

Heading to Nepal — In 1962

BY PEACE CORPS

At just 18 years old, Jane Gore packed her bags, said goodbye to her friends, family and classmates at the University of Illinois, and headed to Washington, D.C., to begin training as part of the first group of Nepal Peace Corps Volunteers.

More than 50 years later, as she prepares to retire and leave her position as chief of evaluation in Peace Corps' Office of Overseas Programming and Training Support, we celebrate her contributions to the agency and to Volunteers by sharing her story, which begins in the summer of 1962, just one year after President John F. Kennedy urged the nation's youth to become peace ambassadors for the United States.

A University of Illinois undergraduate student at the time, Jane was to receive her training at George Washington University—an experience marked by lengthy lectures on American foreign policy, lots of language training, health assessments and frequent check-ins by Sargent Shriver, the first Peace Corps director. “Every few days, Shriver would stop in and ask us: ‘How’s training going? What have you learned? What should we be doing?’” Jane says. “We called these ‘Shriver chats.’”

To prepare Jane’s group for Nepal’s mountainous terrain, Volunteers were flown to Colorado for four weeks of training in the Rockies—including rappelling, rock climbing, and map reading (despite Nepal likely not actually having any maps)—led by the Outward Bound school.



Clockwise from top left: Jane says goodbye to some of her students before ending her Peace Corps service in 1964; Peace Corps Director Sargent Shriver (left) visits Jane’s group in Nepal; Jane in 1962 teaching nutrition, sanitation, health issues and proper meal preparation at a home science college in Kathmandu; and Jane, other Volunteers, eight language teachers, and four American staff members board a charter flight to Nepal.

Volunteers were required to start each day with a mile run and a jump into an icy river, which was standard for the school’s typical students at that time: adolescent boys in need of structure. (The average age of Jane’s group was 26.) “That lasted three days,” Jane says with a laugh. “We told the instructors that this part of our training was over—and the next day, they said the morning run was optional.”

In September 1962, Jane, about 70 other Volunteers, seven language teachers and four American staff members—including a medical doctor, a secretary and two mountain climbers, Robert Bates and William Unsoeld—boarded a charter flight to Nepal. After a four-week stop in New Delhi awaiting the end of the monsoon rains, they arrived

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Project Committee Update: 2018

BY VAL STORI, PROJECT COMMITTEE CHAIR

With a tip of the hat to Michelle Obama's *Let Girls Learn* initiative, the Friends of Nepal Project Committee solicited grants on the theme of "Let Girls Learn" for the second consecutive year. We called for projects that support educational opportunities and improve girls' health, livelihood, and social and economic prospects.

In 2018, we awarded four organizations—two for a second time—nearly \$20,000 for projects supporting girls' education. Below is a brief description of the organizations and the projects we are supporting.

HANDS IN OUTREACH (\$5500)

Friends of Nepal was very pleased with the results of Hands in Outreach's 2017 grant-funded project, which improved early-age literacy in the Balku slum in Kathmandu, so we were happy to support a new project this year. *Be Part of Her Dream* is focused on the mothers of children currently attending classes at the Hands in Outreach *Strong Roots* program. The project will provide adult literacy classes to mothers, expanding their job opportunities and their income potential, and empowering the women with financial acumen and independence. The program will also guide the women through the process of gaining access to legal rights. Participants are provided a stipend to cover any missed income from participating in the classes. Goals of the program include attaining a fourth-grade level of education, attaining Nepali citizenship, and opening a personal banking account.



HIO partner school teachers Bilman Shakya, Manisha Shrestha and Jyoti Rajbanshi participate in a training.

GRID ALTERNATIVES (\$1500)

GRID Alternatives International Program installs solar power in communities that lack access to electric grid infrastructure around the world. GRID proposed to launch a "Women in Solar" training program to introduce women to a viable career path in renewable energy and provide the technical and hands-on training they need to get started in the field. The training, located in Chitwan but open to women throughout the country, includes an opportunity to participate in a solar installation at the Miteri Birthing Center, a women's health clinic that serves 446 households in a remote part of Chitwan. FoN's grant will cover training, travel, food, and lodging for five women.

