

# Roots for Life



Newsletter March 2019

## Namaste!

**Nature is in the starting blocks. The March newsletter from Roots for Life shortens the wait for warm temperatures and sunshine. Have fun reading!**

Carola Gosch is again on a project trip to Nepal. Intensive on-site supervision is important so that the projects can be pursued quickly.

During her last visit in December 2018 she spoke with the women's group of Ghunsa. The areas for purchase were fixed and the programme decided. Soon after, the group bought the land! The women of Ghunsa are now in the cooperative with the women of Chyangsar.

Now nothing stands in the way of the great construction of the second model farm in the project with [Chay Ya Nepal & Chay Ya Austria](#) and the subsidies of the Vorarlberg provincial government!

The farm buildings in Chyangsar are now supplied with electricity by their own solar system since several weeks. This was made possible by the [Lush Charity Pot](#). Now there is an infocenter and a small library. And another

great news: Finally the village has its own mill again! The women's cooperative organised this independently with financial help from Roots for Life.

Our scholarship holder from Thade, who is now going to school in Kathmandu, had a good start. Carola Gosch visited her during her trip and spoke with teachers. The girl from Ghunsa also feels better after her eye surgery!

In Pokhara the last steps for the greenhouse were discussed. In addition, Director Taskila Nicholas further informed about the work of Opportunity Village.

Lena Kremser deserves a special mention at this point. She has been supporting Roots for Life for almost two years with great motivation. But now she has surpassed herself: She initiated two benefit events, some donations came together!

Ernst Sittinger performed his program "Light at the End of the Day" in the [Greith-Haus St. Ulrich](#).

And the theatre group [VTG Bühne St. Martin im Sulmtal](#) played a performance under the direction of Alois Herzog.

A big thank-you to all actors, musicians and participants! The women and children in Nepal can count on you.

**We would like to draw your attention to a special fundraising campaign of our partner Chay Ya: At Amazon you can now select an organization to which a small amount will be donated for every purchase. Helping can be so easy! More about Amazon Smile [here](#).**

Our initiatives change the lives of these people sustainably. We thank all our sponsors and supporters who make this possible. Find out all the details about our projects in this newsletter and on our [website](#)!

Would you also like to support us? Just click [here](#) or transfer directly:

Roots for Life - Roots for Life

"Project name (if specifically requested)

IBAN: AT59 5800 0205 9986 9019

BIC: HYPVAT2B

Hypo Vorarlberg



# Information



## Nepal Project Trip 10th March to 12th April

Since the projects currently need a lot of support from Carola Gosch, she returned to Nepal soon after her last visit. This will allow her to push ahead with the projects personally and particularly intensively.

### 8 March - Women's Day

We took the Women's Day as an opportunity to draw attention to the many victims of Chhaupadi. On this graphic (published in the [Himalayan Times](#)) you can see all women since 2012 who died in exile during menstruation in Nepal.

[More...](#)



|               |  |
|---------------|--|
| FEB 03, 2019  | <b>PARBATI BOGATI, 21</b><br>of Western Doshi district died of suffocation.  |
| JAN 19, 2019  | <b>AMBA BOHARA, 35</b><br>of Bajura district, was found dead with her sons Ramit, nine, and Suresh, 32, in the cowshed where she had spent four days. All three died of suffocation.   |
| JUNE 09, 2018 | <b>PARBATI BUDHA, 18</b><br>of Turmakhad Rural Municipality-2 in Achham district died inside a Chhaupadi hut after being bitten by a snake. The victim had been asleep with her friend Radhika Budha, who managed to escape. |
| JAN 08, 2018  | <b>GAURI BAYAK, 23</b><br>of Turmakhad Rural Municipality-2 in Achham district died of asphyxiation. Bayak had lit a fire to keep herself warm inside the makeshift hut.   |
| JULY 07, 2017 | <b>TULASI SHAH, 19</b><br>of Dulekh district died after being bitten by a snake while banished to a cowshed during her menstruation.   |
| MAY 22, 2017  | <b>LALSARA BIKA, 14</b><br>of Dulekh died from a severe cold related illness contracted during her stay in a chhaupadi.  |
| DEC 19, 2016  | <b>ROSHANI TIRUWA, 15</b><br>a ninth grader, of Gajra village in Achham district died of suffocation in the windowless hut she was banished to for the course of her period.   |
| NOV 19, 2016  | <b>DAMBARA UPADHYAY, 26</b><br>a resident of Tilulson VDC in Achham died from asphyxiation, the leading cause of death, among women who are banished to chhaupadi for the duration of their menstruation.                    |
| SEP 10, 2012  | <b>LILA KUMARI BASNET, 16</b><br>a resident of Kartang VDC-7 in Jajarkot, died after a landslide buried a Chhaupadi shed she was staying in.   |
| FEB 03, 2012  | <b>LAXMI KUMARI BUDHA, 16</b><br>a resident of Dhakur VDC-4 in Achham district, died from suffocation after lighting a fire to keep herself warm. She was discovered with her legs charred and blood stains in her mouth.    |

