

# R Star Foundation **UPDATE**

## Overcoming the Impossible!



### Going to Nepal to deliver goats and more Hope!

Dear Friends and Supporters,

As my departure date approaches, with the help of many, I am scooting along to get all matters handled well for our continued successes and benefits for those we serve. I depart December 7, 2012 - January 21, 2013, returning with awesome stories and photos I will be eager to share.

Each R Star Newsletter will feature a story of a rural woman. Her personal story with photos gives more life and enjoyment to you by hearing her story. This is who you help. As you can tell, we are on the move, shaking it up and working from the inside to out, all the way to Nepal to be our growing best.

With the holidays near, you may wish to remember you can give a goat(s), or tuition, teacher pay for a month, or whatever you would like via 'gift certificates' to your family members and friends who have near everything. Certainly you can write a check or use our website for using your credit card. [www.RStarFoundation.org](http://www.RStarFoundation.org). Once we know who you wish to gift we make a gift certificate with the intendeds name(s), including yours; a meaningful and attractive gift. Give a Goat Certificate is sent to you to package as you desire. This is a gift of HOPE where you get a write off for giving a gift!

**For this trip, we look for a few items which you might have or wish to get: Kindles for the school children, in full working order, wires and hopefully directions, we load it with the books suitable for children; Video cameras and cameras with memory cards and wires needed;**

**iPhones, iPads, iPods, or SIMS capable phones...used is fine providing they do work. These items will serve the school and village; a way for the women to record their days of work, home and family; the electronics will catch them up to this century, and the phones could be used for village emergencies and other needs. Travel converters are needed for our electronic gifts. Nepal has a different current than we use, thus the need for converters; Silk thermal wear of all sizes, and again, gently used is fine, and very needed; cashmere sweaters in good repair will bless the women in the cold temperatures of Nepal. Mileage points, corporate connections and good ideas. Call me at 949.497.4911 and we will arrange a pick up before the end of the month. Naturally general donations would serve us especially well.**

A financial snap shot is on the website: [www.RStarFoundation.org](http://www.RStarFoundation.org) for those wishing to see how the funds serve the projects, keeping the overhead minimal with no paid staff.

To run the Foundation we bring on excellent willing and capable people with our newest Board Members joining. Chuck Street, formally with KIIS/FM for 27 years brings a vast array of experience to our growing board from fundraising, connections and announcing. Commander Street joined us early summer. Robert McGraw, well known and respected architect in Laguna Beach came to the

table 3 months back. Barry Ferency, a manufacturer as well as investment/ money advisor joined us last month. We are delighted to have their support and expert direction to guide. WELCOME!

For those of you new to what and who we serve, let me quickly state we started the Nepal Projects in 2003 with no knowledge on how to raise funds let alone do the work. Clearly passion carried us, mostly me at the time, to get where we are with better than 13,000 goats credited to our goat work; a fully functioning school in a rural village where in time we will serve 200 children, we are over 25% of that goal; we have many collaborations, but one great one I am sure we will all agree is literacy classes for women with over 2000 grateful graduates! YES! We have brought in pure water for the entire district of Kavre with another powerful collaboration with a Rotary Club in the UK where now even the livestock do not get ill let alone the people and children. Our presence and influence in the villages and those surrounding, dropped infanticide fully; and trafficking of all types is no longer present in our villages. This is a side shoot of our efforts to increase independence for the women, education for everyone, and generally touches villages we are not in as our villagers share what benefits them. We focus on the goats primarily and education, and look at the many other benefits which bless us, bless them by our efforts. You will all be pleased

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### Meet ALIA MANETTA

We want you to get to know some of our volunteers who give of their skills and expertise to support us.

In this edition we want you to meet our intern, Alia Manetta whom you have read about in past newsletters. Today, in her own words, hear what she does and who she is.

*"During the summer of 2011, I volunteered for Rosalind Russell of The R Star Foundation with computer lessons and social networking. Shortly after, I formed an internship with Rosalind and became her partner in various foundation works and events. The simple idea of helping children less fortunate than I, desiring education, living in extremely impoverished districts, and stricken with warring factors drove me deep into the cause.*

*At the beginning of my junior year I formed The Laguna Beach High School Goat Club. The club is dedicated to*



*helping impoverished Nepalese families by fundraising for goats through R Star Foundation. I found the challenge of helping R Star Foundation a very exciting thing, so I set high goals for my club. I arranged periodic meetings, promoted the club through Facebook, delegated tasks for events, and created and led the club in fundraisers. To raise money for goats, the first fundraiser began with goat shaped sugar cookies for the winter holidays. Club members (97 now in total) baked, decorated, designed and made the packaging, and distributed around 50 dozen homemade goat shaped sugar cookies and sold them to the community. In addition, we established a student Yogurt land day in collaboration with a local Yogurt land franchise. The club raised over \$1,000 by the end of the 2012 school year, which supplied a total of five goats. This year, The LBHS Goat Club is already running and continuing its work. The Goat Club expanded beyond Laguna Beach High School to Mater Dei High School.*

*The Goat Club provides the youth of Laguna Beach with opportunities to join the fight to help stop poverty. Through simple acts of connecting resources with people who need them most, The Goat Club is changing the lives one heart at a time."*

as you have been a part of what has gotten us to where we are. We are thankful for you, that is certain since we can't do it alone.

