clinic was reduced to rubble in the massive 7.9 magnitude earthquake that struck Nepal. Injured villagers from Baseri and surrounding communities came to the clinic looking for help. The clinic staff, along with

CCF and volunteers in Nepal quickly rallied and were able to provide finances to help the villagers set up a temporary tin clinic using a small part of the old clinic that had survived. This temporary clinic was up and running within 10 days of the earthquake. CCF also provided emergency tents, food & blankets to this area in a matter of weeks.

With volunteers from the US and Nepal, CCF was able to purchase new, stable land that is centrally located for surrounding communities. Together we constructed, with a local builder, a beautiful 5 room building that is earthquake resilient to a 9.0 on the richter scale. In addition, the new clinic is well insulated, buffers outside sound and is insulated for warmth in winter and coolness in summer. CCF was able to rebuild the clinic and have it up and functioning within 14 months of the earthquake. (See our earthquake relief section in this report) As of June, 2016 The clinic is back to being a viable part of this remote area of Nepal.



Clinic in final stages of construction- May 2016

How the Clinic Operates:

The Deurali Community Service Center (DCSC) is operated by a village non- profit board that is registered with the Nepali Government. All funds paid by CCF for medical supplies and staff salaries are transferred to the board treasurer Dhane Gurung and distributed by their board. In 2015, after 2 ½ years of hard work by CCF board member Sita Gurung (who also sits on the DCSC board), the clinic was formally recognized as a “model clinic” by the government of Nepal

and DCSC entered into a public-private partnership with the Nepali government. Under this arrangement the government pays a portion of the salaries of 3 clinic staff for 9 months of the year and provides some medicines and supplies. CCF is responsible for a portion of staff salaries for 9 months of the year and the full salaries for 3 months, plus 1 month festival



allowance. CCF is also responsible for the maintenance of the clinic building itself as well as any extra amenities that the government does not provide.

The clinic currently has a staff of 3 dedicated and amazing women: Maya Gurung, Basanti Gale and Sita Gale. The community in Dhadagaun is very happy with the staff and Denise, Ric, Sita and Cameron, board members of CCF, were able to interview them and get to know them when they were

working on the rebuilding of the clinic in 2016.

- Maya (far left in the photo) is an Associate Nurse Midwife, (ANM), with 5 years experience working in a government clinic delivering 30-35 babies per month. She is on call 24/7 for birthing & maternity issues only.
- Basanti (middle in picture), is a Certified Medical Assistant (CMA) and previously worked for 4 years in a private clinic as a nurse in Arughat after which she spent 3 years at a government clinic in Baseri. Her hours are 10-3 and she sees & treats primary care issues such as diarrhea, coughs, bronchitis, boils, eye problems, fever, allergy, ringworm and some burns.
- Sita (far right in the picture) is Maya and Basanti's assistant and does all of the cleaning and takes care of staff and patients needs.

IMPACT

In 2016, the Baseri clinic was staffed from 10 am to 3 pm 6 days a week with the nurse midwife on call 24/7 for pregnancy related issues. There were over 3000 patient visits, an average of 10 people daily. Treatments included IV rehydration, fevers, minor burns, rashes and other primary care issues. CCF's costs for maintaining the clinic in 2016 were approximately \$1600 which equates to about .53 cents per person cared for. Because of the limitations of the facilities, the clinic staff does not perform operations and x-rays so they had to refer and transfer 9 of their patients on to more advanced facilities in Dhading and Kathmandu.

In 2016 the staff cared for 25 women with pregnancies and successfully delivered 23 babies. Two women had complications with their pregnancies and were sent on to a clinic that had the facilities to deal with their complications in Dhading.

What's ahead:

Now we move forward with a brand new earthquake resilient clinic and a dedicated staff of women! In January of 2017 we raised the salaries of the staff members at the clinic and

provided much needed equipment for the healthy delivery of babies. CCF volunteers in Nepal, Ram & Pradeep Karki visited the clinic in early January 2017 and reported that everything is functioning well and the villagers are happy.

Many health-care professionals have expressed an interest in visiting the clinic and providing trainings if possible, the clinic staff in turn are also interested in this type of arrangement in the future. There are limited facilities at the clinic (only 1 solar panel for electricity) and health care professionals would need to have translators, but CCF is looking at the possibilities. The staff and village people would particularly like to have more trainings in women's health care.

There is still work to be done, improvements to be made and equipment to purchase but we are adjusting to the new facilities and taking one step at a time. We have accomplished so much together since the earthquake and are happy to have a wonderful staff and a functioning clinic!

Educational Stipends and Scholarships

CCF grew out of a Fair Trade organization that has partnered directly with artisans in Nepal for over 30 years. Through our work in Fair Trade we witnessed the positive change that comes from empowering women and educating their daughters while at the same time we saw the lack of infrastructural support for women who are often the sole income earners for their entire extended families. CCF's educational program came into being to support an existing program created by the Association for Craft Producers (ACP) in Nepal that gives struggling artisans the funds necessary to keep their children, especially their girl children, in school. ACP is a Nepali based, not for profit, Fair Trade organization providing services to low-income Nepalese craft producers. Due to the financial constraints it has been difficult for ACP to make their educational program financially stable and CCF was in a position to step in and help.

Since working with ACP's program, CCF has found other avenues to support girls education for marginalized individuals in other communities outside of ACP, both rural and urban. Our fundamental goal being to empower individuals and groups in Nepal in the creation of strong, vibrant, economically viable communities.

CCF is committed to the knowledge that the longer a girl is able to stay in school the longer she remains unmarried and the more choice she has in life. According to Letgirlslearn.org "Around the world, girls face complex physical, cultural, and financial barriers in accessing education. As a girl grows older the fight to get an education becomes even harder. Her family must be willing to pay school fees... She may be forced to marry. And she often lacks the support she needs to learn. Yet, we know that educating girls can transform lives, families, communities, and entire countries. When girls are educated, they lead healthier and more productive lives. They gain the skills, knowledge, and confidence to break the cycle of poverty and help strengthen their societies." With that in mind CCF in 2016 has continued to focus on raising funds to keep girls in school in Nepal and helping North Americans understand how valuable it is to support that.

Our partner in Nepal, ACP, administers the majority of the educational funds raised by CCF and understands our desire to focus on girls but they have opened their program to boys in need as well, feeling that no child should ever want for an education. Therefore, although CCF emphasizes girls education we cannot guarantee that all of the funds raised go exclusively to girls but we do know that all funds go to girls first and then, when possible, to other children in need.

The Power of 5-Children’s Education Fund (Grades 1-10)



Brief History & Why This Program Is Effective*

The Association for Craft Producers (ACP) created the “Girl Child Education Fund” in 1992 to help defer the costs of sending a child to public school in Nepal. ACP saw many artisans, often single family wage earners, struggling to put food on the table for their large extended families.



