



# Djullé !

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Djullé means Good day! Please! Thank you! Pardon! Goodbye! It is a term of courtesy and is used by the Ladakhis in all verbal exchanges.

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HOPE ASSOCIATION NEWSLETTER

« Today we understand that the future of humanity very much depends on our planet and that the future of our planet very much depends on humanity. »

Dalai Lama



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## Thank you

We would like to thank all of you, donors, members and friends, committee members and our representatives in India who have expressed interest in the cause that we support: that of children and education. A big THANK YOU for your generosity and support throughout the year.

## Editorial



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## HEALTHY COMMUNITIES BASED ON CLOSENESS AND MUTUAL SUPPORT.

For the paleoanthropologist Yves Coppens, the most remarkable feature in the 2.5 billion year history of mankind has been the emergence of conscience. Conscience makes us realise that we depend on each other for our existence and makes us aware that we have the ability to change the world and to choose our aims in life.

### ■ Raise awareness and act together

Today Zanskari children can go to school, the mountains are no longer an obstacle; the aged and children abandoned in the streets of Yaoundé have a roof over their heads; children of poor families in a rural village in West Bengal are able to go to school.

### ■ Solidarity and responsibility

At the heart of every project lies the courage of a handful of concerned people, sensitive to their environment, who have sought solutions where others thought there weren't any. Committed, responsible, loyal, brave and generous people who have launched innovative projects, offering a new take on life and the art of «living together». They have achieved the impossible by breaking down geographical, social and generational

barriers which seemed insurmountable, by placing their trust in human beings and the value of interactions. They have undertaken projects based on respect of «the other» and inclusiveness, with lasting results.

### ■ Bringing people together

In Senegal and India the elderly are more vulnerable than ever, and dependent on younger members of the community. Awareness of this gives us a sense of responsibility. The value of these projects lies in the fact that they have contributed to restoring the dignity of the older generation by drawing on their experience, re-creating a community, promoting dialogue and mutual assistance between generations, and a sense of belonging.

HOPE and its members are happy to have been able to help these communities flourish. The resulting happiness and «joie de vivre» become a shared pleasure.

Danielle Föllmi  
President of HOPE





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## CAMEROON, AN EXAMPLE OF SOLIDARITY AND RESPONSIBILITY

Three years ago Angeline Nsine Ntebe received a gift of a 10 hectares plot of land. She decided to build a home on it for the poor and aged to offer them a peaceful old age, and good food and care.

With the help of the members of her association, of which Angeline is the President, she undertook this exceptional building project (534m<sup>2</sup>) which was greeted with unanimous enthusiasm. People donated bags of cement, building materials and whatever help they could. Finance from a Swiss foundation and local help enabled them to complete 85% of the work. A Cameroonian sportsman living in Geneva provided specialised equipment for the disabled. All that remained to be covered was transport of this equipment and the fence.

→ Angeline who is bright, full of ideas, rigorous and determined, completed this exceptional project which will house 50 senior citizens. It has appropriate sanitary facilities, a terrace, a large kitchen and pantry, a dining room, a lounge, a small infirmary, an auxiliary power generator, and a garden. The residents are cared for by a doctor and a team of household staff, all of whom are volunteers.

### Sources of funding

→ The sale of the produce of the plantation (offered by HOPE), surplus bread from their bakery, handicrafts made by the youth, a small mushroom plot, fish from its pond, medicinal plants (anti-malaria). Ad hoc donations, medicines (Ministry of Health), food and other products (supermarkets), clothes washed, mended and ironed...  
*"As soon as I mention this ambitious project even the poorest want to help us".*

### The plantation

In 2013 HOPE financed the purchase of a 12 hectare plantation (€ 2500). The cocoa plantation flourished. Two young agronomists and two retired people take care of its upkeep. Our banana plantation has produced its first harvest, what joy! Our friendship with the chief of the neighbouring village assures our safety. I built a wooden hut on the plantation myself so that I could sleep on site and supervise the work. We all work together and the income from the first harvest has been re-invested in the purchase of banana and macabo seeds and anti-fungus products. En 2014 the Ministry of Agriculture gave us 1000 cocoa plants and HOPE provided

us with 3000 new cocoa plants as well as € 6860 to help with the upkeep of the fields. This year the harvest is magnificent and the new seeds have been planted. THANK YOU HOPE, on behalf of the poor and the underprivileged.  
 The plantation is an important source of funding for the Home, it is also our food bank. We finance the purchase of meat and fish for the residents' meals through our own production of mushrooms, vegetables and other organic fruit.  
 HOPE has given us back our laughter and our hope.

