



# Yangrima News

Volume 13 December 2000

## Greetings to all Yangrima supporters worldwide.

Namaste!

As I write this we are close to the end of another year and it has been one of great activity, in Sermathang and here in the UK.

**Volunteers:** As I write, we have six volunteers in Sermathang and Kakani; a record! They come from US, Australia, New Zealand, South Africa and UK. That range in age from 'gap year' to post university and late twenties!

**How has this happened?** Well, the Sermathang volunteers have continued to be recruited to planned levels throughout the year and we have had 15 altogether during 2000. But, during my visit in April, Gopal and I visited Kakani with a view to spreading our volunteers effort (and talent!) wider afield. We were careful not to rush in. We wanted to be sure the volunteers were wanted by the school and the community and that the school would be willing to respond to the new initiative. The result is that our first two volunteers, Liga and Andrew, started there in September and we already have two more recruited to take over in February.

The challenge is immense as the school in Kakani has few resources. Liga and Andrew are doing a great job in setting up the project and seem to be enjoying the experience.

Meanwhile, In Sermathang, Erica, Rachel, Julie and Natalie make up another talented group and are working hard. We are so fortunate to have had so many volunteers of real talent and enthusiasm and their contribution can be seen clearly in the success of the school.

**Plans ahead:** We are keen to make it as easy as possible for children to start their education at Yangrima and feel that a major contribution would be to eliminate parent fees from the kindergarten class. The overall cost would be £2000 per annum and we are getting support from several quarters. Anyone wanting to help fund this would be most welcome. Please email me at [businesslink1@compuserve.com](mailto:businesslink1@compuserve.com)

**Trekkers galore!** As I write, there is a group of 30 trekkers from Voluntary Service Overseas about to arrive in Sermathang. The father of one of our ex-volunteers, Anthony Orlik (1990), is among them and looks forward to seeing so many friends that

Anthony made ten years ago. He has already met Tshering in Kathmandu.

We hope that the visit will be a very successful one with a chance for the school to show itself off to many interested visitors. They will then go on down to MelanchiPul, via Kakani, where they will see our second project.

My best wishes to all of our supporters and hopes for a very happy New Year 2001 to everyone.

Anthony Lunch

## Yangrima Family

**Founder:** Gopal Lama

**Principal:** Norchung Lama

**Chairperson:** Anthony Lunch

**Teachers:** Yangzen Lama  
Krishna Prasad Pathak  
Rekha Lama  
Santa Bahadur Rai  
Sonam Lama  
Netup Lama  
Pramod Prasad Awal  
Chitra Bahadur Karki

**Supporter:** Nima Tshering Lama

**Hostel Staff:** Pema Lama  
Thulie Dong  
Parvati Pandit  
Deb Bahadur Pandit

**Administrator:**  
Nima Lama

**Volunteer co-ordinator:**  
Ranjan Lama

**Volunteers:** Erika Osborne  
Rachel Procter  
Liga Millers  
Andrew Matthews  
Natalie Jensen  
Julie Nardi

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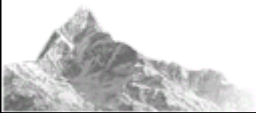
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## Letter from School Founder

Dear Friends,

For the last two years we have prepared students for the SLC (School leaving certificate) Examination and seen them leave the village. Half of them cannot afford to continue further education due to lack of financial or academic support.



In order to retain some of our ex-students in the village we started teaching agriculture to the 14-17 years old. However, after completing SLC their aims become more than a life of a subsistence farming in the village.

Almost a year ago we decided to start vocational training for our ex-students. Some of them showed interest in becoming trekking guides and we thought because they have good language skills and good legs -it could be a good idea. Since then I have been studying the trekking/tourism industry in Nepal and trying to put together a training manual which includes awareness on environmental, cultural and social issues. The aim is also to organise treks where maximum benefit would go to the local communities with adequate gear and a fair wage to the porters and guides.