For many, the costs of sending their children to school was too high for them to be able to justify the expense to their families when so many other needs were not being met. Thus for many it made economic sense to take their child out of school and save that money for necessities. In a culture that has traditionally only valued the education of boys, taking a girl child out of school was the most likely first step. ACP created the “girl child” stipend to give incentive to struggling families to keep their girl children in school without any cost to the family.

At time of it’s inception in 1992 ACP offered approximately \$2.50 per month (75 Nrs) to each family of an eligible girl child. The family in return had to provide monthly evidence of the girl’s attendance and progress in school. ACP found that even this small

stipend helped many families and that girls were, as a result, staying in school. Through the years ACP was able to slowly raise the stipend to \$5 per month (400 Rs) but due to lack of a consistent funding source and due to high demand the stipend could only be extended to each child for a maximum of 3 years. As the program progressed ACP realized some producers' boys were being left behind and taken out of school as well, so in 2002 they opened the program to boys with the requirement that families with multiple children enroll their daughters first.

On a business trip to Nepal in 2012, Denise Attwood and Austin Zimmerman of Ganesh Himal Trading, a Fair Trade business that had supported the girl child education fund for many years, conducted follow-up interviews with two recipients of the Girl Child Education Fund. During the interview, they learned that many of the 100+ girls enrolled in this program were losing their scholarships before the end of the school year due to lack of funds to extend the stipend beyond 3 years. Most of these girls would need to leave school. Ganesh Himal Trading employees decided to create the “**Power of 5**” program, each donating \$5 with the belief that by inspiring 2,000 other people to do the same, they could provide another year of schooling for all 100 girls.



It was obvious that ACP had an effective program that children and families wanted to take part in but that they needed a reliable funding partner to create the stability in their program so that all children could remain in school for their entire 1-10 year education. The Power of 5 campaign received overwhelming support in the US and provided enough initial funding to the ACP education program to help these girls stay in school.

With the money raised by the Power of 5 program in 2012, ACP now had a reliable fundraising partner. With the additional funds raised by the Power of 5 in 2013 ACP had the confidence to increase the monthly stipend from \$5.00 (400Nrs) to \$8.00 per month (800Nrs) for a family's first child, and \$6.00 per month (600Nrs) for their second. They also added an additional year to the stipend and created an incentive for the three highest achieving students by providing them with 4 years of stipends.

In 2014, the Power of 5 program was incorporated as a program of the Conscious Connections Foundation (CCF) to provide a non-profit avenue for greater fundraising. Because of CCF's fundraising by July of 2015 ACP again was able to increase the monthly stipend from \$8.00 (800Nrs) to \$10.00 per month (1000 Nrs) for every child in the program and to extend the length of the stipend from four years to six. Recipients of the fund provide an admission sheet, grade sheets and exam results in order to participate. In early 2015, 75 children were enrolled in the program, 50% girls and 50% boys and by July an additional 25 students were added bringing the total to 100 students for the 2015-2016 school year.

How the Power of 5 Educational Program of CCF works:



ACP's Child Education Fund program is run and administered entirely by Meera Bhatte, the Director of ACP and Revita Shrestha, the head of the social programs department of ACP. Meera and Revita work hard to make the program successful. There are no administrative fees taken either by CCF or ACP and all donations go toward the stipend program and its endowment (see chart below). Applications are submitted and reviewed annually and stipends are given on a monthly basis as proof of attendance and progress of each student is provided. Any family

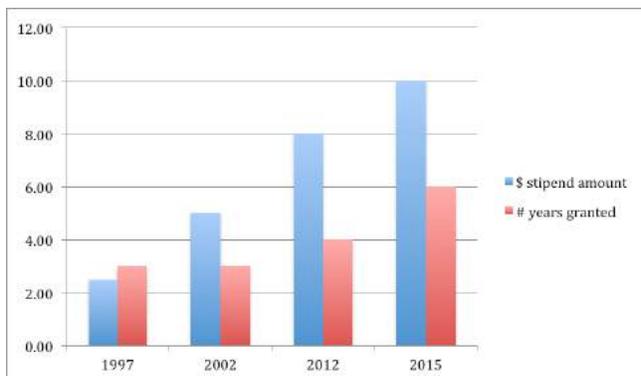
applying for a stipend must first get it for their girl child, if there is no girl child in the family, or if the family qualifies for more than one stipend then a boy can receive it. An annual event of games and acknowledgement of top scholars is held at ACP for all of the children and their parents to congratulate them on their successful participation. According to ACP's records over 590 children have benefitted from this program to date.



Fundraising and Sustainability:

CCF is currently the major donor/supporter of ACP's Child Education Fund which makes the program vulnerable. As a result, in 2015 CCF made a commitment to ACP to help them create a solid financial foundation for the program for the years ahead.

CCF agreed to raise \$100,000 from 2015-2019, to enable ACP to create an endowment for the program and give ACP the confidence to guarantee a stipend that could rise with inflation and potentially be available to eligible students for their entire 10 year education. Once the endowment is fulfilled at the end of 2019 ACP hopes to add 20 children each year for the following 5 years with a maximum of 200 students enrolled per year. As of the end of 2016 CCF has raised \$50,000 of its \$100,000 goal.



IMPACT

Growth of Stipend Amount and Number of Years Granted From 1997-2015

According to Revita Shrestha, the social program director at ACP "every year ACP's Child Education Fund has targeted one more goal and has achieved it, whether it is increasing the monthly stipend, the number of children supported or extending the years of support. Similarly, in 2016 the program

was a success...there are currently 120 children enrolled and each child receives \$10 (1000

Nrs) per month as their educational stipend.” Of the \$25,000 raised by CCFs Power of 5 program \$14,400 went directly to educational stipends and \$10,600 went into an endowment to provide for financial security and expansion of the program in the future.

In an email to CCF, Revita also stated that in 2016, the program gained more in popularity as the number of producer families applying for the program increased dramatically. Now there are hundreds of staff/producers getting the benefit and they are extremely appreciative. There are instances where producers that have planned to discontinue their work have decided otherwise, as they did not want to pass up the scholarship for their children. *“The Child Education Fund is considered, by far, as one of the most appreciated and successful benefit packages provided to the producers. It has continued to bestow a positive impact in the lives of the children whose attainment of education was once in question due to their financial instability.”*

Next Steps:

Meera and Revita both want to explore whether larger monthly stipends might be more favorable than longer terms in the years ahead. They feel that larger stipends could serve as a motivational factor and offer more encouragement to the students. They think that realistically the stipend should be \$20/month (2000Nrs) to account for inflation and rising costs. At present \$25-\$30/mo (2500-3000 Nrs) would cover uniforms, shoes, exams, extracurricular activities, computer access, books, copy expenses and more. To accommodate both larger stipends and longer terms CCF may need to consider extending its commitment to raising \$25,000 a year past our 2019 timeline.

