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Message from the Board Chair

Dear Friends of CCF,

Thanks to your continued support and our wonderful partners in Nepal, 2018 was another amazing year for CCF. As a mentor, Toby Herzlich, so wisely said “when it comes to moving mountains… the only way to do it when you’re small is to build from the bottom up…” CCF’s leadership creates significant change by doing just that. We work closely with our Nepali partners, cultivate one on one relationships, ask questions, coordinate effective plans collaboratively, and help them to achieve goals that work toward long term solutions. Together we build, one stick at a time, and build solidly, with intention, towards a better future.

With your help in 2018, CCF was able to provide continued funding for rural healthcare, girls’ education (both urban and rural), build a weaving workshop and successfully launch our menstrual pad and menstrual education projects.

CCF started with a dream: If we all gave a little we could achieve a lot. We are completely volunteer run 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! CCF believes in possibility, 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 for all.

We hope you find this Annual Report as inspiring as we found the work. We are so grateful for your continued support.

Namaste,

Denise Attwood – CCF Board Chair
The mission of Conscious Connections Foundation is to facilitate the advancement of marginalized individuals in Nepal by promoting access to education, healthcare, skills development and facilities improvement, especially for girls and women, 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.
In 2018, CCF granted over $66,277 to its partners in Nepal. The grants were distributed as follows:

- **$25,000** – Power of 5 Child Education Stipends
- **$3545** – Deurali Community Service Center (aka Baseri Clinic) for salaries and building maintenance
- **$2,000** – Girls’ Higher Education Class 11/12 Scholarships
- **$2,000** – Girls’ Education Program Administrator
- **$5,200** – Ghatbesi Rural Education Program
- **$13,032** – Girls’ Menstrual Education Program
- **$15,500** – Continued Earthquake Relief

In 2018, CCF spent **99.9% of every dollar** donated directly on programs in Nepal. Only .1% went to fundraising and administrative expenses.*

*In 2018, CCF received a 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.
Conscious Connections Foundation
2018 PROGRAMS

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Conscious Connections Foundation
2018 EDUCATION PROGRAMS

130 CHILDREN ABLE TO ATTEND SCHOOL
This year!

$10.6K Raised in 2018 for future stability
and expansion of the Power of 5 stipend program

23 GIRLS ABLE TO ATTEND HIGHER EDUCATION

725 CHILDREN ABLE TO STAY IN SCHOOL
SINCE THE INCEPTION OF THESE PROGRAMS
The Power of 5 child education fund provides low income children access to education through a monthly stipend program. CCF partners directly with the Association for Craft Producers to keep 100+ children (with an emphasis on girls) in school and to create a sustainable endowment for the future of the program.

In 2018 through the Power of 5 program CCF:
- Raised $25,000 of which $14,400 went to educational stipends and $10,600 was reserved to provide for financial security and expansion of the program in the future
- Enabled 120 children to remain in K-10

A total of 710 children have been able to stay in school since the inception of this popular program.
MEET SWASTIKA
POWER OF 5 RECIPIENT

Student Feature
At 13, Swastika already knows she wants to be an Accountant which explains why she prefers Math over Science. She loves to travel and go out with family and friends and has received awards for her drawing and writing skills. She is a twin and believes "one has to make their life interesting and happy."
In 2014, CCF created a Girls’ College Scholarship. This competitive scholarship, administered by the Association for Craft Producers gives up to three Nepali girls who have the need, ability and desire, a means to continue their education into the 10th and 11th class.

Meet our 2018 scholarship recipients!

**Rasu Maharjan**

“Rasu has a passion to improve the quality of life in Nepal with a focus on education and sound health facilities, especially in rural Nepal. She wants to be a nurse and has spent time working with and teaching physically challenged children. Her desire is to help people—women in particular—understand the importance of a healthy lifestyle and good personal hygiene.”

**Nikki Maharjan**

Nikki assumes that development of a country is only possible when people are healthy. She believes that when a person is healthy, s/he can give their 100 percent to their respective workplaces. To help people live a healthy life she wants to pursue medicine and be a doctor. “If I’ll be able to give a healthy life to people, I will have a self satisfaction of serving my nation” says Nikki.

**Sangam Luitel**

“Sangam Luitel is an ambitious girl who loves mathematics and aspires to become a Chartered Accountant. She believes that any organization will be in sound financial status if the organization has expertise in human resources. For this reason Sangam wants to be a CA and a competent employee to contribute towards an organization.”
In 2013 we interviewed 13 year old Sangam Luitel and she told us how valuable education was to her and how much she wanted to stay in school. The Power of 5 stipend allowed that to happen. Sangam worked hard in school and in 2018 she was one of 3 chosen to receive the Joy Attwood college scholarship to help pay for class 11 and 12.