It has been a fascinating time for me to learn more about a completely new area and discover new possibilities. We have set up a trekking company alongside the training project, which aim to provide both training opportunities and employment. Proceeds from operating the commercial tours will go towards funding the training programmes.

So far we have successfully operated all-inclusive tours to the Annapurna Base Camp (Wellington College & Westfield School, UK), Helambu Circuit (Brenderup Folkhigh School, Denmark), Helambu Culture Trek (Teachers for Peace, Denmark) and GoshainKunda Trek (Buttershaw Upper School, UK). In total a group of over 50 people -a very good start for the first year. I want to thank Tim Kruger, Mike Halpin, Sven Primdal, Frank Kroyer and Kezia Robson for their support with the trekking projects.

The company is called Sublime Treks and Excursions and we hope to update our website [www.trekinnepal.com](http://www.trekinnepal.com) will be up and running after the New year. As a newly formed company we are looking for your support in finding people who would like to come to Nepal through us. If you have any suggestions please contact me at [GoNepal@aol.com](mailto:GoNepal@aol.com)

Another significant event that took place this October was the first half of the Buttershaw Yangrima exchange. Students in both schools are and have been raising money for this trip, so far £11,000 has been raised with another £4,000 still to go. The first half went really well and the Yangrima students are set to go to England at the end of June. If you would like to get involved in this project or could offer any support or help then please contact Kezia Robson at [Ziedee@aol.com](mailto:Ziedee@aol.com).

I would now like to give a very special thank you to Anthony Lunch for his continued support over the last 10 years and for bringing the Volunteers Program so successfully off the ground. We are now able to send volunteers to the Kakani School and probably to Melamchigoan from next year. A special thanks also to Charles Dawes, our webmaster and Shanti Somono for all her support with our child sponsorship Program.

Last but not least, I want to thank you for your support either as a volunteer, a child sponsor or as a friend of Yangrima School and Sermathang Project.

Merry Christmas and a Very Happy New Year 2001

Gopal Lama  
Founder, Yangrima School

## FROM KAKANI

"Namaste Sir, Namaste Miss, how are you?" can be heard echoing around Kakani shortly before 10 o'clock every morning as children emerge from the lower valleys in order to attend the primary school. They arrive in all shapes and sizes; some wear the uniform, some come barefooted, some carry books but, without a doubt, all of them come with an enthusiasm to learn.

Being the first volunteers sent to Kakani by the Sermathang Project we are somewhat of a novelty and the morning greeting has become a daily ritual with pupils from all classes. In turn we ask the same question, "How are you?" to numerous children, most of whom are keen to practice the adjectives we have taught them. "I am cold," "I am tired" or "I am angry" are therefore fairly normal replies. During this prelude to the morning we cannot help but wonder - how many pupils will we have today?



**Above:** An evening spent playing cards

One of the first things we noticed about the school was not only the flexible timetable but also the sporadic attendance. Many children cannot attend every day because they have to help in the fields or work as porters. It is not uncommon to prepare a potentially brilliant lesson for the following day only to discover that 2 pupils from a class of 10 have turned up. Consequently our improvisation skills have been put to good use during these past few months. One return of the poor attendance is the large variation of levels within classes and sometime it is difficult knowing whether to slow classes down for the benefit of a few children attending for the first time in a fortnight or to

develop a subject already covered with the rest of the class. One way we have overcome this problem has been to split classes. Again, this is usually done on an adhoc basis.

Another result of the sporadic attendance is that the pupils progress very slowly. Indeed, when we first arrived the standard of English was lower than we expected and as communicating with them in Nepali was, and still is, not really an option we had to develop our own method of interaction. We also felt that the children lacked some of the rudimentary and fundamental learning skills, which form the basis of a child's education and simple games such as 'memory cards' and singing songs have proved hugely successful. Furthermore, we discovered that, although many of the older pupils could recite paragraphs from their textbooks, they did not understand

much of what was written. But more importantly, they were unable to hold simple conversations in English. To start with, therefore, we discarded the textbooks and concentrated on oral expression. Perhaps our greatest achievement is that children from all classes can now converse in English, be it a basic level.

