

आमा
Ama Foundation
Home & Education for Underprivileged Children

Annual Report 2015





Our five newest brothers and sisters with our newest auntie, Pratima Lama

The Ama Foundation is a grassroots US-based organization dedicated to providing the most underprivileged children of Nepal with a loving home, education and the opportunity to live healthy and secure lives within their community. The Ama Foundation is a California 501(c)(3) non profit corporation, Federal Tax ID #36-4478880

We completed our 15th year at Ama Ghar! Everyone involved continues to proudly hold their heads high as we encounter challenges and notch success stories. Year 16 started out in full swing, taking in an increased number of children due to 2015's devastating earthquake.

The great news is we continue to see our children grow into adulthood with promising careers. One of our alumna was recently chosen out of 500 for a position at Qatar Airlines. Two other alumna completed training in animation and education and will start jobs in April/May.

We now have doctors, nurses, architects, public health administrators, I.T. professionals and hospitality managers among our alumni who are ready to tackle the world away from Ama Ghar. Visit our alumni page at <http://www.ama-foundation.org/our-family/ama-ghar-alumni/> for a complete list.

The challenge still remains for the younger children at Ama Ghar. Not only are they adjusting to a new life, which is not easy for a 4, 5 or 6-year-old, but they must overcome many obstacles such as a lack of heat, cooking gas, gasoline transportation, books... all items we come to expect in the Western world.

The children at Ama Ghar, despite all that they've endured, could be called lucky in that they have found a loving home and the opportunity for a good education. Yet there are still countless homeless, disadvantaged and abused children in unsanctioned homes throughout Nepal. A majority go hungry or are the victims of trafficking and child sex abuse. The situation is most difficult for young girls. Thousands of girls are still being sold off as child domestic servants or "kamlaris", despite the fact that the government outlawed the practice in 2013.

We understand that we can't help every child in Nepal. However, with your continued support the opportunities arise to provide more children with much needed care, support and love.

If we have learned anything from our first 15 years of existence, it is that we can achieve our mission of providing the most underprivileged children of Nepal with a loving home, education and the opportunity to live healthy and secure lives within their community. Our alumni have proven that the next 15 years can be even brighter for the Ama Ghar family, Nepal and the world.



Rob Sanders, Ama Foundation Board Chairman



Rob enjoying an outing at Chitwan National Park with a group of young Ama Ghar adults

Namaste -

AmaTika, our namesake, always said “Plan for the worst and hope for the best.” Luckily, we do this on a regular basis so have been able to manage a very challenging year, which included first the earthquakes, continued aftershocks and the blockade at the border.

Our earthquake resistant house proved itself with only a few cosmetic cracks. We were well stocked with all needed supplies, the staff followed predetermined procedures and all the older children residing away from Ama Ghar followed their instructions and came “home”. The 155 aftershocks were unsettling, but we were all together to hug and comfort each other.

Post earthquake was a new, often stressful, but rewarding experience. The children and staff went into action, helping with food distribution, assessing needs and getting tarps and roofing sheets to our immediate neighbors. They all took part, learned the meaning of necessity and caring for the less fortunate. We pretended we were a small army and learned to work with discipline and determination. We had morning assembly to review our tasks each day, which gave everyone a wonderful feeling of purpose, accomplishment and self-esteem as we all discovered new skills within ourselves. I am incredibly proud of each and every one of the children and staff.

And then we did what we do best – we added more children to our family. This year, 13 new ones joined us and they are all doing well, in various stages of settling in. It has been a difficult school year, since the children were pushed to complete their courses in fewer days and we had to assist with extra instruction at home. Because of the blockade, many activities were cancelled, so the children have taken the brunt of this tumultuous year. The staff continues to cook outside on a wood fire, but still keep up their spirits. During the winter, the big cook fire became a favorite place to sit and entertain.

We are almost back to a normal schedule of regular counseling, dental appointments, guitar lessons, gymnastics, football matches, outings and lots of activities at home to keep the little ones busy, since we now have 20 under the age of 12!

