

WATER PROJECTS - ONGOING WORK

A water project

In our *Newsletter N° 16* published last April (that you can find on our website in the Download section), we discussed several aspects of the water problems faced by the Middle Mountain area in Nepal and certain solutions that can be envisioned. In this Newsletter we will more specifically present a potable water supply project for four villages.

It is a project that is particularly dear to our hearts, because it's thanks to this project that CQN exists. In fact, while trekking in Nepal in 2001, Michèle Legault, president and founder of CQN, wanted to visit a village where tourists did not venture. She ended up going to the villages of Syauri and Pangu Besi, in the company of her porter's uncle. The uncle had received pipes from the government but did not have the money to finish a project that was very dear to him: bringing potable water to his village so that his old mother would no longer have



Pipes for the new project

to spend four hours a day fetching water. Michèle Legault came back to Canada, did some fundraising and voilà ... The uncle's name is Makar Dhoj Waiba Tamang. He is president of SPSWO, the Nepalese NGO with which we work and that he founded in 2004.

Following the 2015 earthquakes, these two villages (as well as many others) don't have enough water. This is why the villagers chose to go and get their water, by gravity, from a high output water source located 5.1 km from the villages, and to connect it to the existing distribution system. It should be noted that this system was upgraded in January 2018. It's a long distance but it is important to choose a water source that is upstream from the last houses in order to ensure that the water is potable.



Existing water tap

share the same trench, with connections at the appropriate places for the different villages. The pipes will be buried at a depth of 90 cm. It is the inhabitants from the different villages who will dig the trench and bury the pipes. This represents the "local participation", an integral part of each and every one of our projects. Upon completion, this project will provide water to about 180 houses, including a Dalit village (tailors – service cast, previously called untouchables) that presently has no water at all.

SPSWO teamed up with two very dynamic Youth Clubs (Syauri and Pangu Besi) to form a *Construction Committee*. Two other villages that were along the pipeline trajectory and that also don't have enough water, Patwaal and Sano Bugdeu, have asked to join the project.

This project includes the construction of intake works and three pipelines: one 1,040 m (Sano Bhugdeu), one 3,000 m (Patwaal) and one 5,140 m (Syauri and Pangu Besi). It should be noted that these three pipelines will



Preparing the site

The project will be turned over to the Water User Groups of the four villages once it is finished. It is they who will be responsible for the maintenance and repairs of the water system. This will be funded by a water tax paid by each household.

This project is co-financed by CQN (thank you to the Fondation 3% Tiers Monde!) and the Nepalese government. *



Anna Van Ermenegen

A Word from the President

As the end of 2018 approaches, we thought we would bring you up to date on two of our active files in Nepal: potable water and schools. Other projects, such as the construction of toilets and a water project for a school, are under preparation.

The country is slowly adapting to its new political reality and the new bureaucratic requirements accompanying it. CQN prepared three school reports this year, one for each ward (VDC) that we work in. Our Nepalese colleagues have translated them into Nepali, thus ensuring that they reach the appropriate people. In addition, this year SPSWO, the Nepalese NGO that we work with, must submit their annual reports to four different entities. The Nepalese government wants to make sure that there is good coordination between the groups that work in Nepal, regardless of their size.

At CQN, we feel that it is important to maintain good communication channels with other active groups in the area. It is in this spirit of cooperation that each of our projects will attain its objective.

Happy Holidays to all of CQN's supporters, and thank you for not forgetting us this Holiday season! ✨

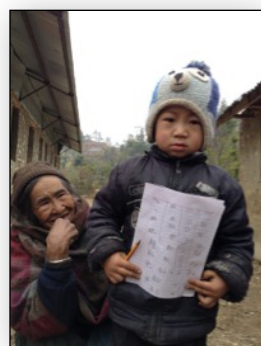


Michèle Legault

Schools in Nepal - 15 years of evolution

Visiting the schools

In January and February 2018, I visited 11 primary schools from kindergarten to grade 5, and three primary-secondary schools, from kindergarten to grade 10.



It's important for us, at CQN, to visit the schools because one of our principles is to only assist institutions where we can see what is going on and can meet with the students and participants to

discuss their needs and requests.

I've been visiting some of these schools for over 15 years and have seen some major changes. If I tried to evaluate all of them, results would be very different: some get an A and others a C. High schools have all improved. The most distant primary schools depend a lot on the teachers working there. When the team is complete, progress is more rapid, and it's easy to work with them.