Discarding the textbooks has meant that we have had to make our own teaching aids and as school resources are practically non-existent we have again had to improvise. Using pages from notebooks glued on to old cardboard boxes we have made lots of flashcards for a variety of use, including memory games and bingo. Material-wise we have greatly benefited from the fact that Kakani is on a man trekking path. We have received generous donations of paper, pens and colored pencils and some tourists have also give up their own time. A group from England spent a day drawing a board game and a small army of French trekkers spent an afternoon copying dozens of blank clock faces on which the children could then draw the time. For a few hours, Kakani had its very own photocopier!

The children are extremely appreciative of the materials we make for them and the time we spend with them. If we walk past a classroom, which at that moment has no teacher, we invariably receive requests of "Come in here Miss. Teach us Sir." It is very hard to walk past with eager-looking children peering at you through the window. Furthermore, the local community takes an interest in our teaching methods and the day is not complete without an audience of goat herders, porters and mothers.



**Above:** Kakani's school pencil sharpener

Officially, school finishes between 3 and 4 o'clock but our job as 'entertainers' is rarely over. There is always something we can occupy the local village children with, be it skipping, drawing or talking them for extra reading lesson. And when the children no longer require our attention there are plenty of cardboard boxes to be cut!

As the first volunteers of the Sermathang Project, teaching in Kakani has been a challenge but at the same time has extremely rewarding. We sincerely hope that the good work will continue once we leave, as these children desperately want to learn. We have enjoyed our time here immensely and we know that on our last day when we are asked, "How are you?" there will only be one answer: "We are very sad."

Namaste,  
Liga Millers and Andrew Matthews

## FROM SHANTI AND GLEN

Last year on November 12, 1999 we flew half way around the world, from British Columbia, Canada to meet Gyalmu Lama and her family. Glen and I had been sponsoring her at Yangrima School for 5 years. By email and mail we had been in touch with Gopal and Norchung. We had also exchanged letters and pictures with Gyalmu who was in grade 3 when we arrived.

In Kathmandu we met Gopal and we very pleased to be welcomed with open

arms. We had asked if would be OK to hug our friends in Nepal and Gopal thought it would not be offensive!

We hiked up to the school with Gopal, Ranjan. the administrator, and Khanchi, a teacher. I had 10 hours to exchange stories with Gopal about our lives and families. It was a really enriching experience.

I was also very tired when we arrived. We put our gear at Snowfall, the guest house and then Norchung arrived and we were whisked off to his place. There we met Gyalmu, and, Norchung's, wife, and Maya, Norchung's sister. Now I know how fortunate we were to arrive, hike up with Gopal and have Khandu there also.

We sat up late talking and learning about each other and the school. The next day the teachers and staff were having a meeting so we spent the day getting to know the children. The first thing I noticed when we got up, as we arrived in the dark, was that I could be back centuries in time. No electricity and no roads. Day to day life going on as it has been for centuries. Carry water, chop wood. I was also grateful that the dogs seemed to have been left behind in Kathmandu so it was quiet at night, and peaceful during the day.

We also went up to the school and watched some of the activities the teachers were doing. It was all very fascinating. The children were happy and Gyalmu and her cousins were excited to show us around.

One of nights there I heard all this drumming and asked if I was

missing out on a party. Our soon to be guide found out it was a special ceremony to de-shaman a shaman. So we went over and watched the ceremony for a while. They had a very bright Coleman lantern, so we could actually see everyone.

In a very short time we felt very close to Norchung's family and now we are a part of that family.

We took Gyalmu on a trek up to Tharepati and back down, (and always more up) to Sundarijal. We met people who knew Gyalmu's mother and we met her great uncle. It was an amazing trip for all of us.

When we came into Kathmandu we had warm showers in our hotel and Gyalmu stood under it for a long time, until I finally turned it off. It was definitely a better deal than a bucket of warm water.

I think more adventures were packed into those 3 weeks than happens to us in a year!