LITTLE SISTERS FUND (\$6141)

The Little Sisters Fund has been supporting girls' education in Nepal for over 20 years. Their proposed "Greater Investment in Reading and Learning for Success" pilot project will introduce a tested, comprehensive, early-age reading curriculum and training package to three schools in Makwanpur District with longstanding partnerships with Little Sisters Fund. The project develops foundational reading skills and will improve early-grade reading outcomes. Our funding will support this innovative curriculum and training and training materials for 12 teachers and administrators. Additionally, one mentor will be trained to provide support to the pilot schools and the schools' "little sisters."

HELAMBU EDUCATION AND LIVELIHOOD PARTNERSHIP (\$850)

In 2017, Friends of Nepal provided the Helambu Education and Livelihood Partnership with enough funding to support a girls' hostel manager for two years at the Shree Golma Devi School, after which time the position is supposed to be self-supporting. These hostels make it easier for girls to attend school by eliminating long walks from remote villages. This year, we are partially funding a hostel manager position at the Shree Nurbuling Manichaur School, which

can house up to 60 girls. We have provided partial funding at this time until we receive the results from the first two years at the Shree Golma Devi School.



Girls at a HELP-supported hostel.

TSOKNYI GECHAK SCHOOL (\$5787)

Tsoknyi Gechak School, founded in 2013, is a primary and lower-secondary school for school-aged nuns at the Tsoknyi Gechak Ling Tibetan Buddhist Nunnery in Chobbar, Kathmandu. It currently houses 166 nuns ranging in age from 5 to 56, of whom 127 are enrolled in the school. Friends of Nepal will fund a tri-lingual Nepali, Tibetan, and English library at the school and an audio/visual/computer classroom. The technology classroom will be used to access the government's new online learning program, E-Pustakalaya, which is a digital interactive learning program for grades 2 to 8 for Nepali, English, Math, and Science. The classroom would also be used for other computer classes, and on weekends for entertainment. The fully-stocked library and the technology classroom will improve literacy and access to reading materials and improve computer literacy.

The Friends of Nepal Project Committee thanks you for your support and donations. Your contributions go directly to Nepal where they are having an impact on the education and livelihood opportunities of girls and women across the country. Thank you! If you would like to volunteer on the committee, please contact Val at valstori@yahoo.com.

Letter from the President

BY DAN DONAGHUE, N-47

There is perhaps nothing more rewarding as an RPCV than knowing, actually *knowing*, that you made a difference. In 1962, Ken Martin and Bill Clayton were posted in Tansen where they taught a little boy named Kul Chandra Gautam in 7th class. Kul became good friends with Ken, Bill and some other PCVs stationed locally. He learned to play Scrabble and quickly surpassed his teachers—quite a feat for a 12-year-old who was just learning English! A few years later he placed first in the SLC examination—in *the entire country*.

Kul came from a struggling family from the poor, rural district of Gulmi, but with help and encouragement from his American friends, he received scholarships and earned degrees from Dartmouth and Princeton. In the ensuing decades, Kul's work ethic, drive and intellect took him far—ultimately to the United Nations where he rose to serve as Deputy Executive Director of UNICEF and Assistant United Nations Secretary-General. Kul-ji has dedicated his career to improving lives and working towards peace in every corner of the globe.

Through it all, Kul never lost touch with Peace Corps. He trained new Volunteers at UC Davis as a young man, gave a speech at the 55th anniversary of Peace Corps Nepal in Kathmandu last year, and just this past September dropped by the Nepal 2 reunion in Rhode Island. Peace Corps recognized his achievements with the [2018 Harris Wofford Global Citizen Award](#). He has written about his journey in his memoir *Global Citizen from Gulmi: My Journey from the Hills of Nepal to the Halls of the United Nations*, and is donating proceeds from his book and the Global Citizen Award to girls' education projects in Nepal.