Both Meera and Revita are incredibly committed to the future growth of this program, however, its success has also created a huge amount of responsibility and a much greater workload for Revita who is the sole social programs director at ACP and administers this program voluntarily. If CCF and donors want more detailed information on the students this is a task that is too large for her to take on alone and we have discussed with ACP the possible need for compensating her for her time. Revita has also expressed a desire to provide more support to the students in the form of counseling and future planning which would require hiring additional staff should CCF wish to work toward funding these positions.

*for a more complete history of the Power of 5 please see

<http://consciousconnectionsfoundation.org/education-programs/power-of-5-grades-1-10/>

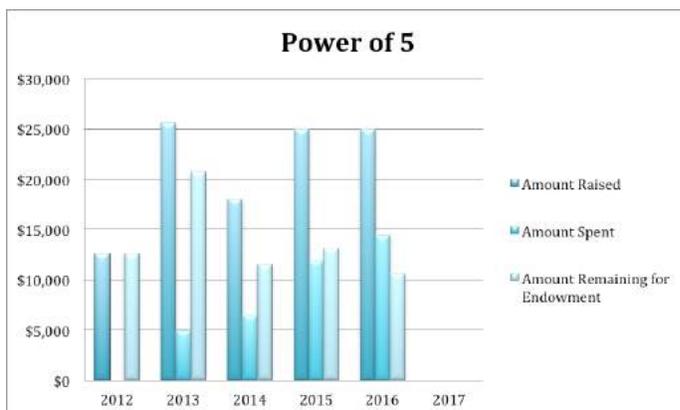


Chart showing the \$ raised, spent and endowed by year

The Joy Attwood Girls College Scholarship fund (Grades 11-12)

Brief History & Why This Program Works

In 2014, with the graduation of Heema Maharjan, one of the Power of 5 recipients that had first inspired the Power of 5 program, CCF decided to put into place the Joy Attwood Girls College Scholarship fund. This fund was set up in the memory of CCF co-founder Denise Attwood's mother, Joy, who had long been a supporter of girls' and women's empowerment. This program reflects and supports CCF's vision to give Nepali girls, who have the need, ability and desire, the means to continue their education past the 10th class.



How the Program Works:

This \$2,000 grant, funded by CCF and administered by ACP provides a \$1,000 scholarship awarded to one or more girls on the basis of need and merit. The grant also provides a \$1,000 endowment for the program to provide financial stability in the future. The scholarship is exclusive to girls seeking to go on to the 11th and 12th class (college in Nepal) and the girl scholar recipient must have one parent who works at ACP. The goal is to encourage young women, who have demonstrated skill, but might not otherwise have the means, to pursue higher education. The emphasis of the scholarship award is to grant it to the most outstanding girl scholar with the greatest need but all applicants must have passed Student Leaving Certificate (SLC) exams with distinction (80%). The scholarship gives \$1000 to one girl, or several exemplary girls, over a period of 2 years to help them pay for college expenses. Many of the applicants have also received the Power of 5 stipend which has helped them stay in school.

Fundraising and Sustainability:

The Joy Attwood Scholarship has been funded since its inception in 2014 exclusively by CCF donations to the program. In 2016, however, we were thrilled to hear that ACP has decided to institutionalize this program as the "Higher Education Scholarship Program" of ACP. This will allow them to seek funding from others as well as CCF and means that they are fully invested in the future of this program as well as to its possible expansion.

As with the Power of 5 educational program, the Joy Attwood Scholarship program is administered by Meera Bhattarai and Revita Shrestha as volunteers. Thus the same caveats as with the Power of 5 educational program apply and we will need to address the workload and how CCF can help to provide staffing to administer this program in the future to make it fully sustainable.

2016 Award Recipients-Shanjana Shrestha, Muna Sherpa & Aashma Maharjan



In the Spring of 2016 ACP gave a special program to honor the 2016 recipients of the Joy Attwood College Scholarship fund. CCF Chair Denise Attwood, Co-chair Cameron Conner and Board member Ric Conner were in attendance to watch this wonderful event and hand out the awards. Because of the high caliber of applicants for the 2016 scholarship, ACP chose 3 young women to share the scholarship for the 2 years. Shanjana Shrestha, Muna Sherpa and Aashma Maharjan had all scored higher than 80% on their SLC leaving exams and all had written great applications.

Impact

Sanjhana Shrestha was 17 when she received the the Joy Attwood Scholarship. She was the top scorer (89%) of her school batch on her SLC and was a recipient of the Power of 5 girl child education allowance. Her favorite subject is math and currently she is studying PLC nursing. Sanjhana wrote in her application that “My goal is to go abroad for higher degree in nursing, gain some experience and return back to my motherland to serve my country and my fellow countrymen. Hence, to fulfill my dream, firstly, I have to complete my education over here. “ Though academically strong, Sanjhana feels the cost of covering her three years education in Nepal is putting huge financial pressure on her family and she feels the scholarship will motivate her and encourage her to study hard while releasing the pressure on her parents.



Muna Sherpa was 17 when she received the Joy Attwood scholarship. She scored 90.88% on her SLC exam and is a science student with dreams to become a doctor in the future and serve her village in Sindhupalchowk. She understands the huge costs of studying medicine but she has a dream to become a cardiologist. Her college has given her one year’s free tuition and she believes the scholarship will help her pursue her studies for the next year. She says, “ this scholarship it will help me pursue my study for next year; bear the additional expenses such as book, stationery and transportation. It will also take me one step closer to my dream, motivates me to study more and score higher marks in future too.”

Aashma Maharjan- Aashma was 16 when she received the Joy Attwood Scholarship. She scored 86% on her SLC and is currently studying nursing. Since early childhood she has dreamt of becoming a nurse as she enjoys tending to sick people. She plans to complete her education in Nepal and she says “I wish to stay here in Nepal and serve the people of my country which has always been my foremost goal of my life.” Since there is no scholarship program available in nursing she realizes how difficult it is for her parents to bear the cost and the scholarship will help lessen their economic burden and motivate her to study harder to fulfill her childhood dream. Aashma was also a recipient of the Power of 5 educational stipend.



IMPACT



GRACE RALSTON JOY ATTWOOD SCHOLAR CROSS CULTURAL INTERACTIVE INTERNSHIP

In 2016 Grace, a high school student in Spokane, Washington, began an internship with CCF with the goal of comparing and contrasting the differences between the lives and challenges faced by high school aged girls in America to those in Nepal. CCF purchased 3 internet data cards in Nepal so that the girls could communicate on facebook and via email about their lives and what

was similar and different. Besides chatting and getting to know one another Grace posed the following questions to the scholars. Below are some of the highlights. (Their in depth responses can be found on the CCF website along with Grace’s reflections on the project)

1. Why has being a Joy Attwood Scholarship recipient been important to you?

Muna Sherpa- “ My family income is very low. It is not sufficient to fulfill our basic requirements...I thought I would be unable to have my further study. And it happened a great miracle in my life that I got the Joy Attwood scholarship...without your support, I would be unable to have my further study...”