We continue to be in touch with Gyalmu and her family, however it will be great when we can come again as she says she can speak English much better now, as it was very limited when we were there. We send our love to everyone and may you all be warm and healthy.

Nameste,  
Shanti Sonoma and Glen Johnson

## OUR PEOPLE

### H Yolmo People

H Yolmo people are one of the identified tribes in Nepal. As mentioned in history, Hyolmo people were originally from Tibet and then later on they migrated from the northern part of Tibet and settled in Helambu. Hyolmo people live in mountain regions. Casts were formed on the basis of the places where they lived and their professions. Some of the sub-divisions are lama, salaka, pinas and chaba etc.

H Yolmo people have their own customs and traditions in their



society. When a child is born the child is given a new name by the "lama" (Hyolmo Priest). The lama offers a special name to the newly born child by working out with the time the day and the month when the child was born. They have to organize an arrange marriage. The guardian of the groom has to get permission from the guardian of the bridegroom with some "aarak" (wine) in a wooden pot, known as langchang. After taking the decision, they fix the wedding ceremony. Afterwards the date is announced to the villagers.

The main festivals of Hyolmo are Lhosar, Nhara, and Chiiju. Lhosar is one of the main festivals celebrated as the New Year day.

The main occupation of the Hyolmo people is agriculture. They live in highland areas, therefore they cannot grow enough crops from their land, so they also farm domestic animals. But some of the people opened lodges for visitors and earn foreign currency. Most of the Hyolmo people are trusting in different fields. They have the ability to convince other and also they believe in others, they neither want to deceive others nor want to be deceived by others.

Tashi Delek  
Jeeva lama  
Class 9

## Why do people give more value to sons than daughters?

In our society people give more value to sons than daughters because they believe that the son is the care taker of their old age, and the daughter goes to another person's house after marriage. They know that both sons and daughters are their children, but they are not sad when their daughter gets discouraged. They do not like to educate their daughter but they educate their son, because they say that if the son is educated he can earn for his parents. They only think for themselves and not for others.

Men are allowed to marry other women without the death of his first wife. But if a woman marries with more than one man, she is looked on with ill eyes in our society. If she could not get married for any reason she is looked with ill eyes as well. Before, the 'Sati system' was very popular in Nepal, in which a husband dies and he is burnt in fire, and at that time his wife has to burn with the dead body. But when the wife died the man was allowed to marry new wife. Orthodox people take this entire concept. So we all have to try to make these people understand by teaching equality between man and women. What ever the men do the women can also do that.

Pema Lama  
Class 9

## FESTIVAL TIME

### Lhosar

Lhosar is a festival of Buddhists. 'Lhosar' means 'new year'. There are three kinds of Lhosar. We celebrate Sonam Lhosar. On Lhosar all families are together. The first day of Lhosar, we stand a flag in front of the house. Lhosar is mainly celebrated for 11 days.

On Lhosar, we eat babers. We wear new clothes. We go from house to house. The men who are older in each house, for example the grandfather or the father, puts a tikka on our heads. We go to our uncle's house. We go to visit in Lhosar. When Lhosar comes we become very happy. I like Lhosar very much.

Tshering Lama  
Class 6

## EXCHANGE PROGRAM

### A Great Surprise

During the last vacation our school performed the BYE 2000 program. B mean Buttershaw, Y mean Yangrima and E means exchange, which altogether makes "Buttershaw Yangrima Exchange 2000". We went trekking along with eighteen english students and four teachers. We visited Gosainkunda, Melamchi gaun, Kathmandu, Baktapur, and Swayambunath. Best of all was our rafting trip from Trisuli river to Marsyangdi. After two days of flowing with the river we spent the night at the river side. We all were doing our work by ourselves when we got a great surprise. It was about the engagement of Gopal Sir and

Kazia Miss. Gopal Sir is the founder of our school and Kazia Miss is from Buttershaw school in Bradford, England. We all were feeling so tired but happy too. We performed a small engagement party dance to welcome the new couple of the year 2000. We really enjoyed it, and at the time we hadn't anything to give except congratulations.

