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**Kathmandu , Nepal
Boulder, Colorado, USA.**

WE'RE ON THE WEB!

www.sannr.com/helpinghands

Another Way to Lend a Helping Hand

Whether you have volunteered with Helping Hands in the past, are hoping to volunteer in the future, or are unable to journey to Nepal this year, we want you to know that you can assist us in our mission all year round. Helping hands is introducing three levels to their membership program: A Helping Hand, Two Hands and A Golden Hand. Each level entitles you to receive this quarterly newsletter, keeping you up to date on the ways that we are expanding ,restructuring and improving our programs. But which ever membership you choose, remember that you will be doing your part to help people of Nepal.

Fill out this detachable portion and return it to us today !

<input type="checkbox"/> \$30	A Helping Hand	Name	_____
<input type="checkbox"/> \$75	Two Hands	Address	_____
<input type="checkbox"/> \$150	A Golden Hand	City	_____ State _____ Zip Code _____
<input type="checkbox"/> Other _____		Home Phone	_____ Work Phone _____
		Fax	_____ e-mail _____

Please make checks payable to
Helping Hands Health Education

Hands-On



NEWS

A publication of HELPING HANDS HEALTH EDUCATION

First Team of Helping Hands in Namibia / Africa

The first team, comprising of a medical doctor, a pharmacist and few volunteers, arrived in Namibia on the 3rd of December, 2000. Prior to the arrival of this team the International President of Helping Hands Health Education, Mr. Narayan Shrestha arrived in Namibia on the 27th of November, 2000 in order to fulfill all the prerequisites of the health clinic in Namibia. After signing the agreement with University of Namibia in September 2000, Helping Hands fulfilled its promises to the University of Namibia Clinic. (UNAM Clinic).

Board of Directors

- Narayan Shrestha, President
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Photo by : C.G.



From the Editors

We proudly bring this fifth issue of our Newsletter to our readers. This issue not only includes the activities in HH/Nepal but also includes the programs of HH's new clinic in Namibia. Through this note we would like to thank Mr. Cliff Grassnick, photo journalist of Daily Camera for providing the photos for this issue. Further, we owe our appreciation to all the staff at Helping Hands Nepal office for their contribution to this issue of our Newsletter.

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International President Mr. Narayan Shrestha with his Namibian counterparts. Seen in the inset is Dr. Gupta B. Shrestha, leader of HH/ Namibia mission.

Led by Dr. Gupta Bahadur Shrestha, the Vice President of Helping Hands/ Nepal, this very efficient and experienced team from Nepal further includes Mr. Lok Bhadur Shrestha, Mr. Omkar Lohani and Mr. Upendra Shrestha. This team met with the officials and authorities of UNAM clinic and the University itself, prior to establishing Helping Hands Clinic in collaboration with the University of Namibia Clinic in Namibia, Africa. The team has continued its stay and the members of this team are working to support the establishment of the clinic in Namibia so that the basic infrastructure is established before our volunteers from the United States start volunteering in Africa. Joining this team in near future will be few more volunteers from Nepal and from the US.

We all wish for a successful mission of HH in Namibia so that the underserved people of this country also get the opportunity and exposure to Western medical professionals.

In turn the western medical professionals also get an opportunity to share and exchange the Namibian perspectives.



Ms. Natasha Surette

A new volunteer coordinator at HH/ Nepal.

Paul Brusaschetti had taken over the position of the volunteer coordinator at HH/Nepal office in May 2000. His very sincere and successful efforts at HH/Nepal not only facilitated the volunteers' trip but he also enhanced the working mode of this position in Nepal. HH owes deep appreciation and acknowledges him for all his contributions and time. Thank you Paul for taking care of HH/Nepal and all our volunteers during your tenure of service. We all miss you at Helping Hands and wish you a very successful future !

Along with the departure of Paul in December, a new face has joined HH/ Nepal under the capacity of the volunteer coordinator. Helping Hands warmly welcomes Ms. Natasha Surette, a graduate from the University of Colorado at

Boulder and an EMT. Being very interested in social service and the mission of Helping Hands, she has not only specialized in EMT but also volunteered at Boulder Community Hospital. She is very experienced in trekking and is an avid hiker. We are very confident that with her talents and interests she will be a good coordinator for our volunteers. We hope her efficiency and sincerity will lead the organization further from where Paul had left. We wish her all luck for her time with Helping Hands and hope for the best from her.