2. (a) What is a social problem that you would like to solve in the future for your community?

Sanjhana: “Every society has some kind of deep rooted social problems...Out of all of them I have mostly experienced gender based inequality. It is one of the major drawback in Nepalese culture... [females] are often ignored...they are not granted the same opportunities in education and other basic rights are often overlooked.”

Muna-“I would like to solve the gender biasness of my community....girls and boys, women and men, both are two parts of the same coin...both have the equal potential of doing works...My community is male dominated. There is no respect for girls...”

Aashma- “A social problem that I would like to solve in future of my community is child labour....As u travel to my college in public vehicles, I see many child working in those public vehicles as conductor. In the age of going to schools, they are forced to do such works for the sake of their family”

2(b) What are you going to do to solve this issue?

Sanjhana: “An individual’s effort is not enough to solve this problem...awareness programmes should be conducted among the people in society...strong laws should be made in order to bring the backwarded females in the limelight. Every parents should provide equal love, affection, care and opportunities to both their sons and daughters. Education is the key. Every girls living in Nepalese society should be provided with the quality education. They should be encouraged to fight for their rights and freedom.”

Muna-” Being a female member of the society, I would establish an organization which would be working to eliminate gender biasness...and will also be providing vocational trainings to the backwarded women of the society. My organization will be working for both males and females of my society. It’s only aim will be to upgrade the life standard of society members so they could eradicate the social problems with their own efforts. My organization will also be providing scholarship for the poor children and helping them get proper education.”

Aashma-” As a nursing student, to solve the issue of child labour at first I would aware the people of community for family planning because if the people control childbirth then there will be control in child labour. I would give informal teaching to the child conducting labour and their family about the importance of education. After I'll get job, I would donate some percent of my salary and also I would encourage my colleagues to donate as that donation will help to decrease poverty and help those needy child in gaining education.”

3. Describe a significant challenge or risk that you have experienced or undertaken in your life that has required courage.

Muna- One day on a scouting hike my small group “came to a place where there was a big ditch. We passed it well but except a little girl member of my group.. She fell down into it. It was a winter day so the sun would set faster....we each had a small bit of rope. Then we tied our seven ropes together and tied one of its end to a tree and one was thrown to the girl...finally we succeeded to overcome the problem...we 8 girls were proud of ourselves.”

4. Provide one past experience or accomplishment that demonstrates your leadership potential. How does this experience reflect on the overall issue you would like to solve in the future?

Aashma-During the earthquake.. my school provided an opportunity for leadership. Medicines, masks, food etc were got from donation in order to help the community people of that area (also my hometown). As I were interested for leadership he (teacher) gave me opportunity in order to control the group and provide information. Then after we went to certain place as

separated by sir. After we reached there at first we noted destruction of that area, asked about the fear during earthquake, provided them food, masks and medicines as per their need along with the information of how and when to use them. Then we gave them information about earthquake and safety precautions etc. They also cooperated with us. We also gave them education about handwashing, diarrhoea, safe drinking water and certain other diseases. We also asked them about their experiences during the earthquake. Lastly they were so much frank to us. Then we asked local people whether they have understand all or not. They told they have understood. After listening this we all were so much happy. And in this way, under the supervision of teachers I leadershiped among my friends. As my aim is to be a nurse, this experience helped me a lot like wise how to deal with local people and react with them, convince them and cooperate with people”

When Grace was asked to summarize her 8 month experience in communicating with these girls she said the highlight was “One night, Muna and I were communicating and I asked her .. why she wanted to go into nursing, and what she wanted to do after University. I was going through similar contemplations of my future.. and thought that what she had to say would spark something that I wanted to do... Muna answered that she wanted to give back to the community that she grew up in, as well as travel and possibly provide needed medical assistance to those in need in different areas of Nepal. This sparked an idea for me. I had always known that I wanted to help people and give back through communicating with people in different countries, and finding what they need solutions to...The conversation I had with Muna made me realize that I want to put forth my efforts to give back to the world and make healthcare more affordable and available to those in many countries”

The impact these 4, 17 year old girls had on each other, CCF believes is far greater than any of them even know. They all hope to stay in contact and learn from each other as they embark on their paths of higher education.

Rural Community Education-Ghat Besi Teacher Assistance (2016-2018)

Brief History & Why This Program Is Needed

In many cases, local government schools in Nepal are poorly run, underfunded, and understaffed, with one teacher often coping with as many as three grade levels at a time. The rural villagers of Ghat Besi, however, have for many years understood the importance of education in the active cultivation of their village life and the future of their children. Years ago they set up a fundraising method that allowed their community to raise the necessary funds to employ two additional teachers in their K-3 primary school. Collectively, and with government approval, they cut trees in their community forest and sold them in the market to raise funds. With the devastating earthquake of 2015 where 144 of 147 homes in Ghat Besi were destroyed as well as the primary school, it was impossible for the community members to spare the time to cut these trees. As AD Aryal, CCF’s project manager in Ghat Besi, explains “now people don’t have time or energy to do extra projects and they are spending money to rebuild their homes”

Thus, in order to provide this community with the 2 teachers they desperately need, but are unable to raise funds for, and to provide quality education for the K-3 children in Ghat Besi, CCF has committed to funding the salaries for two teachers for two years for the primary school. This agreement is intended to be short term relief for the community while it rebuilds but CCF is committed to economic development and opportunity in rural areas of Nepal and so is open to reassessing this program in the future.

How the Program Works

CCF approved the grant of \$3600, in September of 2016, to provide salaries for 2 supplemental primary school teachers for the Ghat Besi K-3 primary school. Once the commitment by CCF was finalized the village committee of Ghat Besi immediately began looking for teachers. At their own expense, the villagers of Ghat Besi hired 2, 12th class certified teachers, Purnima Uparkoti (woman) and Umesh Kumal(male) whose main subject is math on a temporary trial basis for the months of October, November and December. Upon the completion of their trial, at



the end of December the community offered Mr. Umes Kumal a 2 year contract. Ms Purnima Uparkoti has been offered a month to month contract since she does not have all of the qualifications that the community would like. Ultimately the community would like someone who has



Montessori training and if they find such a candidate they will replace her at that time. CCF has committed to \$3600 to cover these two salaries for 2 years (\$900 per teacher per year) and wired \$2,000 in November of 2016 to begin the 2 year contract

as of Jan 1, 2017. The balance of \$1600 will be sent at the end of 2017. AD Aryal has volunteered to be the CCF project manager for this program in Nepal and will provide information on their progress.