The great advantage of visiting all these schools is above all to be able to bring them appropriate assistance, for example a water fountain, toilets or else supplying



snacks such as we have been doing with the Sanjkhote school since November 2018. One program is offered to all schools without question: the paper&pencil program. This basic school material must be paid by parents, many of whom are financially unable to do



this. Our aid allows many children to attend school with the necessary materials. When our budget allows for it, we add hygiene materials (soap and toothbrushes) for some classes as well as a first-aid kit for the school. In October 2018, Claude Martel's Grade 1 class raised \$ 1,900 during the Green Fair at the Saint-Barthélemy school in Montreal. These funds will be used for a number of projects in 2019. Once again, thank you so much to Claude, the parents and students as well as Lucie, our volunteer who's always there to hold the kiosk for CQN. Moreover, we're looking for other teachers in the Quebec, Lévis or Montreal area who'd like to help schools in Nepal. The total of the funds raised in Quebec is used on site, to help hundreds of children, and are rigorously followed. Since 2018, those responsible for Nepalese school projects are Amrit Lama and Kumar Lama. ✨

Michèle Legault

Portrait of a volunteer: Shyam Suwal

Shyam Suwal obtained his PhD from Laval University in Food sciences and technology in 2015. Already proficient in French, it was easy for him to integrate into Quebec society. He was a member of CQN's board and its Project committee from 2014 to 2017.

Shyam was actively involved in earthquake relief efforts following the 2015

earthquakes in Nepal, both in Quebec and in Nepal. In Quebec, he was in close contact with the media in order to raise funds. He also travelled to Nepal to support the local team in its distribution efforts, making sure that aid reached the right people.



*Distribution of blankets
in Nepal in 2015*

After having worked as a post-doctoral fellow in the US, Shyam returned to Quebec, where his wife and son joined him, freshly arrived from Nepal. On October 1st of this year, Shyam was named Assistant professor at the very reputable Department of Food Sciences at the University of Copenhagen.

Shyam has been a very pleasant person to work with. With his first-hand knowledge of Nepal, his expertise and his good listening skills, he has made many positive contributions to the CQN team.

We wish him and his family all the best in this new challenge awaiting them! ✨ AV



Contributors:

Caroline Boucher, Doris Fréchette, Michèle Legault, Patricia Stewart, Anna Van Ermengen

Mondokarnaival - a must!

Once again this year, CQN's participation in MondoKarnaival was very rewarding and worthwhile. CQN teamed up for this big multicultural event with members of the Nepalese community, who were dressed in beautiful traditional clothing.

There was only one table this year, but we were able to attract and educate a large number of visitors about Nepal with

posters, flags, authentic Nepalese articles and photographs. For this year's event,

we incorporated new ideas such as tea tasting, tikas for the kids and a very interesting and informative board game about Nepal,

where people could learn a bit more about Nepalese culture.

Thank you, Alice, for this great idea! Young and old also enjoyed getting their name written in Nepalese.



Learning about Nepal

In two days we managed to collect \$ 287 from the sale of teas, spices, greeting cards and various hand-crafted articles. First we explained that the funds raised would go directly towards the construction of toilets, and so people were especially willing to contribute! ✨



Caroline Boucher

Projets to finance

Construction of toilets with septic tank

Construction of toilets in Ward #3 (Sikhar Ambote). The subsidy provided by CQN and the local government covers a portion of the total cost, with each household providing the balance, as well as manual labour. Each household works very hard to build their toilet and septic tank !

Cost : 100\$ per toilet



Makar Dohj with newly built toilet structure

Group sponsorship

This project was created to give donors the option of sponsoring a group of children. A donation of 100\$ will allow a class from one school to buy school materials so that children from needy families can attend school.

Cost: 100\$ per sponsorship



Pedagogical material for one classroom

2018-2019 CQN Board of Directors

During the last annual meeting, Sagar Bhatta and Alice Marciniack stepped down from their positions, and Doris Fréchette agreed to join us, taking on the position of secretary. Thank you to all three of them.

Here is the 2018-2019 Board of Directors (left to right):



Shyam Suwal (administrator - until October 2018), Anna Van Ermengen (Treasurer), Renée Champagne (administrator), Michèle Legault (President), Lyse Ferland (administrator), Doris Fréchette (Secretary), Caroline Boucher (administrator), Uttam Shrestha (Vice-president), Insert: Achut Parajuli (administrator). ✱

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www.canadahelps.org



You can also make a donation by sending a check to the address below. Thank you for your generosity!

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