Angeline Ntebe







## HAPPY CHILDREN OF KUTUBPUR!

The school building was dilapidated and its roof leaking, which was a real problem, especially during the monsoon. In 2014, with the help of donors and the villagers, a new airy and spacious building was completed. The toilettes were renovated and given a proper roof.

The children are currently preparing their end-of-year tests which will take place in December. Those children who were shy and reticent when they first came to school have undergone a sea change. They take a keen interest in education and have made good progress. The extra-curricular activities attract new pupils and they are well aware of the importance of hygiene and good health. Their overall development is a source of great joy to all and we hope they will continue to blossom. They are most

interested in music and are learning songs and rhymes in English as well as songs by Rabindranath Tagore and modern Bengali songs. Some of the girls have won awards in local song contests.

The children also love their art classes and «Bratachari», another activity which involves dance, recitation and physical activity.

The children eagerly take part in celebrating important days for which they prepare shows with great pride and enthusiasm and which attract numerous guests.

The teachers are highly motivated and committed both to the pupils and the parents. Regular exchanges with the parents allow them to achieve good results, making everyone happy!

This year HOPE assisted the school by making a contribution of CHF 1400 to



Roger et Patricia Bell à Kutubpur

running costs. Thanks to the «small gestures» last year (CHF 793) the school was able to buy educational material, a computer and a harmonium which is a source of the joy to all.



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This year HOPE has granted scholarships to **11** students, **3** of whom are among the brightest students of LMS. They have been selected in consultation with the headmaster, Eshey Tundup. They are:

- SKALZANG ANGCHUK whose ambition since childhood has been to fly, has been admitted to the Government Aviation Training Institute
- TSERING DOLKER, a young girl who came first in class, and is interested in political science and education
- THINLES NORBOO, who is already very involved in humanitarian associations and has always aspired to doing something for her country and her people, is studying history.

RAJNI CHOPRA is an Indian living in Geneva and goes to India regularly. She is familiar with the university system of the country and, much to our delight, has kindly accepted to keep in touch with our scholarship holders. She is the ideal person for this task.

### The Committee

Danielle Föllmi, President; Catherine Duffour, Vice-President; Céline Anger, Treasurer; Patricia Bell, Secretary General (from left to right)



HOPE | espoir

### HOPE ESPOIR\* IS OUR FRENCH BRANCH FOR SPONSORSHIPS

Good news: HOPE Association has been declared this year as an association of general interest. Sponsors will now be able to deduct from their income taxes 66% of their contributions (upto 20% of their annual income). Thus, out of a contribution of 500€, 330€ will be deducted reducing the cost of sponsorship to 170€. This year Hope Espoir is sponsoring 21 children.

\* HOPE Espoir (espoir = hope in French)





## SMALL GESTURES FOR EVERY BUDGET

A small amount of money can go a long way. Every tree, every plant can contribute to the long term autonomy of the Home.

« The best portion of a good man's life: his little, nameless unremembered acts of kindness and love. »

William Wordsworth  
(1770 - 1850)

### PLANTS FOR THE HOSTEL IN YAOUNDÉ

Mango trees	12 €/unit	15 CHF/unit
2 plants	24 €	30 CHF
5 plans	60 €	75 CHF
Cocoa trees	2.90 €/unit	3,50 CHF/unit
10 plants	29 €	35 CHF
20 plants	58 €	75 CHF
30 plants	87 €	110 CHF
Plantain banana trees	0.80 €/unit	1,00 CHF/unit
10 plants	8 €	10 CHF
20 plants	16 €	20 CHF
40 plans	32 €	40 CHF
Pineapple	0.40 €/unit	0,50 CHF/unit
20 plants	8 €	10 CHF
50 plants	20 €	25 CHF
Cassava cuttings	0.90 €/unit	1,00 CHF/unit
10 cuttings	9 €	10 CHF
50 cuttings	46 €	50 CHF
100 cuttings	92 €	100 CHF
Fungicide	18 €/liter	21,50 CHF/liter
1 liter	18 €	21,50 CHF
2 liters	38 €	43 CHF
5 liters	94 €	107,50 CHF