Fundraising and Sustainability

CCF Board approved this proposal in Sept of 2016 after receiving confirmation from Spokane Aurora Northwest Rotary Club (SANWR) that they



would like to partner with CCF and Ghat Besi. It was SANWR that was the primary funder of the rebuild of the Ghat Besi Primary School and they wanted to continue to support this community in their rebuilding efforts. Rotary granted CCF \$1000 on Oct 21, 2016 specifically for this project and then \$1800 from raffle ticket sales on Feb 5, 2017. So \$2800 of the \$3600 commitment has been covered by SANWR and we will need to raise \$800 more for this grant by the end of 2017, either from SANWR or other donors. There is \$771 in the Ghat Besi School building account that was not expended and this money could be transferred into the teacher's salary fund if need be. That would require CCF to raise only \$29 more for the 2 year grant to be completely funded.

IMPACT

Two well paid teachers salaries will be provided for the community of Ghat Besi for 2 years. This grant will provide continuity in quality education and normalcy in routine to the 82, K-3 children of Ghat Besi and their families after the devastating earthquake of 2015. CCF successfully partnered with Spokane Aurora Northwest Rotary (SANWR) to rebuild the K-3 school that was destroyed in the earthquake and it only makes sense to provide the community children with the quality of education that their community had provided for them in the past but which was, at present, no longer possible. These 82 children and their families will benefit by the relatively undisturbed continuation of their primary education.



Next Steps

CCF will continue to monitor the situation in Ghat Besi over the next two years and watch as the community gets back on its feet. Should we feel that they require continued support after this two year grant then we will discuss future funding possibilities and duration. For now CCF considers this to be a one time grant but we will need to be open to what the future holds.

Girl's College Scholarships-Ghat Besi

Brief History & Why This Program Is Effective

2016 saw the beginning of a brand new CCF program in rural education in Ghat Besi. AD Aryal, who managed the rebuilding of the Ghat Besi K-3 primary school and is a long time business partner and friend of CCF board members, proposed a pilot project to CCF that would provide 7 merit and need based scholarships to girls in the rural area of Ghat Besi. Mr. Aryal explained that although the village of Ghat Besi has a strong commitment to girls'



education through 10th class the financial situation of the families and the costs of further

education often prohibit girls from moving on. Mr. Aryal has personally supported 2 Ghat Besi girls with scholarships in years past but sees the need and desire for many more. Knowing of CCF's interest in educating and empowering women he asked CCF to explore the possibility of raising money for girls in Ghat Besi who have merit and want to continue on with their education but don't have the financial resources to do so.

CCF has a strong relationship with the village of Ghat Besi, having successfully completed the rebuilding of their K-3 primary school (under budget), and has seen their secondary school and met with some of their teachers. This community has a strong dedication to educating their children and we have a trusted contact to administer the project. Since the project is totally in alignment with CCF's mission, CCF agreed to take on this project in order to continue to encourage this positive relationship with the Ghat Besi community and help them to send their girls on to higher education.

How the Program Works

The Ghat Besi girls' scholarships will provide 6 merit/need based scholarships to Ghat Besi girls to allow them to attend their local college for 2 years (11th & 12 class) at a cost of \$100 per girl per year. CCF will also provide 1 merit and need based scholarship for an exceptional female student from Ghat Besi to attend a private college in Kathmandu for 2 years (11th & 12 class) at a cost of \$600 per girl per year. The entire yearly cost of these 7 scholarships (including tuition, room and board) will be \$1200/year and we will renew our commitment every two years to continue the program. The grants for the 6 local scholars will be awarded starting in July of 2017 for the beginning of the school year in August. The scholarship for the Kathmandu scholar was awarded in the fall of 2016. AD Aryal will be the volunteer administrator of the grants and report back to the CCF board on who has been chosen, their merit and their progress. The girls will be chosen by their high school teachers based on their perception of the girl's ability to succeed.

Fundraising and Sustainability

CCF formed a great relationship with the Spokane Northwest Aurora Rotary club when SANWR partnered to raise the funds needed in the rebuilding of the K-3 primary school in Ghat Besi after the earthquake. After the K-3 building was completed SANWR expressed a desire to continue their relationship funding CCF projects and helping the village of Ghat Besi. CCF board member Cameron Conner approached SANWR with Aryal's proposal to help fund the initial 2 years of this scholarship project and SANWR agreed. They once again offered to share a percentage of their yearly raffle ticket sales to help fund this project and donated \$920 from their 2016 ticket sales to launch this project to promote rural girls' education in Nepal. CCF will need to raise an additional \$280 in 2017 and \$1200 in 2018 to fully fund our 2 year commitment. We feel confident that SANWR and other area Rotary clubs, along with individual donors, will help us to reach our goal. After 2018 CCF will need to consider whether we can sustain the project into the future in consultation with area Rotary Clubs in Spokane.

IMPACT

Kathmandu Scholarship recipient-**Sushmita Kaliraj** Sushmita is from the iron workers caste of Bishowkarmama and due to the financial status of her parents had no chance to continue on to class 11/12. Her parents are very poor and also lost their house in the 2015 earthquake. Sushmita is an excellent student and passed in the first division of her class in Ghat Besi with 62.5% SLC scores.



In an interview with Sushmita, AD Aryal asked her why this scholarship was important to her. Sushmita replied that “grade 12 is basic education. If you do not even get basic level education, could not do anything for yourself or for the community. “ She then responded to the question of what social problem would she would like to solve for her community and she said “our community is not educated so lowest caste and poor. They normally do not and can’t send their child to school. I will study the basic level and will be an example, so that community will understand the importance of sending child to school for education.” She says she will “train the rest of the girls in community. I would like to start teaching in community school being an example for them. I will make my community aware about getting education which makes lives better in every way”.

Sushmita said that one significant challenge she has experienced that required courage was “I finish my grade 10 in my community school. I would like to get at least 11th and 12 grade education in capital city which is beyond my father’s capacity. This time was most challenging time and need a lot of courage. While I was leaving community school in Dhading district to come to...kathmandu, my family and the community were not favoring. I made them understand and now I [will] finish grade 11 and 12 too.....since I got the courage [to do] that, I can lead the community to make them understand to change for the better” Sushmita’s scholarship will run from August 2016- August 2018. She is attending the Chandakya Secondary School in Thimi Bhaktapur.

The six other girl scholars from Ghat Besi will be attending the local college in Dhading district and their scholarships will begin in August 2017 and run through August of 2019.



Rita Nepali



Bhagawati Pandey



Deepa Paudel



Sharada Kumal



Rabina Dhakal



Rupa Gigi

Next Steps

If the project goes well and we find sustained funding, it could easily be expanded. There are approximately 18-25 girls graduating from 10th class in Ghat Besi every year and many of them would qualify for assistance to continue on past 10th class. The challenge will be to add this \$1200/year (or more) fundraising commitment onto CCF's current educational fundraising goals.