Thank you all for your prayers and concern for Nepal and Ama Ghar after the earthquake. None of our “giving and sharing” would have been possible without you! We are so fortunate to have all of you in our family – the children and staff send love and gratitude. I am humbled beyond words at the outpouring of love we received. Our love back to you.



Bonnie Ellison,
Country Director, Ama Foundation



Bonnie with Anjana, age 8, a new member of our family

Education and Childrens' Advancement

Thanks in part to the earthquake, the Ama Ghar family grew by 13 children in 2015, instead of the three we had planned. New family members are: Ram, age 12; Sunita, age 11; Rosina, age 11; Laxman, age 9; Anjana, age 8; Buddha, age 7; Saraswati, age 7; Nirjala, age 5; Alisha, age 6; Jeevan, age 5; Ramit, age 5; Leela, age 4; and Badiram, age 4. Two more children are scheduled to arrive in early 2016.

Six children will be taking the SLC this year: Jenuka, Po-Po, Rupa, Sangita, Akriti and Ashim. All others below Class 10 advanced to the next level. Samjana and Sushan are enrolled in Class 11, Sharmila is in Class 12 and will do an internship with our accountants. Meena is thinking about trying nursing and Manju has been working at a Call Center, breaking sales records!

Higher Education

Many of our older children are now studying at university or taking specialized skill training, as follows:

Manisha is in her fourth year of Hotel Management Bachelors and is looking for an internship.

Laxmi is in her third year of Public Health Bachelors in Pokhara. She is maintaining a 3.85 GPA and doing very well.

Ashok is in the last semester of his second year of IT Bachelors and has moved into the Youth Apartment in Kathmandu.

Sajan S. is in the last semester of his second year of IT Management Bachelors and has moved into the Youth Apartment.

Pabitra is doing well just starting her last year of Pharmacy Training. As her dorm collapsed during the earthquake she has moved into the Youth apartment.

Kalpana P is in her last year of Health Assistant Studies. She has moved into the Youth apartment

Krishna is in her second year of a three year dental assistant training. She is located in Pokhara where she is living in the dorm/hostel until she completes her course.

Menuka is completing a teacher training course.

Pabita is in her second year of a Bachelor's in Development Studies.

Sabita started a three year Culinary Chef's course.

Sandesh is in his second year of his three year Architecture course.

Sriajan is in her second year of a Bachelor's in Fashion Design.

Top: Mangel rides his bike more than an hour every day to get to work at his restaurant job in Kathmandu!

Bottom: Kalpana T. shows off her Qatar Airlines uniform at the airport in Doha.



Transition

Biratjan has completed his Electrical Engineering course and is job hunting.

Subash completed his Architecture course and is involved with building earthquake resistant earthbag houses in the earthquake affected areas.

Parbati loves coffee making and is working as a barista.

Mangel has completed his culinary training and is working at a restaurant.

Rama has started her transition year in the apartment and is looking for a job in animation.

Sajan N. has completed an advanced computer programming training and is looking for a job

Alumni Employment

Akshaya is living independently and is working for an animation company.

Solo Maya is trained as a Health Care Assistant and has been working with a very good company called Health-at-Home.

Ganga has taken management skill training, office computer training and beautician training and is currently working at a restaurant.

Kalpna T. is working for Qatar Airlines as a VIP customer service representative in Doha.

Anish is certified as a Trekking and Outdoor Sports guide. He is self-sufficient and is enjoying his job.

Activities

Many of our normal activities were curtailed because of the earthquakes and then the blockade at the border, which made petrol extremely scarce. The children have stayed busy around the house, though, by working in the garden, having Ama Ghar chess and football tournaments and doing special art projects to beautify our home and surroundings.

Of course, during the earthquake we did many activities outside our home, like visiting the refugee camps in Kathmandu and bringing hygiene supplies and childrens' books. In addition, we used some of our earthquake relief funds to pay for the printing of a book written by therapists to help children deal with earthquake trauma, called "Gita and Shayam: The Day the Earth Shook", which were delivered to children at schools and refugee camps.

Top: Big sister Rama helps the little ones plant a children's garden.