ACP reports that Sangam has always been an outstanding student. She achieved a 3.55 GPA and is now studying international management at Canvas International Higher Secondary School. She is working hard and believes that she will excel in becoming a prosperous Chartered Accountant. After completing college she plans to begin her Chartered Accountant courses at the University level.

Additionally, Sangam loves dancing and has received first place in numerous competitions at her school.

With all her future plans, she is excited to receive this scholarship to lessen the financial burden of her parents and to make them happy.

\[\text{Flashback: Sangam in 2013 and her hopes for a good education}\]

Sangam Luitel

Age: 13
Grade: 8
Favorite Subject: Science
Wants to be a doctor when she grows up.
Let’s make it happen.

\[\text{Fast forward: Sangam is a 2018 Joy Attwood Award recipient}\]
EDUCATION

GIRLS’ EDUCATION PROGRAM ADMINISTRATOR

As CCF’s Power of 5 and Joy Attwood higher education scholarship funds have grown at the Association for Craft Producers (ACP), administrative and reporting requirements have grown along with them.

In 2018, Prastuti Dhakal was hired as the “Girls’ Education Program Administrator.” Her salary is split between CCF and our program partner, ACP. Prastuti helps CCF and ACP oversee and administer the education programs and reports to CCF and ACP on their progress. She also is responsible for mentoring and counseling the girls and their parents as they move through the educational system and puberty.

In 2018, Prastuti helped to organize the Menstrual education programs at ACP for the girls in both the Power of 5 and Joy Attwood programs.

“Being someone who is proactive and loves working with kids, our overarching goal to empower women and help their children is very inspiring. “Educate women and you will educate a family; Educate a girl and you will educate the future.” With this belief, the Child Education program at ACP would not just help the girls to have a better income for quality life; they will further have better perspective in life...I would like to keep on giving my best to enhance [this program’s] progress and achieve its objectives and goals.”
In 2015, CCF helped the community of Ghatbesi reconstruct their K-3 primary school after the 2015 earthquake. While constructing this school we saw the community’s dedication to educating their children. After the completion of this project the project manager, AD Aryal, proposed that CCF engage in a pilot project with the community to foster girls’ education.

In 2016, CCF began the Ghatbesi Girls’ Higher Education Program, provided funding for one exceptional female student from Ghatbesi to attend a private college in Kathmandu for two years (11th and 12th class) and for six other girls to attend local college.

In 2018, with continued support from Spokane Aurora NW Rotary Club, CCF was able to expand the program from six scholarships to 20. This allowed all Ghatbesi girls who graduated from 10th grade to attend their local college for two years (11th and 12th class) at a cost of $120 per girl per year.
Since the 2015 earthquake, CCF has been partnering with the Ghatbesi Primary school to subsidize the salaries of its four teachers for a total of $1800 per year. Now that the community is back up on its feet, they have decided that 2018 would be the final year for this subsidy and that going forward funds would be better used for higher education.

With CCF’s help, the community of Ghatbesi was able to rebuild its primary school directly after the earthquake and ensure that their children continued to get a quality education. With the financial burden of subsidizing the local teachers’ salaries lifted, community members were able to focus on rebuilding their own homes. The fact that they are able and willing now to take back this responsibility is a testament to how much this community values education.
Why Keeping Girls in School is Important

When a Nepali girl isn’t in school she is 3X more likely to be married before the age of 18, she has children at an early age, and the traditional cycle of exclusion and poverty continues. Girls suffer, families suffer, society suffers. A lack of education for girls means a lack of options. CCF believes GIRLS’ EDUCATION GIVES THEM OPTIONS!

“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.” — Letgirlslearn.org

CCF partners with Nepali organizations that help struggling families keep their girl children in school without any cost to the family. Every eligible family receives $10 per month as an educational stipend and in return they provide monthly evidence of the girl’s attendance and progress in school. The program’s focus is girls but boys in need are not excluded.
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2018 HEALTHCARE PROGRAMS: THE BASERI CLINIC

1491 PATIENTS SERVED THIS YEAR

$2.09 CCF’S COST PER PATIENT IN STAFFING THE BASERI CLINIC

10 BABIES DELIVERED

3 WOMEN EMPLOYED

MOST COMMON TREATMENTS:

• IV Rehydration
• Fevers
• Burns
• Maternal Care
• Gastric Issues
The Baseri Clinic opened its doors in February, 2010 serving thousands of people in nearby communities and even more remote areas. Patients are seen at the clinic for everything from maternal healthcare issues to burns, breaks, and intestinal disorders. Tragically, on April 25, 2015 the first Baseri clinic was reduced to rubble in the massive 7.9 earthquake that struck Nepal. With help from volunteers in the US and Nepal, CCF constructed a beautiful 5 room, insulated, and quiet earthquake resilient building. This new clinic is easily accessible to all of the surrounding communities and was fully built and functioning within 14 months of the earthquake.
Maya Gurung
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 and maternity issues only.