Kul's story is truly a testament to the difference every Volunteer has made and continues to make. As president of Friends of Nepal, I am honored to be part of a community that continues to give back to the country that welcomed us years ago. Over the past

two years, FoN has supported a program that successfully increased literacy in the Balku slum of Kathmandu, helped rebuild a pre-school in Okhaldhunga that had been destroyed in the 2015 quake, partially funded a school for young Buddhist nuns in Kathmandu, and supported a training program in solar power for women in Jumla. The generous support of our members makes all this work possible. You can give through our website at friendsofnepal.com or by mailing in the tear-off form on page 7. Gifts of any size are appreciated.

Early next year, FoN will hold its biannual elections. We would like to thank Tamara Bhandari and Chrissy Kohrt for their service to FoN; both will be leaving the Board at the end of their terms, in January 2019. Tamara has been an integral part of FoN for over a decade, serving as Secretary, and organizing and executing our communications strategy. You can thank Tamara for the insightful, captivating newsletters you have received over the years, which have delved deep into Nepali current events and the changing role of Peace Corps in the country. Chrissy has been a valuable contributor to the Grants Committee, helping FoN to prudently and impactfully distribute our limited funds since 2016. We will miss them and wish them both the best.

But their departure does mean that FoN needs new faces to help us advance our mission to promote development and forge ties of friendship between the United States and Nepal. We are looking for someone to join the leadership team as Secretary, as well as people dedicated to getting our message out by producing the newsletter and maintaining the website. If you or anyone you know is interested, please email info@friendsofnepal.com.

As I write this, it is the Thanksgiving season. I give thanks for all the people who join me in a commitment to serve as a true friend of Nepal, and look forward to continuing the work in the new year.

Naya barsha ko shubha kamana! Happy New Year!

Dan



Kul Chandra Gautam gave a speech at the National Peace Corps Association when he was honored with the Harris Wofford Global Citizen Award. Once a PCV's class 7 student, Gautam rose to become Assistant Secretary General of the United Nations.

ANNOUNCEMENTS

Friends of Nepal is recruiting!

We are looking for a Secretary to join our leadership team, as well as volunteers to produce our newsletter and manage our website. Helping with communications is a great way to contribute to advancing the mission of Friends of Nepal. If you would like to be involved, please contact us at info@friendsofnepal.com.

New website

Friends of Nepal has been working hard to create a new and improved website. Keep an eye out for the launch in early 2019!

HEADING TO NEPAL CONTINUED FROM PAGE 1

and continued their journeys to their villages.

After a 20-mile ride by motor vehicle, the road stopped and Jane, three other Volunteers, and several porters continued on a two-day, 18-mile hike through the Himalayan foothills into a village outside of Kathmandu Valley. This is the place that Jane would call home for the next two years.

The house Jane (above with some of her students) shared with the three other Volunteers was a three-level gem that the villagers proudly called the best house in town—"a little ostentatious for a Peace Corps home," Jane says. She and her roommates turned many of the rooms into a place for their students to hang out, speak English and play games.

Without the experience of previous Volunteers to draw from, they embarked on many initiatives that are Peace Corps staples today. For example, Jane remembers planting a garden at their house—but with no fences and plenty of goats, cows, and kids, "I don't think we ever harvested anything," she says. Similarly, their attempt at raising chickens did not produce. One of the Volunteers who had been an industrial arts teacher created a cookstove with a steel top for cooking, a firebox with a pipe for venting the smoke, an oven and a water tank. "For the most part, it was very effective," Jane says. "The downside was that it required a lot of wood"—way too much for villagers to widely adopt the practice.

During her two years of service teaching English at a district center, Jane says two moments stand out in demonstrating the humanity that all Volunteers experience. First, she remembers the compassion of her host community when hearing the news of President Kennedy's assassination. "They made every effort to walk over, shake our hands and tell us how sad they were," Jane says. "It's just one of those experiences you never forget."