Thank you

Maya Dolma Lama  
Class 8

## My experience about rafting

First of all on 21<sup>st</sup> of October, we stayed overnight in Kathmandu. The next day we all went from Kathmandu by bus to go rafting. We were rafting on the Trisuli River for two days. At first I very scared about rafting. When I saw rafting on television, I thought: "why do people go rafting?" I thought it was very terrible for our lives too, and that we could do anything we liked



with the boat and paddle. But before starting our rafting, there were two guides in every boat. We had three boats. They told us about paddling and other things that we had to do very carefully. How to paddle the boat and which way we have to paddle the boat, things like that. After finishing the notice about rafting we all put on life jackets and we prepared for rafting. We had eight students in each boat. We paddled from there, and when we reached the rapids (waves) it was very exciting, scary and fantastic. We swam in the river a lot, it was about 40 meters wide. It was the first experience of my life swimming in a 40 meter wide river. After three hours on the boat we had an over night stay at the river side. On the next day we had breakfast at the same time. After two and a half hours of rafting it was time to depart from rafting. So, we all went to our bus, we had lunch there, and we came back to Kathmandu. That was my experience about rafting. I'm sorry that I could not explain or write everything that happened at rafting.

Thank you.

Lakpa Dorje Lama  
Class 9

# RELIGION

## Hinduism



Hindus worship many gods and goddesses. Some of their names are Ram, Bishnu, Ganesh, Bairab, Mahadev, and Laxmi. In all the religious rites and rituals of Hindus, Ganesh is worshipped first of all. Saraswati is regarded as the goddess of education and learning. Laxmi is considered to be the

goddess of wealth. Similarly, Durga is worshipped to get power, strength and victory.

The Hindu religion is the main religion of Nepal. There are different cults within Hinduisim. Some people follow lord Shiva, and that is Shaivism. Similarly, there are Baisnavs (the followers of Bishnu), Krishna pranamis (the followers of Krishna) and the like. In spite of all these, there is harmony among the followers of different cults and sects. They live together in the same society, helping each other without quarrelling and without speaking anything bad of others.

Arjun Acharrya  
Class 6

## Christianity

Christianity is one of the most popular religions in our world. The people who follow Christianity are known as Christians. In Christianity there are three major groups. They are Roman Catholic, Protestant and Eastern Orthodox. These three groups of Christians have different beliefs about Jesus Christ. The Christians believe that God sent Jesus Christ into the world as a saviour of creatures.

Jesus Christ was born in Jerusalem which was then ruled by Romans. Jerusalem is in Israel. Jesus Christ was crucified in about 33 AD by the Romans. The followers of Jesus Christ spread Christianity to the major cities. About one-fourth of the world population is Christian. Christianity is the major religion in Europe, the Americas and Australia. There are many Christians in Asia and Africa too.

Christians believe that there is one God, and that he created the universe and continues to care for it. The Christians believe that Jesus is the saviour who died to save humanity from sin. Christians gather in churches. They believe that God intends them to form special groups for worship. Christians believe that Jesus is the same God of Judaism. Jesus Christ performed miracles such as healing the sick and bringing the dead back to life.

It is said that Jesus Christ appeared among his disciples after his death. Soon, Christianity began to spread everywhere.

In the course of time, Christianity became the official religion of the Roman Empire. Then it spread to other countries in Europe and America. During the middle ages, Christianity became so powerful that the Christian priests became the king makers. In the 16th century, science began to challenge Christian beliefs. Christians try to deal with basic issues of human welfare, and Christian leaders are the ones who speak out on such issues as world peace and human rights.

Renjan Dorjee  
Class 8

## SUPERSTITIONS

There are a number of superstitious beliefs in the world. Beliefs in ghosts, witches, and spirits are still found today. Belief in witches is more or less widespread in almost all parts of the world. There are a number of people who believe that some souls become ghosts after the death of a person. The hooting of an owl, the mewing of a black cat, and the howl of dog are regarded as symbols of good or bad.

