

Newsletter 5 2003

Dear friends!!

Have been away from the school for a while but several people have been informing me about what's going on in Bhuriakop.

>From the beginning of the school year (March) the children have benefited the presence of several volunteers from different countries (America, Australia and the Netherlands). It is so beautiful to see that everyone comes with a genuine heart to reach out and help. Everyone has different qualities, skills and experiences to share with the children and staff. They have been teaching, gardening, singing, dancing, playing, painting, building, making wooden furniture and a henhouse, building a see-saw and swing from bamboo and many, many other jobs. They have been organising, giving critical notes, advise, feedback and suggestions for improvement.

Thank you Peter, Jannie, Monica, Robbert-jan, Janneke, Kienda, Francois, Louise and Michel for your fantastic support.

The bamboo see-saw and swing unfortunately fell apart because the children where so excited that they were used intensely. Now they are replaced by steel ones. In the meantime there is also a washing machine and dryer in the school. Right now we are in the middle of the monsoon.....it can rain for days on an end and laundry never gets dry. So this investment is a great improvement!

Probably due to the whether change (monsoon) at a certain stage almost everyone in the school was sick with just one who was still up and running to look after all the others.

One of the volunteers also reported me that he was going to do more physical education with the children for some of them got a little bit thick.....Something to worry or to be happy about? ha, ha!!

Half of the school year passed already, 4 more months to go. In Sikkim we do not have a long summer break. The school year starts at the beginning of March and ends mid November for a long 3 month winter holiday. During the school year there are 3 10-day holiday breaks (in May, August and October) in which the children go home to enjoy invaluable time with their own families.

In the meantime developments have been going on in the Netherlands as well! Three beautiful well wishers have set up an official foundation now which supports our project.

The name is "Stichting Kinderen van Sikkim" which means "Foundation Children of Sikkim" Address:

Kromme Waal 20,
1011 BT, Amsterdam,
the Netherlands. This is the address of Jannie Langbroek, one of the trustees who recently has been visiting Sikkim for 6 weeks.

It is possible for foreigners to send donations into our trust account. The account number is 9227356 name of the bank is: Postbank Mention the account number and the address given above. As foreigners you also have to mention:

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Postbus 1800,
1000 BV Amsterdam

It has been 3,5 months that I left Sikkim. I first spent 2 months in Nepal to enjoy its people and the quietness and the rhythm of nature in the mountains. From there travelled to Dharamsala (northern India) where I have been staying for more than 6 weeks now. Mainly to do a lot of meditation, to focus on Buddhism and to find a quiet space both within and without. Spent 2 times 10 days in the Vipassana meditation centre. First to join a ten day insight meditation course in silence and the second time to serve during such a course. The experiences and insights go beyond words.... and feel so much contentment, peace and happiness....It makes that I can go back to Sikkim enriched and refreshed!

And in the light of focusing on Buddhism....can you imagine anything more inspiring than receiving some teachings from His Holiness the Dalai Lama himself? From tomorrow onwards His Holiness will give public teachings for more than a week.....Being in his monastery and enjoying his presence is already a spiritual practice in itself!

I am planning to be back in Sikkim for the months of September and October and I am looking forwards to it!

By the way, it is possible to view a few pictures from the school and the kids on the following website: www.indianrose.org. Louise and Michel are 2 Dutch people who started a trust under the same name: Indian rose. They support several charity projects both financially and physically in India where they are travelling right now. So on their journey they also visited Sikkim Himalayn Academy for 10 days to help and teach.

On the website under the subtitle: "10 Kilo Truitjes" (meaning 10 kg of pullovers) you can see some pictures showing their stay. They brought 10 kg of hand knitted pullovers for the children made in the Netherlands. Kids where so pleased as you can see!

Well, this is it for now.
Hope all of you are doing well!!

Thanks so much for all your support, enthusiasm and best wishes.

Many blessings to you all.
Much love from me and the kids!

Hedwig

"IT IS NOT HOW MUCH WE DO BUT HOW MUCH LOVE WE PUT INTO
THE DOING

IT IS NOT HOW MUCH WE GIVE BUT HOW MUCH LOVE WE PUT INTO
THE GIVING"

mother Teresa