

FILTERS FOR FAMILIES

SPECIAL POINTS OF INTEREST:

- Volunteers storm Parasi
- New Video
- Partner with us in our Goals for 2011 and 2012

INSIDE THIS ISSUE:

Letter	1
FFF Nepal	1
Volunteer Projects	2
Pine Ridge SD	3
FFF new Video	3
Fund Raising Projects	3
Goals for 2011 and 2012	4
More Photos from Parasi	5
Next Newsletter	6
Contact Info	

# Happy Holidays

VOLUME III



DECEMBER 2010

## Letter from the Director

Kathmandu is a city of contrast, the valley elevation is 4800 ft yet the low latitude (27°) keeps temperatures above freezing most of the year. Views of the High Himalayas are framed by banana trees, rhododendrons and flowering Jasmine. This November and December views of the Himalayas are beautiful every morning or evening.

Last week the young boy (2009 Calendar December Photo) we provided a shunt surgery for in 2005 returned to see the doctor. Thankfully the shunt is in the proper place and is working properly, the young boy has grown into his large head. The doctor and I discussed his physical condition, obviously malnourished. I was sad seeing his thin arms and legs. Even though

we've given his mother along and other women in Nadawa, nutrition, health and sanitation training, he's still not getting enough



**Poinsettia's growing outside the Kathmandu office in December.**

food. What is wrong? The father is a brick layer, a good profession in the Terai, but often he doesn't get paid. As part of the landless community, container gardening, composting, and a few

chickens would provide protein and vegetables. To help families like the Rajbars, we are starting an intensive 3 month nutrition program for 10 families in Nadawa. The families must give a 3 month commitment to attend weekly workshops, build garden containers and chicken coups. Will the program improve the health of these families long term? We'll evaluate the program after 6 months and again in one year.

The SONO filter is surpassing all our expectations, in fact we don't need monthly maintenance visits any longer. Once in a while a tap will break or a bucket if the filter is treated roughly,

A Blessed Holiday to All our Friends

Linda



## Filters for Families Nepal

In July 2009 FFF Nepal was formed as a local non-profit that will work directly with FFF. The local NGO can apply for funding through several groups in Nepal not accessible to an INGO. Dr. Anjana Singh was elected the President, Dhyksha Devkota is the Secretary, and Reshma Tu-

ladar is the Treasurer. A big thanks to Shasila Neku who did most of the formal writing and petitioning while she was in Nepal. Shashila is now in Texas with her husband while he completes his PhD. The Office Manager is Sharmila Manandhar, she has a MA in Counseling. Congratula-

tions to Dr. Anjana who was elected a fellow of the Nepal Academy of Science and Technology (NAST) in 2010. ,



# Colorado School of Mines-EPICS

## BRICK BLASTERS 2010



Portable Brick Crushers for the SONO Filter Bricks Chips used in both buckets.



Just one and half years ago, a student from the CSM EPICS program, Laura Ashley, asked if FFF had a project for her EPICS class. Right away I answered yes. Breaking bricks for the filters is the most disliked

job among the day laborers. I asked if they could make a portable and safe brick crusher. The team started with several designs and evaluated each, they ran tests with one design. The following semester two rectangular brick crushers were designed and tested, this semester (Fall 2010) two teams developed the frame for each crusher. We have both wood and metal frames designed and functional. We hope the teams will bring the projects to Nepal in March

## BRICK CRUSHERS 2010



*Building a tin Roof in 100° temperatures, Paining walls and murals in a Kunwar school with no fans or electricity , art classes for the local village children who waited outside the gate an hour before class started.*

# Bear Valley Volunteers Storm Parasi

Twelve days and twelve volunteers in the Terai, during summer temperatures over 100° and high humidity. Who would spend their holiday building a tin roof, painting school walls and adding beautiful murals, blackboards, art programs for village children, women's programs, encouraging local church members, providing lunches after a special programs?

Ten women and two men from 23 to 71 years of age, accepted the challenge in 2009.

They shared rooms, dealt with electricity outages— no fans for part of the night, mosquitoes, and jetlag.



Yet, they accomplished everything and more they planned to do in such a short time. During quiet times you could hear laughter as they talked to staff and visiting children sharing stories and photo-

graphs. We celebrated the completion of their work with a traditional Terai meal eaten on the wall of an ancient palace. The meal included roasted snails, stories of the history of the palace and dancers from a local school club. Please see **photos on page 5.**

Today the school still looks fresh, happy and special with the murals and new paint. Children ask when the new art classes with start. In May a big storm blew through the area ripping up 1/5 th of the roof, it was constructed so well that it cost only \$22 to bend back the tin and reattach it.

What do Baby Blankets and Astronomy have in common?

# Astronomy Camp & Baby Blankets



Did you know the Milky Way is visible at 300 ft in Nawalparasi. No light pollution, no air pollution (even the night lights are often off due to load shedding). What perfect place to hold night astronomy observations. Dr. Susanne Taylor and 4 Nepali MS Physics students from the

Nepal Astronomy Society spent 4 days in Parasi teaching about our Solar System, Shapes of Galaxies, Brightness of Stars, craft projects, and night observations. The largest observations were at Kunwar school (see photos on pg. 4) with over 300 students, teachers and parents. Everyone was fascinated with their first view through a telescope and binoculars. Our evening discussions were so interesting!