Superstition is blind and irrational belief. It is the creation of whimsical minds. People regard it as unlucky if they see a widow at the time of starting a journey. People believe that if a dog howls, then a person will die in the community.

Superstitious beliefs are among the uneducated people and are ridiculously absurd. Death of people due to various diseases are said to be the doings of angry gods and goddesses. Innocent women are killed for being witches. Superstitions are the outcome of ignorance and education is a must to dispel such ignorance. By the light of education we can remove superstitious beliefs from the universe.

Tenzin Tashi Sherpa  
Class 9

## STORIES

### Hunter Shambu

Once upon a time, there was a big village and a hunter called Shambu lived there. One day, his wife said to him: "Go to the jungle and bring a bunch of bananas on your way back." He went to the jungle and he saw a big bunch of bananas. He picked the bunch of bananas and went to sleep under a tree.

A big ape came to the jungle and saw Shambu. The ape took the bunch of bananas. The ape ate seven bananas and then took Shambu's gun and shot a bird. Hunter Shambu was afraid. Quickly, he took the gun and bananas and he ran. The ape chased Shambu. Shambu dropped the bananas and the ape slipped on them then fell down. The ape was dead. Hunter Shambu went to his house. His wife said: "I told you to bring a bunch of bananas not one, you fool."

Another day, Shambu went to the jungle. He saw a tiger. He was afraid, but the tiger said: "If you don't shoot me, I will give much gold to you." So Shambu didn't shoot the tiger, and the tiger gave much money to Shambu. He was very happy. He

went home and told his wife, and his wife said: "Oh!" Then they lived happily, and ran their livelihood.

Pema Lama  
Class 6

## **Tannu, Shugs and the Witch Choomantar**

Once upon a time, there was a family living in a village called Shidba. There were only three members in the family, a father, a mother, and a daughter. The daughter's name was Tannu, the father's name was Ramu, and the mother was called Satila. Tannu had one friend, a bird called Shuga. There was also a witch called Choomantar living nearby. Tannu grew older and older.

Then one day, Tannu's mother and father went to market, and Tannu was alone. After some days, Tannu had a marriage offer from a prince. But the witch Choomantar knew that Tannu would marry the prince, and she also knew that Tannu's mother and father had gone to market. The witch came to Tannu's house when Tannu was alone in her home. Choomantar came in and took Tannu to her house and kept her in prison. Then the witch put on Tannu's dress and went to Tannu's house. Tannu cried in the cave. The witch said she was Tannu. Tannu's father and mother believed the witch because the witch didn't show her face.

On the marriage day the witch and prince were to marry as no one knew that she was a witch. She didn't show her face. But in the witch's cave Tannu had got out of prison with the help of her friend bird Shuga. When Tannu got out of prison, she went straight to where the marriage was. When she got there, the villagers were very frightened. They asked Tannu: "who are you?" She looked at the witch and said: "she is a witch - look at her face!" All the villagers looked at her face and saw she was a witch. They killed the witch. Tannu married the prince and lived happily with her family and also happily with her friend bird Shuga.

Lhakpa Lama  
Class 6

## **The ant and the elephant**

Once upon a time the elephant walked and walked and he found the sugar cane. In the sugar cane there was the house of the ants. That time he was very hungry. He ate the sugar cane, and all the ants were killed. But one ant was not killed. That ant went up the holes in the elephant's trunk. The ant bit in the elephant's trunk. The elephant was crying and crying. The elephant said: "please can you come out of my trunk?" and then the ant came out of the elephant's trunk. The elephant was very happy, and then they made friends. The elephant carried the ant in his ears. One time when he walked the ants arrived, it was his mother and father. Then the elephant lived with the ant's father and mother.

Thankyou.