Second, on their last night in the village, Henry Stebbins, the American Ambassador to Nepal, helicoptered in to visit the Volunteers. Although Jane and her roommates had already sold their possessions in preparation for their departure, they invited the ambassador to see their quarters. Much to their surprise, when the Volunteers and their esteemed guests arrived at the house, it was fully ready

for entertaining, with hot water on for tea. In the hour it took for the ambassador to reach the home, villagers had returned every piece of furniture, utensil, and item—"even the table cloth was back!" Jane remembers—so that Volunteers could treat their visitor in true Nepali fashion.

As pioneers in international service, Jane says, the Volunteers took their lessons learned in stride and felt a strong sense of pride in what they accomplished—namely, helping to equip their communities with practical skills in speaking English and improving health and sanitation. Most important, she says, is that Volunteers developed meaningful relationships with a community across the globe, improving lives where they

served and also bringing back invaluable new perspectives to the United States. In other words, Nepal Group 1 succeeded at advancing the agency's three goals, which remain untouched today.

For as much as the world has changed over the past 50 years, Jane points out that the Peace Corps Volunteer experience is largely the same: "My story, your stories, our stories—they really haven't changed much over the years."

Note: Reprinted with permission from Peace Corps. The original story first appeared on [peacecorps.gov](https://www.peacecorps.gov) on August 22, 2014 and can be read here: <https://www.peacecorps.gov/stories/heading-to-nepal-in-1962>.

A non-native son returns home

BY TAMARA BHANDARI, N-194

For ten years, RPCV Phil Deutsche followed news of the civil war in Nepal intently. As a science teacher in the rural village of Aiselukharka in Khotang district from 1977 to 1980, Deutsche had become close to several people, especially his host father, Krishna Bhakta Himalaya. As stories trickled out about the destruction wreaked by Maoist rebels and government forces throughout the country, he became increasingly worried about his friends and host-family in the hills of Khotang. He searched Google Street View for a glimpse of the village and found an aerial shot of the school at which he'd once taught, now roofless and seemingly abandoned.

After the war ended in 2006, Deutsche still got no word from the village. Driven by a desire to learn how his adopted family had fared, he returned to Aiselukharka in 2012, camera crew in tow. The documentary born of that trip is a moving depiction of a man searching for the home he left more than 30 years before in a country that has changed tremendously.

MOVIE REVIEW

Searching for Nepal
88 minutes, 2016
Director: Robyn Hutman
Starring: Philip Deutsche
Available on Amazon Video

Searching for Nepal feels authentically Nepali. Anyone who has lived in Nepal will recognize the muddy bus stop, kids wearing school uniforms in shades of blue, and of course, sitting on a dirt floor to eat daal bhaat by hand. But at root, the film is not about Nepal but about belonging and where home really lies. Deutsche approaches his village with trepidation, worried that no one would remember him and he no longer fit in. But as his language skills returned with use and he recognized more people and places, he eventually found that he does, still, belong to Aiselukharka. Anyone who has lived in another culture, learned to love the people and the language and the place, and then left, will find meaning in Deutsche's journey home.

In Remembrance

Eric Bulmer

It didn't hurt that he was cute and funny and very intelligent, but what Hema first noticed about Eric was his bandana.

"He had it tied around the end of his boot, to bind his sole to the upper part of his shoe," Hema recalled. "I just kept wondering about this American guy who has shoes with big hole."

The state of his shoes comes as no surprise to anyone who knew him. Eric—who had extended his Peace Corps assignment into a third year (1994-1997)—was innovative, stingy and had every intention of hiking in those boots until they turned to dust. Hema, who was working as a researcher for a Fulbright scholar in a village called Jhin near Beni, Magdi at the time, quickly saw past the boots.

After spending two years teaching science and later training other science teachers in the Pokhara area, Eric had integrated into Nepali society more thoroughly than most PCVs ever do. His Nepali language skills—speaking, reading *and* writing—were exceptional and he was adored by the Peace Corps staff, his fellow volunteers and all his Nepali counterparts/trainees. Truly, Nepal was his home. So much so that he was perfectly comfortable courting a beautiful Nepali woman he met during his travels.