Basanti Gale
A Certified Medical Assistant (CMA) who previously worked for 4 years in a private clinic as a nurse in Arughat after which she spent three years at a government clinic in Baseri VDC. She sees and treats primary care issues such as diarrhea, coughs, bronchitis, boils, eye problems, fever, allergy, ringworm and some burns.

Sita Gale
Maya and Basanti’s assistant, Sita does all of the cleaning, opening and closing of the clinic and takes care of staff and patients needs.
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2018 MENSTRUAL EDUCATION IMPACT

27 leaders trained
8-1 day trainings completed

508
Women, girls & men educated

78 menstrupedia comic books &
508 menstrual kits distributed

Cost to educate 508 woman, girls and men (including trainers)

$6000

$2140

$5 book/ $4 kit
CCF’s Menstrual Pad Project (MPP) is an initiative developed to break down barriers for girls and women. An evolving program, it offers a mix of three approaches:

1. CCF trains low income women to sew reusable menstrual pad kits. The kits they produce are then distributed as a part of CCF funded educational programs.

2. CCF funds intensive trainings to help women become leaders on menstrual education in their own communities.

3. CCF funds informational day-long menstrual education programs led by Nepali women to discuss menstruation, sanitation, environmental issues, and breaking cultural taboos. Participants in these programs each receive a reusable menstrual pad kit provided by CCF.

CCF Menstrual pad kits contain:
- 2 shields
- 5 liners
- carry bag
Conscious Connections Foundation

2018 MENSTRUAL PAD TAILORING WORKSHOP

4 sewing machines purchased
4 low income women trained
800 kits produced
508 Kits distributed in educational programs

$1800
$3590

One time cost to set up workshop, buy machines & train tailors
With each kit costing $4-$5

1 women employed full-time
In 2018 CCF granted $1800 for:

- The creation of a permanent tailoring workshop with 4 industrial sewing machines
- The training of 4 low income women to produce reusable cotton menstrual pad kits for sale to CCF and other buyers
- The fees needed for the women to create a brochure and attend a “Maker Fair” to promote their sustainable and reusable product to other buyers

CCF’s purchases of 800 kits in 2018 were enough to provide one woman, Nilam (photo right), with full time work. As CCF’s menstrual hygiene education program grows we will continue to purchase our kits from this workshop & help them reach out to other markets with the goals of creating more jobs, providing income, and promoting women’s skills development.
HEALTHCARE: Menstrual Education

2. Training Local Leaders

Believing local leaders understand their communities best, CCF grants funds to our Nepali partners to organize intensive leadership trainings for women to become menstruation education trainers in their own communities.

In 2018, CCF and our partners helped to train 26 women and one man from 6 different rural and urban regions of Nepal at a cost of $81 per leader. These leaders went on to conduct 8 rural and urban trainings affecting over 508 attendees.
HEALTHCARE: Menstrual Education

3. Menstrual Education Programs

In 2018 CCF funded eight informational half-day and full-day menstrual education classes in different regions of Nepal educating 508 girls, women and a few men.

The classes on Menstrual Hygiene Management (MHM) were conducted to help girls and women learn about menstruation, sanitation, environmental issues, and the breaking of cultural taboos.

“I am very happy and thankful to you for providing us this opportunity to receive MHM training. We have learned so much about menstrual health and hygiene, its impact, the myths and taboos, the concepts of sexual health and more. We were happily overwhelmed with people from various districts and loved sharing ideas and beliefs. This training was a great one and we hope the trainers will further spread the idea of MHM.”

– Prastuti Dhakal, attendee
HEALTHCARE: Menstrual Education

Impact of Menstrual Education

Nepalgunj (Southern Nepal): 120 women attended two, half-day sessions, 120 kits were distributed to attendees and 10 menstrupedia comic books were distributed to local libraries & schools.