Nono Lama  
Class 6

## *ENVIRONMENT*

Nepal has a big problem with deforestation because populations are increasing day by day. They are using more natural resources to fulfil their needs. Deforestation has been done by making houses, industries etc. Pollution is increasing due to population. Wild animals like lion, rhinoceros and deer are also decreasing with destruction of the forest. If you cut all the trees of the forest and there are no more animals in the world, imagine ourselves. How will the world be? We have the time to plant small trees on the land when we cut the big trees.

I think it is better to plant trees instead of making houses and industries because we have to save some wild animals in the world. If there are no wild animals in the world, and there are just people, how will we feel about ourselves? Why we are breaking the houses of the animals? Are they enemy of ours? I don't think they are enemies of ours. If some people came from another place and they broke our houses, would we be angry or not? I am sure that we would be angry, and if we would be angry then we should think for the animals.

Pasang Lama  
Class 8

## **Environment pollution**

If the environment becomes polluted then we will suffer from various kinds of diseases. So, we have to maintain our surrounding natural environment cleanly. A fresh clean environment helps us to be a healthy person. If we don't take care of the environment, tomorrow our future will be blind and the people will die of disease. So we have to do sanitation of environment time by time.

We have to conserve our surrounding natural environment. If we cut trees and we don't replant the trees then the environment becomes polluted. So instead of cutting the trees we have to replant trees. The disease will spread in our bodies if the environment becomes polluted.

It is our duty to maintain a clean environment.

Pema Lama  
Class 6

## *HISTORY*

History gives us knowledge and takes us to the period of our ancestors. It also explains how our ancestors had to fight in order to save our country Nepal. How in the past creatures ate things we also find with the help of history. It also tells us whether we are more civilized than our ancestors or not.

A man who has knowledge about history would have interest in the topic and would spend most of his time gathering information about it. A student of history would like to learn how the small kingdoms were developed into a country and how the Rana regime was started, but a man without knowledge of his tory would just laugh at the people that like to learn about the

past. It is history that explains about the wars that our ancestor fought with the British and China.

So in order to be a good learned man, we must have knowledge about history.

Phurpa  
Grade 9

## BACHELOR

When a man and a woman get together and think to spend their whole lives with each other, it is known as marriage. People think that marriage is compulsory for life. However, this thought is wrong. There are many people in the world who spend their lives without getting married. In a way, they live just as prosperous and happy lives.

If we stay unmarried, we will be free from social, physical and economic conditions. We can do whatever we really like. Being trapped in marriage, peoples' minds are always engaged in social and economic aspects. It created disputes between society. Because of marriage, people do not have a chance to think



about the country. Marriage makes people become tempted, and they always think about their members of family. People think that marriage is everything in life, but it is not a right concept.

I suggest that you not get married. Marriage is not a universal-ity. It increases population and well as social crime and sin. Of course, human beings need to give a continuity to generations. But it is better when we stay single. We don't have to carry each other's burdens. So, if we don't marry then I think life would be happy and peacefull.

Urken  
Class 9

## FRIENDSHIP

Friendship is a necessary thing that we need in our lives. So to make a friend, first of all we should understand what is mean by friendship. Friendship mean a true friend, those who help us in our difficulties every time and who understand our feelings.

Those people who have a true friend, they are the richest in the world. Any person who has lots of money but not any friends,



that person is very unlucky. Otherwise, those who have not a lot of money but have a true friend, that person is very lucky. If he will get difficulties time in his life, then his friend will come and look after him, but the rich person who has no true friend, they will die because he can't do anything for himself by money.

Sometimes we will get a selfish person in our lives who makes friendship just for money or entertainment, and that is not a true friend. We must understand that friends are more important then money. True friendship is helping a person in every step of life. Friends are a great gift of God.

Maya Dolma Lama  
Class 8

### Friend I miss our time together

I keep the memories  
of the special times  
we've shared  
tucked away inside my heart  
and whenever

I remember these times I smile  
because for just a minute  
I don't miss  
you quite so much

Maya Dolma Lama  
Class 8

## POEMS

### *My Past Time*

When I was young  
I used to gather  
some of my friends  
near by the river

We used to play games  
we used to sing songs  
we used to make noises  
we used to make dolls  
and many other toys  
to enjoy

We used to fly kites  
to send our message  
to the birds  
and our feelings on it

So that the bird  
could take the message  
to God

God would fulfill  
our feelings  
that we flew  
in the blue sky

Pasang Dolma Lama  
Class 8

### *Nature*

Nature is such a beautiful scene  
Which makes the surroundings appear  
serene.