Sharon rode a rickshaw 3 km each morning to teach an income generation project on the quilting techniques of Baby Blankets. After four days her two groups produced two beautiful quilts, lots of fun and henna tattoos for Sharon and Susanne. Notice how women used their feet to hold the material in place.. Photos pg. 4 Both of these amazing women were in Parasi at the same time.

# FFF working in America: Lakota Sioux Water Project



**Left and Right: Lakota Dancing at a Powwow**  
**Below: Charlene, Arlette and her daughters**

In August 2009 Arlette Blackhawk, a cancer survivor, who has lost her mother and sister to cancer, asked, Charlene Hiraji if FFF could help



with the water problem on Pine Ridge Indian Reservation, South Dakota. Thanks to a grant from the Roper Foundation, Western State Col-

lege, and FFF we drove to Pine Ridge and talked with many tribal members, collected data, and spoke to several Tribal Council Members. In Sept. 2010, Linda, Charlene, and Carolyn Munoz visited Pine Ridge a second time to seek Tribal approval to work on the reservation, collect tribal data, and begin fund writing FFF was granted permission and we are in the process of fund writing and collecting data on water tests from the Tribal Water Co. and private wells. The reservation has an abnormal high rate of cancer and other health problems related to

health problems associated with metal toxicity. Uranium, lead and arsenic concentrations in private wells are much higher than the WHO guideline for safe drinking water.



## New FFF Video 2010

Check out Saskia Evans video of Filters For Families in Parasi. Saskia was a volunteer with Students Partnership Worldwide in Parasi in 2004, where we first met. After returning to the UK she finished a MA in Film Documentaries and worked for BBC. She is a free lance documentarian, check out some of her other videos at :

<http://vimeo.com/user2483803/videos>



## Fund Raising Projects

**CALENDERS:** Our 2009 calendar project rained over \$500 .

A big thanks to friends who sold calendars in the US, UK, Canada and Nepal

### JEWELRY AND

**CRAFT FAIRS** raised over \$2500. A big thanks to our helpers who fought the elements of wind and heat in the summer and cold in the winter.

Betty Ill, Cathy Wilson, Carol Christian, Wendy Gillian, Debra Higley, Charlene Hirja Carolyn Munoz, Calvary Women's Group, World of Girlfriends, University of Denver Alternative Gift Market, Edgewater Children's Festival and Aaron Rome who donated craft and jewelry items.



Please let us know and we will send a box of items. Most popular items are: shawls, paper products, baskets, jewelry, calendars, mouse pads and hand painted cards.

**Would your group like to sell Nepali Handicrafts?**

# Help FFF Reach Our GOALS for 2011 & 2012



Partner with FFF to provide Safe Water, Nutrition, and Camps to local villages.



## 2011

1. **1000 SONO Filters in Nawalparasi.** The cost is \$70 per unit plus \$15 for workshops, user and technician training, **TOTAL : \$ 85,000**
2. **NUTRITION training** intensive 3 month training for 10-15 women from the lowest income group in Nadawa village (including container gardens & chickens) **TOTAL: \$ 1,000**
3. **Evaluation** of Intensive Nutrition Program: **TOTAL: \$ 500**
4. **SCIENCE and ART Camps** for local village children plus equipment (Astronomy, Bird Watching, Ecology) **TOTAL: \$ 8,700**
5. **Radio Program on Nutrition and Arsenic** in Nawalparasi for 4 months. (\$60 / month) **TOTAL \$ 240**
6. **Pine Ridge Well Testing, Analyses,** **TOTAL Unknown**

## 2012

1. Installing **1000 SONO Filters in Kapilvastu** The cost is \$70 per unit plus \$20 for workshops, user and technician training, extra transportation, lodging and food for technicians **TOTAL : \$90,000**
2. Installing **1000 SONO Filters in Nawalparasi.** The cost is \$70 per unit plus \$15 for workshops, user and technician training, **TOTAL: \$85,000**
3. **Nutrition Program for two villages in Nawalparasi** **TOTAL: \$ 2,000**
4. **Science, Art and Craft Camps** for local village children (Astronomy, Bird Watching,, Ecology) **TOTAL: \$ 5,000**
5. **Radio Program on Nutrition and Arsenic** in Kapilvastu and Nawalparasi for 4 months. (\$60 / month each) **TOTAL: \$ 480**
6. **Income generation project** for FFF Nepal in Kathmandu to sell 200 filters **Investment \$13,000**
7. **Pine Ridge Filters, Workshops, Factory,** **Unknown**



# Bear Valley Church



<http://astronomy-nepal.blogspot.com/2010/05/astronomy-school-for-kids-at-parasi.html>



# Astronomy

# Baby Blankets



## Next Newsletter

- ◆ Interview from a Villager
- ◆ New Research Publications from our Team
- ◆ Are Natural Wetlands an Answer to the Arsenic Problem in Nepal?

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### DONATIONS

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