Dhading district (rural): 285 women and girls attended three different day long trainings in the villages of Sertung, Lapa and Borang, 168 kits and 20 menstrupedia comic books were distributed to local libraries and schools.

Kathmandu (urban): 76 women and girls attended 3 different trainings, 76 kits and 58 menstrupedia comic books were distributed.
Prastuti Dhakal, the Administrative Assistant for CCF’s Power of 5 girls’ education program attended the 3-day Menstrual Hygiene Leadership Training funded by CCF in September of 2018 and had this response:

“With additional learning via this program I aim to spread the knowledge, make people aware of the fact and give my best to make their life a bit easier. Menstrual hygiene management is vital as it is related to reproductive as well as physical health of women. We plan to give further trainings to outside producers to widen their knowledge and to influence about the necessities of menstrual hygiene management.”
In 2018, CCF completed our major commitments to earthquake relief. In 2019, CCF will redirect our work toward our original mission of advancing marginalized individuals, especially women, in Nepal by promoting access to education, healthcare, skills development and facilities improvement. Our focus will shift back to girl’s educational opportunities, menstrual education and demystification, and economic development for women and marginalized communities.

Conscious Connections Foundation
2018 EARTHQUAKE RELIEF

1 earthquake resilient weaving workshop & community safe space built

15 women weavers able to return to work in safe conditions

$15.5k Cost to build the weaver’s workshop
Earthquake Building Comes to an End

As Nepal’s 2015 earthquake and its devastation recedes from the news CCF has continued to help our Nepali friends rebuild. The building of the weaving workshop in Kirtipur Nepal was one of CCF’s final large scale earthquake relief projects and it is now complete.

Built to help women who lost their homes, looms and livelihoods in the earthquake CCF, at the request of the weavers, granted $15,500 to construct an earthquake resilient centralized weaving workshop. This community-run workshop can accommodate 15 women’s looms, and provides a safe place to work, gather in times of emergency and conduct future trainings for this community of entrepreneurial women.
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<td>Monitor and provide assistance for emergencies that arise</td>
<td>CCF will support its partners should any unexpected emergency develop.</td>
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| Sustainably cultivate and grow the menstrual pad project             | CCF will:  
  - Continue to fully employ at least one female tailor to create menstrual pad kits.  
  - Fund 12 new menstrual hygiene trainings in both urban and rural Nepal.  
  - Fund the creation of a menstrual hygiene manual for workshop participants.  
  - Distribute an additional 1000 kits along with MHM training to girls and women involved in CCF’s programs. |
| Support girls’ education in urban and rural Nepal                    | CCF will fund:  
  - The $14,400 needed for stipends for 120+ students in the Power of 5 child education program at ACP.  
  - The $10,600 needed for the final installment of the future sustainability of the program.  
  - $2,000 for the 3 merit and need based girl college scholars at ACP.  
  - $2,400 for 20 college scholarships in Ghatbesi.  
  - $2000 for ½ of the salary of the Administrative Assistant for the educational programs |
| Pay staff salaries for The Baseri Clinic in Dhadagaun Nepal          | CCF will continue to fund the salaries for the 3 women staff members of the Baseri Clinic in Dhadagaun Nepal.                                                                                                                                               |
“CCF lives in the world of possibilities and our lasting impact happens $10 at a time. We believe if each of us gives a little it’s no longer pocket change but global change. Join us. We are nimble and effective. From start to finish our projects are Nepali led and inspired and we get things done!”

— CCF Board
This is an incredible journey and we need your help. Whether your contribution is large or small, it all makes a difference.

DONATE ONLINE: consciousconnectionsfoundation.org/donate

DONATE BY MAIL:
Make check payable to Conscious Connections Foundation (CCF)
Send to: PO Box 342, Spokane, WA 99210
*CCF is a 501(c)3 and your donation is tax deductible.*
EIN # 47-1602190

WANT TO VOLUNTEER?
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 at 509-499-3320.

LEARN MORE:
www.consciousconnectionsfoundation.org

CCF IN THE NEWS:
www.thefigtree.org/nov18/110118consciousconnection.html
www.thefigtree.org/oct15/100115ccfearthquakerelief.html
www.spokesman.com/stories/2016/aug/14/spokane-nonprofit-ganesh-himal-trading-nepal/#/0
www.whitman.edu/newsroom/cameron-conner-20
On behalf of all of us at CCF, we would like to thank each of you for the incredible support you have shown us and our friends in Nepal over the years. The road has been shaky and uncertain, yet you have endured the ride alongside 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.

www.consciousconnectionsfoundation.org