Menstrual Pad Project-Baseri

Brief History & Why This Program Is Needed



One part of CCF's mission is to promote access to skills development so that marginalized individuals in Nepal can create economically viable communities. CCF also strives to address and resolve issues that are barriers to the education of girls. With these goals in mind, CCF launched the Menstrual Pad Project (MPP) in February of 2015. The goal being to create jobs by training women in the rural village of Baseri to sew reusable menstrual pad kits that they could

sell to generate income and that CCF could purchase and distribute to rural and low income girls. Many girls in Nepal often miss 4 days of school per month due to their period because they don't have menstrual supplies. These kits would allow girls to stay in school while they are menstruating. Using resources provided by The Days for Girls project and our valuable connections with the community of Dhadagaun in Baseri, CCF sought and received a \$1000 grant from the non-profit Awesome Without Borders. We estimated that to launch this program we would require \$2,000 and began fundraising for the effort.



In March of 2015 CCF board members travelled to Nepal and purchased 2 treadle sewing machines to transport to Baseri. We then talked with our acquaintance Harimaya Gurung about the possibilities of taking a leadership role in Nepal to make the project happen. Our plan was to provide Harimaya a small stipend for her work in setting up and organizing the project. Harimaya was chosen because of her strong connection with the villagers of Baseri, her commitment to the work of the Baseri clinic and her understanding of the value of the concept of providing menstrual supplies to rural and low income girls. It was decided that the first recipients of the menstrual pad kits should be the 100+ girls receiving the Power of 5 educational stipends at ACP. We felt that CCF could



sponsor the construction of 200 kits and provide them to a program that was already working with and providing education to girls in need.

In mid-March the CCF team, along with Harimaya transported the two sewing machines to Baseri and Harimaya made a presentation about the project to the village committee. The committee was very excited about the idea and 2 women were chosen to be the village leaders. They were to receive training by ACP in Kathmandu on how to sew the kits and then return to the village and provide training to others. Prior to going to Baseri CCF board members introduced the idea of the menstrual pad project to Meera and Revita at ACP. Both agreed that this was an exceptional idea, providing reusable feminine hygiene kits to female recipients of Power of 5 initially, with hopes of supplying artisan producers and others in the future. This was recognized as a pool of women and girls who could



not destroyed and who had extended family to live with while they repaired their houses. These grants will give the women a significant amount of money toward rebuilding and repairing their homes. Chunta represented CCF for the distribution and wrote individual checks to each recipient. In September of 2016, CCF was informed that one member of the group, Keshari, had quit the group and then rejoined and they had forgotten to include her in the distribution of funds. The CCF board agreed that she should be included and gave \$200 to Chunta which was then given to Keshari. This \$200 was also a donation given specifically for weavers.

Fundraising and Sustainability

The grant of \$10,200 was a one time grant with the Kirtipur Weaving group members as the intended recipients. The grant has been successfully disbursed to all of the weavers impacted.

IMPACT



In her report to CCF on August 12, 2016 Chunta said “Denise here are some of the photos of all the 24 people coming to receive the money. We read out the names and each came to receive the money and we then had each one of them sign. All were present except for one person. So Laxmi took the cheque on her behalf. Everyone is very grateful and would would like to thank you and the CCF team "Muri Muri dhanyabadh" meaning tons of thank you. They said no individual or the government has yet given them this amount of money. The government has said once they finish

laying the foundation then they will give Rps 1.5lakh. But then to lay the foundation they need money.” These women will now have some money to begin the reconstruction of their homes which hopefully will allow them to then gain access to some government relief.

Next Steps-

While CCF will continue to monitor the progress of the Kirtipur women’s weaving group there is no intent, at this time, to make this an ongoing CCF program. CCF and ACP both have learned the valuable lesson of how grants to specific groups can create jealousies and misunderstandings within a larger organization or community and we must always strategize ways to avoid any miscommunications and misgivings before making specific grants to specific groups.

Kavre Roof Relief Program-\$5,000 grant



Brief History & Why This Program Works

In July of 2016 CCF was contacted by Suraj Bhattarai of the Nepal School Project, an NGO based in Canada that has been building schools in Nepal for over 35 years. We had briefly met with Suraj in Kathmandu as he was referred by Ran Langenbach for us to talk to about the gabion band technology for earthquake resilient building. They had one 5 room school, the Shree Bla Ujjwal Primary School, serving 250 rural

students, located in the district of Kavre that was partially damaged during the earthquake but which they were able to repair. When the monsoons started, however, they realized that the roof of the school had worn out and the water pouring in was disturbing the classes. The roof of that particular school had not been replaced since the school was built in 1995 and had become rotten. The students had to abandon their classes when the rains started and Nepal School Project, having to expend all of their donations on earthquake repair for their existing 50 schools, was approaching other donors to fund the replacement cost of the roof. They were requesting a grant of \$4700 (500,000 Nrs) for the complete replacement of the roof which would allow these students to return to school.

How the Program Works

CCF wired \$4700 US (500,000 Nrs) to the bank account of Nepal School Projects in Banepa Kaavre Nepal on July 21, 2016. Suraj Bhattarai was in charge of the project and kept in touch with CCF board member Ric Conner by email on the progress of the project. On December 19 Suraj emailed Ric to inform CCF that the replacement of the roof of the Primary school in Racchidanda was successful.

Fundraising and Sustainability

This was a one time grant for a project that was funded from our General Earthquake Relief funds to allow for a repaired school to become fully functional for students in a relatively short amount of time. For this project that benefited 250 students, CCF invested \$4700 or about \$18.80 per student. We were happy to partner in this reconstruction and see this as a one time grant but look to possible partnership with NSP in the future.

IMPACT-

250 primary age children in the rural district of Kavre, Nepal are back in school, dry and ready for the next monsoon! This was an effective way for CCF to re-grant money to an organization that is doing good work on the ground in Nepal.



Artisan Earthquake Relief Program- Knitters-\$5400 grant



Brief History & Why This Program Works

In the Earthquake of April 2015, 15 knitters working with Yeti Fashions and Padhma Creations, all sustained complete or major damage to their homes. Having waited for government help to repair their homes, over a year after the earthquake, they are still living in temporary housing that is unsuitable for living and working in. These artisans are hard working women who are in need of assistance. Kesang Yudron, owner of Yeti Fashion and CCF volunteer, requested assistance from CCF in the middle of November 2015, with a proposal for some relief to be dispersed to these women. At that time, CCF was unsure of how best we could help this particular group, let alone if we had the necessary funds. Now, as the situation for these knitters has deteriorated even further with decreasing assistance coming from NGO's and the Government, Kesang resubmitted her request for artisan relief in July of 2016. On our end, appeals for our assistance had become less frequent, and it was clear that we had sufficient funds to undertake this relief.



How the Program Works



On July 20, 2016, CCF wired \$5400 to Kesang Yudron, of Yeti fashions, trading partner of Ganesh Himal Trading. Kesang discussed the grant distribution with the 15 women knitters, each of whom suffered damage to their homes in the April 2015 earthquake. The knitters, as a group, decided to divide the \$5400 grant so that 3 knitters who live in urban Kathmandu would be granted \$600 each and the balance of \$3600 was divided equally between the other 12 knitters (\$300 each) who come from the

rural area of Gumda, Laprak. The goal of the artisan relief fund was to help get producers back up on their feet so that they can again obtain a sustainable income. Although this grant was a relatively small amount to each producer it was CCF's goal to give them some resources with which to rebuild their lives and their homes and find hope in the future.

