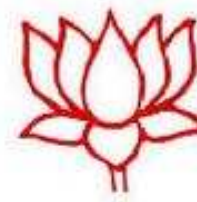




**Maitreya Pathshala**

**Pokhara, Nepal**

**Tel: ++977- (0) 61 – 530 241**



## **NEWSLETTER**

**February, 2015**

### **WINTER**

The rain clouds of the monsoon season have long since disappeared, to be replaced by the clear blue skies of winter. Now it is time for us all to snuggle down for the duration of the cold winter months, in anticipation of emerging into the gentle spring sunshine of early March.

We are fortunate in Pokhara that our winters are not severe as in other places, such as in the mountain villages of the Mustang. From our campus, we are able to turn north and behold the incredible views of the snow covered peaks of the mighty Himalayas.

### **MUSEUM**



As part of bringing to our children an awareness of the lives of those living in the mountain villages, we arranged a short visit to the International Mountain Museum in our city. There, the children were given age appropriate information regarding the lives of children in the mountains, the occupations of their parents and of the heavy snow falls that can be experienced.

This was also a prelude to them meeting with some 80 children from a government school in Chosher, Mustang who, with their 15 accompanying teachers, were shortly to arrive at Maitreya Pathshala Waldorf Inspired School and Biodynamic Farm.

## **MUSTANG CHILDREN**

The Nepali government gives assistance for such winter relief projects, that makes it possible to evacuate at least some of the children from the freezing overnight temperatures in their villages, down to the slightly warmer region of Pokhara. There is no central heating in homes, either in the Mustang or in Pokhara!



Maitreya is happy to be able to offer hospitality to these children in buildings on our farm which could be utilized for hostel living and classrooms.

## **PARENT/TEACHER MEETING**

Before our kindergartens closed for the winter break, we were pleased to welcome parents to a formal meeting with teachers to here about Steiner-Waldorf education and how it relates to the young children in our care.



Healthy discussions ensued covering a variety of relevant topics.

## VISITORS

Being situated so far north in Nepal, means that we have no direct and easy contact with sister Steiner-Waldorf endeavours. Thus we welcome the visitors, volunteers and master Steiner-Waldorf teachers who take time-out to visit us.

**Marja Maria** who is music therapist from Netherlands came to Maitreya Pathshala for a month, bringing with her some beautiful instruments for our school.

It was an uplifting experience to have Marja work with us on our musical abilities.



The soothing sounds of the plucked strings of the lyre, have an immense calming effect which is so beneficial to our children, if not to ourselves!

We thank Marja deeply for her invaluable sharing.

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We were especially delighted to welcome **Hye Ran Kang** from the Cheyounge Free Waldorf School in Korea.



Hye Ran spent valuable time with our teachers sharing of her experiences and knowledge in the education of young children. We are most grateful to her for her time, sharing and also for the valuable materials that she gifted us.



## **TEACHER TRAINING**

Whilst our students enjoyed their winter break, teachers and some parents made their way to the Tashi Waldorf School in Kathmandu, an 8 hour or longer drive from Pokhara, to participate in the Kindergarten Workshop for Teachers and Parents, between 11 -15 January, 2015.

This conference was organised by Waldorf Education in Nepal (W.E.N.) <http://wen-nepal.wix.com/wen-waldorf-in-nepal#!kindergarten-workshop/cvxc>



Guest speaker was Silvia Jensen from Brazil supported by Sarita Sanghai (conference co-organiser). The focus of this workshop was Child Development; Story Telling; Application of 5 elements of art in preparing puppet theatre and seasonal table displays.

## **END OF SCHOOL YEAR**

With the end of the school year but a couple of months away, we begin to focus our thoughts on the second year of the Maitreya Pathshala Waldorf Inspired School.

We thank everyone for the tremendous support, encouragement and love which has streamed towards us during this our first year. Please continue to journey with us!



<http://www.maitreyapathshala.org.np/giving/>

# **WORLDGANIC FARM HOUSE**

## **BIODYNAMIC INITIATIVE**

**Pokhara, Nepal**

**February, 2015**

### **EDUCATION**

Aside from Worldganic Farm House's collaboration with the teachers at the Maitreya Pathshala Waldorf Inspired School, we also welcome students from surrounding educational establishments who show an interest in our biodynamic work.



To this end, it gives us great pleasure to host the internship for three months of two students from the Shree Birendra Higher Secondary School in Parbat as part of their 15 month 'Junior Technician in Agriculture' (JTA) studies.

Their presence on the farm is most welcome and we appreciate their participation in our daily routine and tasks.

### **BIODYNAMIC BASICS**

Bishnu Sherchen and Ritman Gurung had the pleasure of working with a group of farmers on the 29 November, 2014 in Duwakot, Bhaktapur for a 'Biodynamic basic Training' course.

Alongside general discussion on the pros and cons of 'organic farming' viz a viz 'conventional', the group was introduced to the basic concepts of biodynamics, including soil fertility through the use of compost, BD preparations and the importance of the planting/sowing calendar and the relationship to whether the crop would be of the root, the stem, leaf, fruit or seed',



The group were extremely appreciative of the input from Ritman and Bishnu

## VISITORS

In late October, we hosted a visit by Adam Lindeboom, an expert cheese maker sent to us by 'PUM Netherlands senior experts' programme.

Our cows produce milk that is surplus to our daily requirements and thus we have investigated the most economical way of turning the surplus milk into a profitable alternative.

Adam spent time showing us how to make a version of Greek Feta cheese, which is very similar to the Indian Paneer cheese. We are now able to use our surplus cow's milk to make 'Worldganic Biodynamic Feta' to sell at the local market!

We are most grateful to Adam and PUM Netherlands for introducing a new product to our shelves!



In November, we were pleased to welcome a group of Tamang and Magar Women from Makawanpur visiting under the auspices of 'NGO-FONIN', Dillibazar, Kathmandu. They enjoyed the opportunity to visit both the Worldganic farm and Maitreya Pathshala Waldorf Inspired School.





## **VOLUNTEERS**

It is always a delight to welcome new volunteers onto the farm. Recently we hosted four students from Australia, two of whom came from the Sydney based 'Glenaeon Rudolf Steiner School'. Currently we have two volunteers from Israel.



In early March, we look forward to welcoming Marie-Helene Hair, a French lady residing in the UK, who will be with us for a couple of months!

Apart from the regular daily tasks around the farm, such as milking our cows, there is plenty of other work involved with the planting, nurturing and harvesting of our diverse crops, including cabbage, cauliflower, broccoli, peas, spinach and linseed (flax).

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Join us on Facebook to keep abreast of the events taking place on our small farm!

<https://www.facebook.com/worldganicbiodynamic>