PHOTO: INFOGRAPHICS

## From the projects

### Village development [Ghunsa](#) & [Chyangsar](#)

#### How does an agricultural cooperative work?

More than 30 women are now in the agricultural cooperative

[Sagarmatha Milijuli Mahila Sahakaari](#). But how is it structured





and why is it necessary? [More...](#)



## Fixed surfaces and program

During her last visit, Carola Gosch discussed the next projects with Namaraj Silwal of the Social Work Institute together with the village. They determined the suitable areas for cultivation. [More...](#)



## Land purchase

Soon after, the purchase of the fields was completed. The women from Ghunsa also joined the women's cooperative from Chyangsar.



Together they are even stronger, have even more influence and complete trainings. [More...](#)





## Green energy for the farm

Thanks to the Lush Charity Pots, solar panels could be purchased for the farm. Now the farm finally has electricity. [More...](#)



The interiors are almost completely equipped and furnished, so the batteries could be safely stowed away.



**Grain and maize can be milled again in the**





## village

On its own initiative, the women's cooperative applied to the government to obtain money for trees. In this way, the slopes are secured against landslides.



They dug them in themselves to buy a mill with the rest, as well as a contribution from RfL. Now they can finally grind in the village!

[More...](#)

## A place of exchange and learning

After the electricity could finally be secured by the solar system, an information centre was set up.

There's a computer with printer, as well as a small library, and soon also Internet! [More...](#)



[Thade](#)



## Lernen mit neuen Freunden

One of our scholarship holders had to go to a school in Kathmandu because of a risk at home. The [Life Vision Academy](#) has set itself the goal of welcoming children from low-income families, especially from remote villages, and supporting them in their right to an education. [More...](#)



Carola Gosch convinced herself of the quality of the school and spoke to the teachers.

Our scholarship holder feels very well! [More...](#)





## Independent through eye surgery



On the way to Ghunsa, Carola Gosch also visited the girl from Ghunsa who [had an eye operation in the summer](#). It was still a little sensitive to light, but the operation went well and the eye heals!

[More...](#)



## [Pokhara](#)



## Not only fresh



Working in the garden also has a therapeutic effect. Carola Gosch



## vegetables

...is made possible by the greenhouse for the children of the care centre.

discussed the most important points with Taskila Nicholas during her visit. [More...](#)



## Youth Motivators help

Young women are trained to become "Youth Motivators" in order to do educational work in dance bars and other places in the entertainment industry. A particularly sustainable way to protect girls and women from sexual exploitation! [More...](#)

## Talks with parents

Also at home, employees of the [Opportunity Village Nepal - OVN](#) visit the participants of the mentoring program.



Parents must be well involved in the training so that the participants get the most out of it. That is why the OVN invites parents several times to talk and present the



programme. [More...](#)



## Roots for Life - Internal

### A play for Chyangsar

A very special compliment must be expressed at this point for Lena Kremser! She has initiated two big fundraising events to raise money for Roots for Life. Thus the [VTG stage St. Martin in Sulmtal](#) played a performance under the direction of Alois Herzog and donated the proceeds. Thanks to all visitors and especially to the actors! [More...](#)



### Cabaret for the benefit of Roots for Life

Just two days before Carola Gosch's departure for Nepal, Ernst Sittinger's cabaret "Light at the end of the day" took place in the [Greith House in St. Ulrich](#). Donations in the amount of 1.400€ could be raised. Many thanks to Lena Kremser for the initiation, Isabella Holzmann for the perfect organization, Max Neubauer for the great music and Franz Kremser for the great pictures! [More...](#)



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Information (in English) on the new EU-DSGVO can be found [here](#).

We are reachable at :



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