From time to time Eric would 'happen' to pass through Hema's village and they'd share a meal, or spend an afternoon together hanging out. On one such *chance* visit Eric told her he was soon heading to Mustang to see a friend, prompting Hema to advise him to try one of the delicious varieties of apples known to grow there.

"A couple weeks later he shows up in my village with a sack of apples," Hema said. "Mind you, stopping by my village while traveling from Mustang to Beni (already an eight- or nine-hour hike) added an extra four hours to his trip! That's when I knew for sure that he liked me, and I decided that I should share my feelings with him as well."



Eric Bulmer and Hema in 1997.

About a year later, after having exhausted all his options to extend his visa and remain in Nepal, Eric married Hema and they headed back to Eric's home state of Rhode Island. It was there, if not before, that Eric's true colors shined through to Hema. He was always there for her—as her teacher, protector, cultural guide, best friend, and family. Think culture shock is hard as an American coming back to the States after your PC service? It was probably 10 times worse for Hema.

"It was all so amazing, and so shocking," Hema said. "Oddly, it was the little things that I was most nervous about—like eating. I had heard that Americans don't eat *bhaat* in the morning. 'What will I eat?!' I thought. At every turn, there was something mind-blowing to see. One day in Stop-and-Shop I felt Eric lightly touch my shoulder and whisper '*hernu hudaina*'—you should not stare—interrupting my trance. Apparently I was gawking at a really large woman! He had assumed that I was looking at the two gallons of ice cream in her cart, silently judging her. But that was not it—I just had never seen such a big person before. Not once, in all the time that I have known Eric and especially in those early years, did he let me down. He was so supportive and encouraged me to use my intellect, and to

venture outside of my comfort zone."

After a few years in Rhode Island teaching high school biology, Eric parlayed his education and experience into a business. Through **Pow! Science!** Eric shared his love of science to thousands of Rhode Island children at birthday parties, libraries, community centers and schools. His fun-loving reputation and engaging-experiments grew so fast, and so broadly, that Eric and Hema opened a science-themed toy store...and then another. And then they outgrew their space...and then begin selling their unique products online. Today, their toys are shipped nationwide.

Pow! Science! will persist. In fact just today the mail carrier walked into the store and made a good-natured joke to Hema about only having one duffel bag of toys to ship—in the next few weeks this single bag will turn into four or five. Hema continues this American-Nepali-Rhode-Island legacy, which she and Eric began together, keeping Eric's memory and spirit alive. And Khatima, their sage 14-year old daughter who so impressed Rhode Island Governor Gina Raimondo that she was selected to be Rhode Island's "Governor for a Day," continues to carry her father's mischievous and aspirational twinkle in her eyes.

As an RPCV, a friend, and a resident of the Rhode Island community where the Bulmers live and work, I know firsthand how much Eric is missed and feel the void he has left here. He was taken from us too soon; there was so much more he wanted to accomplish, and give. But, he made good use of his time on Earth; the impact he had on those around him was tremendous.

Looking down upon Hema and Khatima every day is Eric's likeness on the ceiling of their Pow! Science! store in Wakefield, Rhode Island, adorned in his Captain America suit, providing a constant reminder of a life well-lived and a love that will never end.

By Aaron Rome, N-172

CONTINUED NEXT PAGE

IN REMEMBRANCE CONTINUED

Lucy Sotar

When I arrived at Lucy's Arlington, Virginia home there was a dark-chocolate mint on my pillow, just as she had promised. This was a stipulation, I had told Lucy jokingly, if she wanted me to crash at her home during a Peace Corps event in D.C.

Over the previous five or six years (2005-2011) Lucy and I got to know each other, remotely, as co-members of the Friends of Nepal Board of Directors. Her light-hearted nature and at times kooky personality sharply contrasted her deliberate thoughtfulness and insight. When it was time to make a decision, she was focused and driven, ensuring that our process was thorough, inclusive and analytical. And she could say *anything*—things that the rest of us could not without sounding insensitive, aggressive, irritated or confrontational—because... she was Lucy. She possessed an 'intangible' that allowed her to connect with, respect, and be respected by, just about anybody she met.