Bottom: A young girl shows her copy of "Gita and Shayam: The Day the Earth Shook"



Health Care

We sponsored a dental exam day at Ama Ghar that included children from the neighboring villages with Dr. Sneeda. In addition, Dr. Neelam has taken excellent care of the children and has been kept very busy scheduling exams and making health care recommendations for the 13 new children.

Visitors

We had fewer visitors than usual this year because of the earthquake, but we give special thanks to Board Member Sarah Nikles and her husband Alain of Ama Ghar Suisse, who visited several times and were especially helpful during the weeks just following the earthquake. Board Chair Rob Sanders visited at the end of the year and took the older children on an outing to Chitwan; our administrative assistant Barbara Moffat came to visit and did a fantastic job of keeping the children productive and entertained with art projects. The Moser family (the children call them the Mo Mo family) came with stuffed animals for everyone, and visitor Matthew Mason wrote a particularly touching blog post about his time at Ama Ghar. We thank these good friends, as well as all our other visitors, for the educational opportunities and joy they bring to the children.



Top: Dr. Sneeda gives the children flouride treatments
Bottom: Everyone shows off their stuffed animals from the Moser family

Notes from the Ama Ghar Guest Book

“Be the change you wish to see in the world. This is the quote from Gandhi we like and we think it fits the mission and people of Ama Ghar. We came here after the big earthquakes to help and support the wonderful idea of two young students of Architecture. Subash and Sandesh had the plan to build an earthquake safe house made of earthbags and we joined the construction. We had great fun, learned a lot and made new friends. We experienced great hospitality, wonderful spicy food, nice music and lovely movies in the evenings at Ama Ghar. It really felt like coming home after a long day of working construction. We would love to come back!”

- Germaid Ponge, Germany

“I love you all so much! This place and you all are truly an amazing group. You have made Vinaju and I feel so at home. I am so amazed at what wonderful people the children are becoming.”

- Adelaide Mason, Ketchum, ID

“An amazing time that we are able to share with all Ama Ghar kids and my daughter Marine. We really hope to come back and have again a picnic together. Congratulations to the Board Members, the Foundation and all the people involved in Ama Ghar. To see all of the smiling faces of the kids was a great experience and for sure we will never forget it.”

- Olivier and Marine, Geneva, Switzerland

“Thank you for the opportunity to see in person a place we hold dear to our heart. All the great work and effort being put into the children, their curriculum and their development is truly an inspiration to us all. If only there were more people and places in this world that embody the same level of compassion and love.”

- Reimi and Jonathan Huynh, San Francisco, CA

Top: Matthew Mason with Nirjala

Bottom: Jacole Douglas with Manju and Ashim



Events

Kudos to our friends at Ama Ghar Suisse in Geneva for their many fundraising efforts, including their wonderful family picnic and Sunday brunch, held in August at a winery outside Geneva. The event raised significant funds for Ama Ghar – and a good time was had by all! In fact, it was such a good time that the Ama Foundation U.S. is going to duplicate the event in Sonoma County in May 2016.

The Himalayan Fair, held at Live Oak Park in Berkeley, is an annual “must” for our U.S. board. At this event, we share with our founder, Shrawan Nepali, meet up with the supportive Bay Area Nepal community, raise awareness of Ama Ghar and find new donors.



Photos:

Top: Summer brunch in Geneva.

Bottom: Himalayan Fair 2015 in Berkeley's Live Oak Park

2015 Staff and Boards of Directors

Ama Foundation Board of Directors

Shrawan Nepali, Founder
Rob Sanders, Board Chair
Sarah Pinkin, Secretary
Suyesh Karki, Treasurer
Bonnie Ellison, Country Director
Poonam Mudvari
Fred Doar
Yasmijn Adhikari
Sarah Pinkin
Mary Piasta Valluzo
Sarah Nikles
Jane Ellison
Jessica Wilbur

Ama Foundation Staff

Barbara Moffat, Volunteer Admin Assistant
Cathy Clifton, Communications Director

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Ama Ghar Suisse
The Ama Ghar Children
Fred Doar