Fundraising and Sustainability-

The money for this grant was donated directly to CCF into the Artisan Earthquake Relief Fund mainly by Fair Trade stores that do business with Ganesh Himal Trading and have followed these producers lives for many years. These donations were given with the intent of helping Nepali artisans restore their lives to some kind of normalcy so that they could begin working and gaining income quickly.

IMPACT

15 families and 15 artisans were given resources to help them rebuild their lives so that they could get back to work making an income. Some wanted to use their money to rent (\$50/month in Kathmandu) while they rebuilt their homes, some wanted to use their money to purchase materials for rebuilding their homes in the village and some wanted to use their money to rebuild instead of having to take more loans. All grantees were extremely grateful for the monetary help.

Next Steps

This was a one time grant of artisan relief to a group of hard working women to give them some relief.

The Impact of CCF's earthquake relief in video



In October of 2016 Denise was asked to make a presentation at the Rockwood Community Center about CCF's experience with earthquake relief. The title of her talk "**Relationships Matter in Times of Greatest Need**" was presented to a group of over 200 people, many whom had followed the work of Ganesh Himal Trading, Fair Trade and CCF over the last 30 years. With the help of Cynthia Becker and Sarah Calvin this presentation was converted into a video slideshow outlining the impact that CCF has had in providing relief in Nepal. To see what you

have helped CCF accomplish you can watch the 20 minute presentation here:
<https://youtu.be/FKP3k6lSkSI>

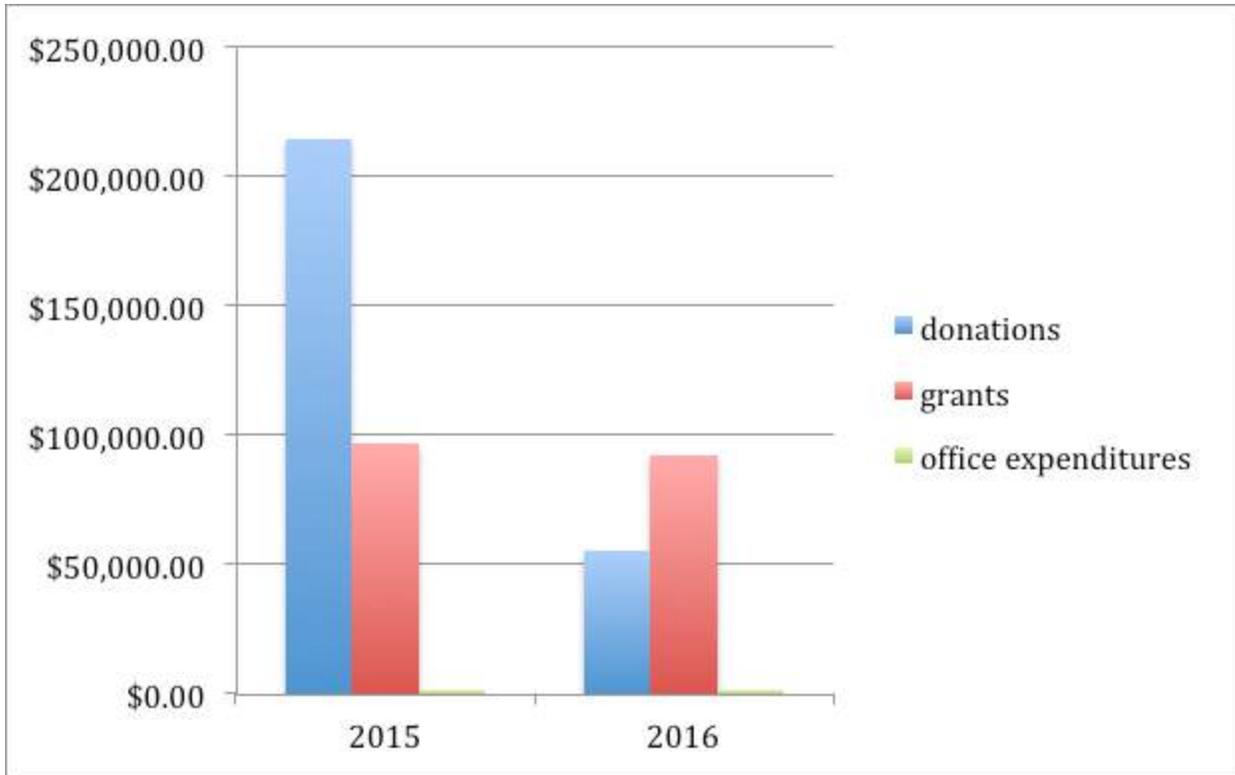
Resources

Articles written about CCF and CCF board members in 2016

1. <http://www.spokesman.com/stories/2016/aug/14/spokane-nonprofit-ganesh-himal-trading-nepal/>
2. <http://www.thefigtree.org/oct15/100115ccfearthquakerelief.html>
3. <http://www.spokesman.com/stories/2016/aug/14/spokane-nonprofit-ganesh-himal-trading-nepal/#/0>
4. <https://www.whitman.edu/newsroom/cameron-conner-20>

Financial Management

Conscious Connections Foundation (CCF)	
Statement of Activity	
January - December 2016	
	Total
Revenue	
Bank Fees Refunded	255.49
Income from Donations	1,000.00
Baseri Clinic	1,027.50
Baseri Clinic Maintenance	5,105.53
General Earthquake relief	4,197.39
General Fund	22,137.61
Ghat Besi School	8,271.76
Ghat Besi School Teachers Salaries	1,000.00
Joy Attwood College Scholarship	2,305.00
Power of 5	8,824.91
Producer Earthquake Relief	1,020.00
Total Income from Donations	\$ 54,889.70
Total Revenue	\$ 55,145.19
Gross Profit	\$ 55,145.19
Expenditures	
Bank Fees	30.00
Monthly Service Charges	-110.00
Paypal fee	87.80
Wire Transfer Fee	20.00
Total Bank Fees	\$ 27.80
Grant making expense	
Program Expense-Baseri Clinic	31,627.83
Program Expense-Baseri Clinic M	1,086.00
Program Expense-General Earthqu	16,904.68
Program Expense-Ghat Besi Proje	7,500.00
Program Expense-Ghat Besi School Salaries	2,000.00
Program Expense-Joy college fund	2,080.00
Program Expense-Power of 5	25,000.00
Program Expense-Producer Earthq	5,800.00
Total Grant making expense	\$ 91,798.51
Office/General Administrative E	193.97
Corporate filing fees	10.00
Promotion	792.85
Total Office/General Administrative E	\$ 996.82
Total Expenditures	\$ 92,823.13
Net Operating Revenue	-\$ 37,677.94
Other Revenue	
Gain or Loss on the value of st	14.60
Total Other Revenue	\$ 14.60
Net Other Revenue	\$ 14.60
Net Revenue	-\$ 37,663.34