Lucy served in 1964-1965 and was among only the third group (N-3) of volunteers assigned to Nepal. At the time, there was no language or cultural training; no in-country counterparts; no large Peace Corps staff with vans; no medical team or in-service trainings; no cushy weekends at Annie the nurse's *dhera* (hi Annie!) getting pampered with milkshakes and pizza when you got *Giardia*, typhoid or amoebas. No doubt working in Nepal in the 1960s was challenging, isolating, and certainly involved a shortage of creature comforts—a particular burden on Lucy, who hated roughing it. Her daughter Tara confirmed: Lucy detested camping; she would not even sleep on her couch when coming to visit her grandkids. Yet, none of these hardships deterred Lucy. She loved Nepal—the people, the culture, Buddhism—and she thrived.

Back at home Lucy embarked on a 20+ year career split between the Department of Education and USAID, as a training specialist. She was a driven career woman and also a strict mom, according to Tara. She was also a great cook and frequently hosted friends whom she would dazzle with her



Lucy Sotar.

authentic *dal bhaat* and *samosas*—a cherished time for the kids because it was the only time they were allowed to eat with their hands!

Nothing meant more to Lucy than her family and she loved her children and grandchildren "beyond belief," as her daughter Tara said. They have been fortunate enough to know Lucy their entire lives. Last year, Lucy **published a short essay** in the Washington Post for World Kindness Day that concluded with the words, "I have been the recipient of many acts of random kindness in my life. They challenge me to always be grateful and to pass on the kindnesses."

Lucy did not have to serve in the Peace Corps and on the Friends of Nepal Board, or to leave a dark-chocolate mint on my pillow. But she did all of those things. Because she cared.

Lucy, you are, and will continue to be missed.

By Aaron Rome, N-172

John Battalana

John Battalana was an agriculture Volunteer in Nepal-38 from 1973 to 1977. Prior to serving in Nepal, John served for two years in India, where he met his wife Aruna. John was a history graduate of Bowdoin College and a history and politics buff throughout his life. With a broad and deep knowledge of many subjects, he was a master of academic dialogue as well as an exceptional raconteur.

John loved people and everyone loved John—his broad grin, his baritone voice, and his hearty laugh. He bubbled over with gregarious energy, engaging all he met with his distinct voice and infectious laugh. John was also a favorite of new PCVs as a cultural and technical counselor.

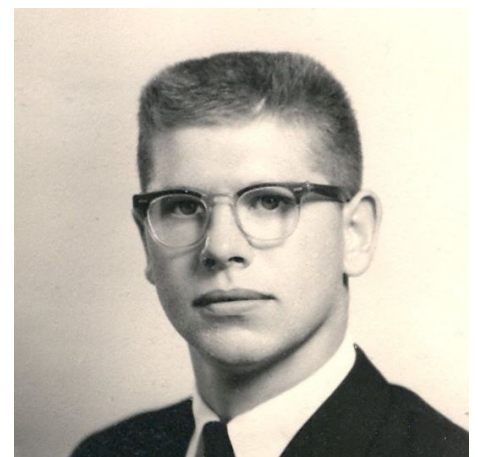
John was raised in Long Island, New York and spent summers working on a dairy farm in Maine. He went to Carle Place High School, where he was president of his class and captain of the football team. In Nepal, he teamed up with fellow PCV and former high-school football rival John Daurio to beat the Embassy and the Marine Corps in the Bicentennial Thanksgiving Football game at Phora Durbar.

John spent significant time at the Tibetan refugee camps in Pokhara, frequented Tibetan establishments in Kathmandu, and was especially close to a number of Tibetans in Kathmandu. The name Battalana was heard by nationals as "Bhote Lama" and that became his nickname to all of us in Peace Corps Nepal. It translates roughly as Tibetan priest.