We are ever so grateful for Ileana Gulmesoff and her hard working family for our recent Garden/Poolside Fundraiser. Ileana not only provided the venue, but found entertainment from ballet to a 6 piece classical string group, food and a most beautiful setting. This was the 5th fundraiser she has done for us with another agreed for 2013. Think she is our hero? You bet she is! Thank you Ileana and Monika for your hard work to help the people in 3rd world Nepal's rural villages!

One of our long time supporters from the Pomona Unity Board, member Jacqui M. told us she knew of a way to help with contributions, and she did indeed. JUST GIVE by American Express' points program. This may be of interest to you for another way to give? Give as you choose. Our own Board Member Howard Woodall has us

into corporate donations with his employer, Diloitte, with deductions from his wages which Diloitte matches. Now we understand another avenue of support from those of you working in companies offering matching grants. We are open to learning, and look at what we have gained already. Join us where you can to help us help rural village women and children.

Many of you ask about VOLUNTEER positions. We have them. We might be just the right place for you Employers love to know who gives of their time after work. Community Service hours benefit you, your employer and us at the same time. Students are also able to get their CS hours met by helping us. Our needs: Virtual filing including photos; virtual organizing, virtual meaning computer; techy assistance and techy assistant in varying degrees; fundraising; writing grants; assisting at functions; and more. Tell us what you can offer and let us see where we can put your talents

to work to benefit all of us. Giving feels good and there are many ways to participate from hands on to cash and combinations too.

Extended thanks go to my Board who reach for ways to lift us to new and better levels; the interns Alia Manetta for the Goat Club, FaceBook and more, for Tessa Woodall for loading the Kindles for the library and starting to do our tweets; for Nathalie Lofus of "Mind over Matter" for tending our books; Robin Pierson for writing and editing for us; and always to our donors and supporters who support us generously. Thank you

I/we send you all greetings for a very Happy Thanksgiving and a Merry Christmas with a Happy New Year to bless you fully. Our gratitude is with you these fine Holidays. Thank you for blessing us,



Rosalind Russell, Board Members and people of Nepal

**An interview with Mrs. Ujeli Danuwar, a woman (of the untouchable caste), a member of Community Group No. 2 in Wojetar, our first village.**



Mrs. Ujeli Danuwar

**Has the work with the goats/groups and micro-financing improved your life? The lives of your family?**

Yes, we are gifted by goats followed by micro-financing, literacy, drinking water supply, candle making, knitting skills and tailoring skills. We never thought so many opportunities will be available to us. No government and not any other organization gave us so many things. Yes, goats are in my pen and I made a good amount of money for my children's education and food with the ones sold, we can continuously generate money by raising goats, so it's a direct income. Micro-financing is like our bank it gives us support at the times of need. My husband is happy with me because of the income I can make by raising goats and because I can sew family clothes. We are so happy to remain as a group for so long and we will continue this in the days to come. It is also easy for us to look after our medical problems and also all our children are now going to school. I think we are lucky that you are from our village, I bless you and your kind American mother.

**If yes, HOW and WHAT are the changes you, your family have benefited from? How many in your family?**

I told you so many things of my experience , my family benefited from the income of goats, always available fund of micro-banking, as I can sew , I benefited from tailoring lessons. We got fresh drinking water & I can read and slowly write and now I am not a illiterate woman so adult women literacy classes taught me reading and writing and so on...as you know all because you were always there with everything..ha..hehaha. We are 7 in our family.

**What year did you join in the R Star groups with goats or literacy or cottage industries?**

I joined the goat project in the year 2003/4 and cottage and literacy in 2008 and 2010

**Is there emotional value to you by being joined in groups as you are, mixed with all casts?**

Yes, we do have ! We are no longer different caste in our hearts, we thought it would never happen, there was a division in between women and we were divided but now we stand together. I thank you and your beloved mother for such a BIG CHANGE in just a few years.

**Is there anything you would like to share beyond these questions?**

Yes, I would like to thank you dear Rabin Babu & I also thank your kind hearted strong willed mother for everything she did for us I am happy not only for myself but for all of us here in our village. I would like to ask you both to help us in the days to come and never forget us as we can NEVER FORGET YOU.



School children lined up and ready to go home.



Mrs. Danuwar with her students.