Donations, Grants and Office Expenditures in 2015 (earthquake) and 2016

We Need Your Help



Despite the incredible work being done by CCF, countless other organizations, the global community, and most importantly the Nepali people themselves, the country is still struggling, and this will continue no matter what we do. No community can be rebuilt overnight, a single life even less so. To rebuild a country takes years, sometimes decades, and our role in this is not merely to speed the process along, but to be able to look back at the end and see that, together, we have made it better than before! As such, we would ask one thing of you who have already given so much: ***remember that beyond the concerted attention of the global community, in the shadow of the next international story which the world turns an eye to, Nepal, and countless other countries still face insurmountable odds; just because they are no longer in the news gives them no less right to be held in our***

hearts.

On behalf of all of us at CCF, we would like to thank each and every one of you for the incredible support you have shown us and our friends in Nepal over the past year. The road has been shaky and uncertain, yet you have endured the ride along side 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. ***Join with us in this incredible journey. We need your help. Whether your contribution is large or small, it all makes a difference.***

You can make an online donation to any of our programs here:

<http://consciousconnectionsfoundation.org/give/>

To donate by mail: Make check payable to *Conscious Connections Foundation (CCF) PO Box 342, Spokane, WA 99210.*

CCF is a 501(c)3 and your donation is tax deductible to the full extent of the law. EIN # 47-1602190

Volunteer and Help Make a Difference

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 Denise Attwood @ 509-499-3320.

Thank You to All of Our Donors -

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Edward Fix & Marsha Rooney	Lisa & Rodney Watts	Sunil & Tracy Wadhwani
Eileen Lyons	Lisa Hammond	Susan & Kyle Lukins
Eileen Palid	Llewellyn Foundation	Susan & Mark Silver
Elaine Van Kley	Lori Mitchell	Susan & Thomas Thilo
Elisabeth Sibulsky	Lynaia Liptak	Susan Clarion
Elizabeth A Ferrier	Lynda Conner	Susan K Roe
Elizabeth Lyons	Lynn Tennefosse	Susan Stubblefield

Elizabeth Roberg	Lynne Williams	Susanne Croft
Ellen Ostheller	M. J. Corliss	Sylvia Oliver
Ellie Sigrist	M. Patricia Price	Tanya Riordan
Elsa & Daniel Distelhorst	MacDonald MacDonald	Tara Lee
Elsie M Setzer	Made by Hand International	Ten Thousand Villages Pittsburgh
Ethel Koehler	Maggie Dale & Pat Foster	Teresa Anderson
Ethical Choices	Main Stream Mindfulness	Teresa Beiser
Etirsa Gamez	Main Street Market	Teresa McGee
Evelyn B. Newell	Marafiki Fair Trade	Terren Roloff
Fabric of Life Foundation	Margaret Jopson-Munoz & Mickey Munoz	Terry Miller
Fair Trade Decor	Margaret Rowland	The Global Village Inc
Fair Trade Designs	Margaret Tofte	The Harnisch Family Foundation
Fair Trade Federation	Margaret Voermans	The Judy Family Foundation
Fair Trade Winds	Margie Heller	The Momentum Fund
Fay Mafnas	Maria & Bernardus Van Der Vegt	The Spokane Mountaineers
Festival of Fair Trade	Maria Ibarbia	Theodore Laven
Florence & Gale Gingrich	Mark & Marion Hammer	Thien Nguyen & Bety Kusuma
Frank & Margery Abel V.M.D.	Marnie Taylor	Thomas & Bonnie Lee
Fred Runkel	Martha Newell	Thomas & Kathleen Curlee
Gail & Donald Nevin	Mary & John Frankhauser	Thomas E. Wynia
Ganesh Himal Trading LLC	Mary Alberts	Thomas K. Albinson P.C.
Garden City Harvest	Mary and Todd Frank	Thomas Linzey

Gege Haugstad	Mary Ann & James McCurdy	Timothy & Claudia Kirk
General Earthquake	Mary Ann Marciel	Timothy & Elaine Sweet
George & Bruce Gallaher	Mary Cooper	Tina Lageson
George & Heidi Wilson	Mary E. Duncan & Jeffrey A Duncan	Todd & Diane Lorenzen
George & Lila Girvin	Mary Elizabeth Burroughs	Tom McTigue
George Maxwell	Mary Ellen Eversole	Traditions Fair Trade
Gina Sala	Mary Jane Corliss	trevis swilley
Giraffe	Mary M. Maine	Trinity Lutheran Church
Global Fair Trade Imports, LLC	Mary McCarty	Valley Rotary Charitable Association
Global Gifts	Mary Morrison	Victoria Egesdal
Global Gifts #4	Mary Reuthinger	Vinton Eberly
Global Gifts Main Office	Mary Robins	VJ Supera
Global Heart	Mary Rossing	Wanda Daehlin
Global Village Peoria	Mary Stamp	Wayne & Linda Pynnonen
Goie Jansen	Marybeth Markham	Wayne Attwood
Gregory Smith & Carol Rosenthal	Matthew Etter	Whitmyre Family Charitable Fund
Gypsy Java	Matthew Price	Wild Bill's Longbar
Hands Around the World	Maureen Riley & Pete Hettinger	William & Mary Lou Safranek
Hannah Zimmerman	Maya Earth Coffee	William & Sharon Bartlett
Harriet N. Van Wyck	Megan Walch	Work of Our Hands
Heather M. Brennan	Melaine Zimmerman	Worldly Goods
Heather Selwyn	Melanie Klitzke	Yvonne Leach

Henry and Laura Hodgman

Michael & Laurel Worobey

Zulema Garraffo

Hillary Libby

Michael Currin & M.L. Salisbury-Currin

Homestead Birkenstock

Michael Love

Thank You to All of our Volunteers

There are many volunteers who spent countless hours helping us through the past year and we wish we could highlight them all but they know who they are! We would like to highlight a few though, without whom, CCF could not have done all that we did. A huge thank you to Dhane Gurung, Ram Karki, Pradeep Karki, AD Aryal, Chunta Nepali, Ishwor Basnet, Pradeep Bhandari, Yogendra Tamang, Chandra Gurung, Sita Gurung, Harimaya Gurung, Kesang Yundron, Pemala Lama, Meera Bhattarai, Revita Shrestha, Neel Shahi, Cameron Conner and Grant Gallaher. Each of these individuals worked tirelessly on behalf of those in need and should be commended for their thoughtfulness and for volunteering so much time. CCF is eternally grateful to them all. Their photos are scattered throughout this report but here are a few more showing their amazing faces.