Ama Ghar Board of Directors

Mrs. Vijaya K.C., President
Shekhar Silwal, Treasurer
Pradip K.C., Secretary
Jogendra K.C.
KanchhaKagi Basnet
Laxman Prashad Shrestha
Lalita Thapa
Dr. Neelam Adhikari
Rabindra Shrestha
Ashok Raj Pandey
K.B. Shrestha
Saradha Adhikari

Ama Ghar Staff

Bhesh Nepali, Administrator
Uma Singh, House Supervisor
Dhana Adhikari, House Mother
Tan Bahadur Pun, House Father
Bindu Ghising, House Mother
Anita Pandey, House Mother
Pratima Lama, House Mother
Radhika Silwal, Laundry Woman
Pushupati, Gardener

Contact Information

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Cathy Clifton, Communications Director

www.ama-foundation.org

Facebook: Ama Ghar

Twitter: @AmaGharNepal

Photo:

L to R – Ramit, Badiram and Jeevan are ready for school!

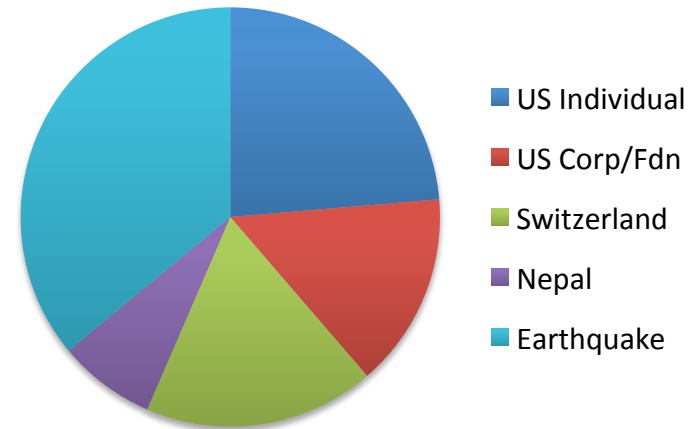


Ama Foundation 2015 Contributions

Revenue Sources

In the U.S. in 2015, individuals, corporations/ foundations and corporate matching programs made up AF's donor base. In total, they made 649 donations to the AF operating fund. Individuals made 61% (\$107,000) of AF's total contributions. Corporations, Foundations and employer matching programs made up 39% (\$68,000) of total contributions. Separate Earthquake Relief Funds of \$162,840 were raised and distributed, primarily through Global Giving. International donations received in Nepal were \$114,580. \$80,556 of this came from Ama Ghar Suisse, our Swiss Foundation.

Operating Donations	Average	Maximum
Individual	\$340	\$9,000
Organization	\$845	\$10,000



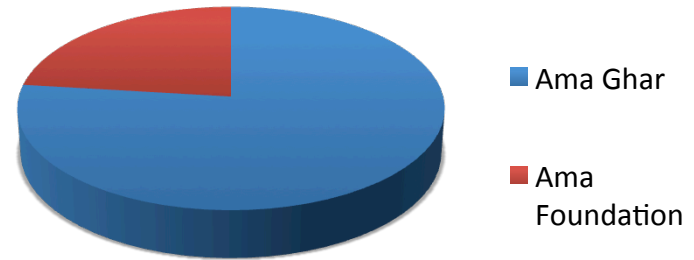
The majority of U.S. donations were from individuals who gave between \$20 and \$5,000 to the operating fund. The average individual donation to the operating fund was \$340 and maximum was \$9,000.

Ama Foundation Statement of Activities

for year ended December 31, 2015

Ama Foundation Revenue and Expenses	
Ama Foundation U.S. Operating Revenue	165,000
Interest	10,000
Total U.S. Operating Revenue	175,000
Ama Foundation U.S. Operating Expenses	
Professional Fees	31,660
Office Expenses/Postage/Fees	3,290
Insurance	950
Fundraising	3,763
Total U.S. Operating Expenses	39,663
Funds Sent for Ama Ghar	60,000
Funds Sent for Earthquake Relief (pass thru)	162,840

2015 Combined Expenses



2015 Ama Ghar Expenses