A milky white waterfal through the hill  
It makes my heart sing a song still

All around I see natural beauty  
where I live peaceful and happily

Some are big and some are small

They have their own value so pretty  
and all

Mountains are alive with a glorious  
smile  
which is one of the most valuable

Snowy white mountains make me feel  
pleasure  
which is the greatest a treasure

Even below the earths green floor  
animals like rabbits explore

When I feel bored it keeps me entranced  
We stay with it as if in a paradise

One day I could not believe my eyes  
we as human beings must realise.

I met the clouds and introduced my-  
self,  
they also share their jokes and provided  
help.

I think this is the real heaven  
where I see the rainbow colour made of  
seven.

Tashi Lama 'Hyolmo'  
Class 10

### *The Farmer and the Students*

As a farmer sows a seed  
for his good cultivation,  
So the students read and write  
for their golden future.

As the farmer sows a seed  
in his big yards of fields  
So the students sow  
a seed of knowledge in their minds.

As a farmer sows a seed at times

and he harvests at times  
So the student works hard a times  
so he can have a quality life

So the farmer and the students  
they both work hard for a future

Dawa Dolma Lama  
Class 6

### *Bee*

See! See! See!  
There's a bee  
You are red  
I like bread  
You make honey  
We like money  
A hive is its house  
The cat is chasing a mouse  
There is a tree!  
You can fly free  
You have a hive  
That man hasn't a wife!

Gopal Lama  
Class 7

### *Our country Nepal*

Where the beautiful snowy  
mountains are located.  
Where the colourful  
lophopherous dances

Where the big red  
rhododendrons are.  
Where the brave and  
courageous people live.  
That is our country  
Nepal.  
Thankyou

Asha Lama  
Class 8

## MY AIM

When children go to school they make their own aims. To succeed in their aims they must work hard for them. So, some students work hard for their aims early in life. So I also thought about my aims. My aim is to become an engineer. So, I also work hard to acheive my aim. My favourite subjects are maths and science. I also like other subjects too! When I pass my SLC exams successfully then I will join for maths in 10 + 2. When I succeed in my aims and become an engineer, I will make many types of houses. I will build a school in my village because the villagers are uneducated and are foolish. When the children of villagers get education they will become wise. I want them to become famous men like teachers, engineers, pilots, and doctors. When they succeed in their aims they will develop our country and spread the name of our country. If I cannot succeeds in my aims then I will become a national player.

Rajendra Lama  
Class 7



**Bradford Exchange Group**

## *Sermathang Volunteers*



**Rachel Marian Proctor**



**Erika Osborne**



**Part of Sermathang Project: Kakani Village**



**Shanti and Glen visiting Gyalmu**

**Sublime Treks and Excursions pvt. ltd:** An agency set up by Gopal Lama to provide job opportunities for Yangrima students who have completed their education.

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trekinnepal.com

**UK Office:** 3 Park Rd,  
ShIPLEY, Bradford,  
W. Yorkshire  
BD16 2JV, UK  
Tel: +44 (1274) 593551  
Fax: +44 (1274) 586420

**Nepal Office:** P.O. Box 3702  
Boudha, Kathmandu, Nepal  
Tel: +977-1-480079  
Fax: +977-1-472529  
Email: GoNepal@aol.com

Yangrima School  
Sermathang, Helumbu  
P.O. Box 3702  
Kathmandu, Nepal

## **BOOK POST**

### To our Friends

**Telephone:**  
00977(1)-480079  
(Kathmandu)  
00977(11)-61388  
(Sermathang School)

**Fax:**  
00977(1)-472529

**E-mail:**  
ybs@unlimit.com

yangrima.org