



Bodhi Tree Foundation

“Our prime purpose in this life is to help others” ✨

-Dalai Lama



Come to Nepal and Tibet!

Our next fundraising trek is scheduled-
May 28 – June 21, 2014
Come celebrate the Saga Dawa Festival at holy Mt.Kailash (Tibet) and have an authentic cultural experience! You will also learn more about BTF projects, trek in the remote Limi valley & visit the oldest monastery in Nepal!
Contact us now for more information. Space is limited to 10 people and the deadline is March 1st!



Happy Holidays!

We hope this newsletter finds you all happy and healthy and getting ready for the usual craziness that the holiday season brings!

The Year in Review

- * We continued our collaboration with Vitamin Angels, Nepal's Ministry of Health, and local Humli NGO's to distribute prenatal vitamins to over 700 pregnant and breastfeeding women. During the last four years we have provided a year's supply of vitamins for 2700 women.
- * Distributed another 500 Clean Delivery Kits this year to village health posts throughout Humla for a total of 2200 over a 5-year period.
- * Provided basic health education and midwife training to 60 women. In the last four years we have educated over 300 women.
- * Made further progress in getting the Chicken & Egg Farm built. The buildings are finished and we have chickens! They are still young but we hope to see eggs in the coming months. We are also in the initial phase of starting a cow farm. We plan to purchase 5 cows and an ox and will be able to start selling fresh milk by July 2014.
- * Supplied Humla District Hospital with over 300 newborn/receiving blankets, plenty of baby hats and essential bulb syringes needed at delivery.
- * Had a fantastic fundraising trek to Gokyo Lakes and over the snowy Renjo La (17,853ft) in the Khumbu (Everest) region of Nepal!

Bodhi Tree Foundation

“Giving with an open heart brings us joy and directly benefits others”



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bodhi tree foundation

We're on the Web!

Check us out on Facebook
<https://www.facebook.com/pages/Bodhi-Tree-Foundation>

Or visit us at:

<http://www.bodhitreefoundation.org>

Please consider making a donation in honor of someone you love this year.

\$15 pays for a year's supply of donated prenatal vitamins for one pregnant or breastfeeding mother in Humla.

\$20 covers the purchase and distribution of 10 clean delivery kits that can save the lives of 10 Mothers and babies.

A larger donation of **\$50** can send a local Humli woman to a 5-day health education and midwifery class. Her education will have a profound impact on many more lives within her village.

\$2500 covers the cost of entire Safe Motherhood training class that will educate 30 local women and save the lives of many other mothers & babies in that village!

Please make checks payable to:

Bodhi Tree Foundation or through PayPal: bodhitreefoundation@yahoo.com

Bodhi Tree Foundation is a 501c3 tax-exempt public charity. Tax ID: 26-0824066

What's to come in the New Year:

- We are hopeful to have the Chicken & Egg Project in full production in 2014! The sale of the eggs will help sustain the cost of funding the Safe Motherhood classes and the distribution of Clean Delivery Kits.
- We will provide two more Safe Motherhood Classes in southern Humla that will educate a minimum 60 women. These classes provide fundamental health education and skills for safe birthing practices. This education is a vital component to decreasing infant & maternal mortality rates in Humla.
- Thanks to Vitamin Angels we will be stocking the health posts again with a year's supply of prenatal vitamins for 700 women.
- We will continue distribution of clean delivery kits to remote health posts which will provide women with the basic equipment necessary to have a clean delivery.
- We plan to start selling fresh milk in Simikot in the summer of 2014!

We would like to thank all of you for your continued support and generous donations!

And extra appreciation to:

Rotary Club of Truckee
Soroptimist International of Truckee Donner
Kiwanis Club of Sacramento-Suburban
Vitamin Angels
Firante Treks
The Real Graphic Source
Global Nutrition Empowerment
All People Be Happy