After Peace Corps, John and Aruna settled in New York City for several years. John joined Chase Manhattan Bank's international division and spent 20 years on assignments in Southeast Asia. Later, John was employed by Merrill-Lynch Investment Bank with postings in London, Indonesia and Tokyo. John settled in Indonesia in semi-retirement.

Rest in Peace, John.

By Dan Donaghue, N-47



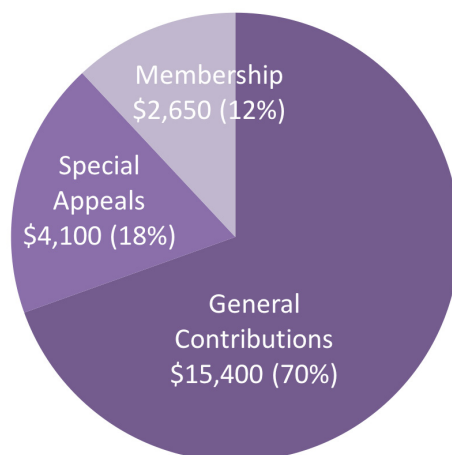
John Battalana.

Annual Report 2017

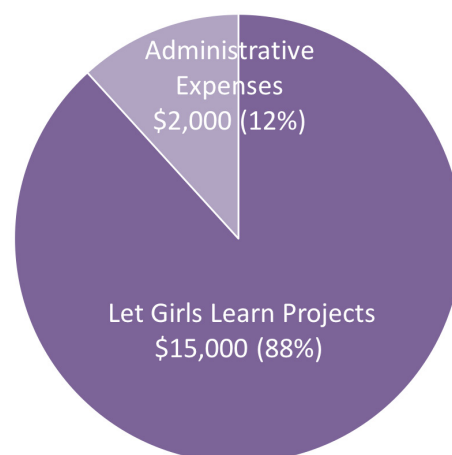
A new Friends of Nepal board was elected in early 2017, led by Dan Donaghue, N-47, as president. One of Donaghue's first initiatives was to launch a fundraising campaign and call for grant proposals on the theme of Let Girls Learn. That campaign enabled FoN to give \$20,000 during the 2017 funding cycle to support development projects throughout the country. Only \$15,000 in grants is reflected in the 2017 Expenses graph at right because some of the funds were not transferred until the beginning of calendar year 2018.

FoN continued the Let Girls Learn theme through the 2018 funding cycle, and we have committed another \$20,000 to five worthy projects. More information about the 2018 awardees is in the Projects Committee Update on page 2.

2017 Income



2017 Expenses



Support Friends of Nepal!

VOLUNTEER

Are you looking for a way to give back to Nepal? Friends of Nepal is always looking for volunteers. Right now our biggest need is in updating and maintaining the website. If that's not for you, just let us know what skills and experience you have, and how you'd like to help! Contact info@friendsofnepal.com.

CONTRIBUTE

Contributions to the newsletter are always welcome. Pictures from Nepal can be used to illustrate stories and interesting stories from your Peace Corps days may be written up in Memories from Nepal. Updates on your own life, your Peace Corps friends, or Nepali staff members will be included in the Group Notes and Staff Notes sections, and contact information for Nepali staff is always needed.

Send any submissions to newsletter@friendsofnepal.com.

CONTACT US

Please check our website for updates and an electronic version of this newsletter at: www.friendsofnepal.com. To get involved in any of our programs email info@friendsofnepal.com.

Board Members

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Grants and Projects, Val Stori
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Members-at-large:
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MEMBERSHIP

Our small organization relies on membership dues for most of our operating budget. There are two ways to join: 1) Renew your membership to the National Peace Corps Association (peacecorpsconnect.org) and choose Friends of Nepal as your "Affiliate Group." 2) Join Friends of Nepal directly (www.friendsofnepal.com). You can join on the website or use the form below. Basic membership to Friends of Nepal is \$15. If your membership is not current please renew today. Your support goes a long way.

Please make your check out to Friends of Nepal and mail to: Suzie Schneider, 181 Mary Jo Lane, Sequim, WA 98382. You can also use a credit card on the website: www.friendsofnepal.com.

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