



### Progress, one family at a time !!!

As CORE heads into its fourth year, we had a pleasant surprise when the proposal for the scholarships came this spring.

On one hand, we have always prepared for the amounts to increase, on the other, we hoped that one of the results would be that parents involved in the microcredit project could start to pay their kid's school fees themselves.

But, here was a proposal for slightly less than the previous year. It turned out that a few of the mothers are contributing more to the school expenses as their incomes have improved. Small steps of progress! We'd like to thank you again for your support.

Frances Klatzel, Chair      Karen Barkley, Secretary-Treasurer

Donations to CORE make a difference in the lives of the people we try to help!

**Don't forget our raffle and fundraiser on Monday, Sept 21 at the Banff Centre.**

Visit [www.core-international.org](http://www.core-international.org) Our easy, secure system for on-line donations through CanadaHelps automatically sends a Canadian tax receipt. Please [click here](#).

### Who CORE helps...

Sunila Gopali, 45, has saved and taken loans to start a tailoring shop. She now employs others.

"Once I had RS. 2,000 in saving with the group, I could take a Rs.4,000 loan. I bought a sewing machine, and earn from sewing.

"I paid the loan back in 4 months, took another for 5,000, paid it back. Now I have a Rs.10,000 loan and 3 machines.



"From belonging to the group, I have been able to buy sewing machines, learn, and use my skills."

### 'Hand Up' for Poor Women — savings and loans

CORE's first 'Hand Up' microcredit project in the market area of Kathmandu is entering its third year with 120 members. We have improvised to meet the needs of these poor women by having flexible saving that allows for daily or weekly deposits, whatever enables them to build their own assets. The women now use their savings and loans to improve their livelihoods and support their families.

A second group with our partner, SOUP, is active in the fruit market area. The women are asking for a child centre in that area to give their kids a 'hand-up' to start school. We would like to give a huge THANKS to the Tidlund Foundation and the Wild Rose Foundation for financial support to start this 3-year project.

### Uterine prolapse awareness project

The hard labour done by women to carry loads up steep hills, often soon after delivery, causes the medical problem of uterine prolapse in about 24% of rural women. CORE raised special funds to assist a Nepali medical organization that had funds for operations.

Our support provided for awareness sessions, training local health volunteers about the issue, and a health camp for our partner to identify the women for operations. (see the photo at the top of the page.) The project was very successful and we hope work again in another neglected area, once we raise the funds.

### Uplifting Women through Literacy

What started as a small four-month pilot project of literacy classes to uplift women in 4 villages in remote Baitadi district was expanded to 4 more villages this past winter .

A year ago, we reported slow changes where several women said that they had stopped forcing their daughters to practice *Chaupadi*, in which women must stay outside the house - 'untouchable' - for five days a month during their period and for 14 days after childbirth. Our working partner is using literacy as a means to make women empowered to reform the practice.

This spring, we hired a woman from a nearby district with a decade of experience in social work, Soni, to do monitoring visits to the groups. Her report was a bit scant, but then we heard that she had mobilized and helped the women to organize street theatre, demonstrations, and speeches about the need to reform this practice that hurts women and children. Women in more villages have requested the classes so this winter we will support the training of facilitators and classes in another 8 villages. And the mobilizing!



### Volunteer Speak

Briget Mahferty from Calgary volunteered at the child centre in February 2009. She wrote in her report to CORE:

"I learned that all children have dreams about their futures; they all want to go far. There are doctors, artists and dancers inside of those children just waiting for the opportunity to come out.

"The Kalimati Child Centre is the opportunity they've been waiting for. I encourage everyone I meet to spend time teaching children especially ones who can't learn without you.

"It is rewarding beyond words to see the 'light' go on and understanding spread across their faces. I plan on going back as soon as I can."