



| NEPAL

**FINALLY THE CHILDREN
HAVE A HOME OF HOPE!**



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**REPORT FROM
SIXTH VISIT**

| SOUTH AFRICA

**SUCCESSFUL
SCHOOL VISITS**

| SOUTH AFRICA

**LOVE LIONS
ALIVE!**

| NEPAL

**FAMILY HOME
INAUGURATION**



DEAR READERS, In just the first half of 2016, I have had the fortune of witnessing the amazing results of Lööf Foundation in its many wonderful projects. Some have been ongoing, and some are just starting. We closed the first chapter of our ongoing project in Nepal with Home of Hope, the inauguration for the family home was held on April 30. Our representative Johan Magnusson traveled to Nepal in January for his sixth trip to help with the rebuilding process of Home of Hope. He stayed for five weeks, into February to finish the roof rafters. Finally, Home of Hope is rebuilt, and the children have moved in! Shyam and Asha, who are housefather and house-mother, have set up to create a safe place for all thirteen children.

We have made a new acquaintance in South Africa, Andi Rive, who runs a lion sanctuary at Appin Farm in the Free State. I am so happy to share that Lööf Foundation has decided to support Andi's work and we are excited to see how she and her lions will manage in the future.

Our other project in South Africa where we support Star for Life has made many improvements. In areas and schools in South Africa where they have been present, the number of pregnancies decreased, students became better in school and the spread of HIV has been reduced.

A common thread throughout the projects we have supported and been engaged in is compassion, a key word to our Foundation and me. Whether that is compassion for animals, or towards other human beings. If you would like to continue the trend of compassion throughout your life, please contact me to see how you can contribute to our projects, or get involved!

Sophie Lööf.
Chairman and Founder, Lööf Foundation
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NEPAL. Ratankot, sixth visit

SIXTH TRIP TO NEPAL

Lööf Foundation's representative Johan's Diary

JANUARY 18, 2016

I am preparing myself by purchasing food, fuel, medicine, etc. and going through the equipment. I will pack warm clothes this time as it is now winter there. I will stay in my two-man tent and cook my own food as I usually do. The purpose of this trip is to visit Ratankot to see how the reconstruction of the Home of Hope is progressing and will try to help with the construction of wooden roof trusses. The foundation is in place and the walls have begun to be built so it looks very hopeful that we will be able to have the inauguration in late April!

JANUARY 20, 2016

The state in Kathmandu today:

- A number of construction, reconstruction and demolition projects are underway.
- They have cleaned up the rubble at the collapsed buildings and, in some cases, begun to rebuild.
- The road network seems to be in even worse condition than last time.
- There is burned garbage in many places along the streets and eateries that is being used as fuel, due to the shortage of gas. In other words, it is even smokier now.

– There is less traffic, as many vehicles are parked and there are really long (kilometers) queues at petrol stations since many gas pumps are closed. The fuel costs about 5 times normal, which in Swedish kronor will be approximately SEK 40/liter, a construction workers salary in Nepal is around SEK 1500/month and a car park attendant at the airport makes around SEK 1000/month. I'm not sure they will be able to afford gas.

– Seems to be more beggars, mothers with children, and I haven't seen this before. It feels so sad and frustrating to see how miserable their lives are. It bothers me that I cannot help everyone, but I try my best to help those that I can.

JANUARY 21, 2016

Karma and Shyam turn up at the hostel, a happy surprise! We talk through the situation in Ratankot and Nepal, it seems that no one in the village has started with the reconstruction of their homes due to the lack of funds. Each household has received approximately SEK 2 500 from the State (read the United Nations or other countries' aid shipments), in total, they should get about SEK 20 000, but this is not enough since a small house of two rooms, is estimated to cost SEK 250 000 to build. The state chooses to pay in small amounts because there is a food shortage, and the people tend to spend the small amounts of money on food etc., instead. Unfortunately, alcohol consumption has increased significantly due to the increased feeling of despair amongst the people.

Some positive news is that a project to rebuild the school in Ratankot has started since they will receive funding from some Swedish organizations.

Home of Hope's reconstruction seems to make great progress! Tomorrow the first lap with reinforced concrete walls will be put in place. I am hopeful that our family home will be both good and finished as planned!

JANUARY 22, 2016

We arrive in Ratankot, and as usual, we are welcomed with scarves and a big crowd greets us. They have just finished the foundation of Home of Hope, and it looks really good. Many of the villagers help me settle in by smoothing the ground for my tent, setting up my tent, bringing me my bags, making a fire, and bring me wood. I feel really welcome and well looked after.

JANUARY 24, 2016

I take a lap around the building site, as the first workers arrive. Today the first layer of the outer masonry walls are to be laid in moderation and some decisions are to be made, it feels good to be here in the beginning. I really feel I can contribute. Everything is done by hand, a man washes and wets stones, one sands the stones, one to two mix and carry mortar, two carry sand from the road 50 meters away and then 15 meters uphill and fill their baskets. A man sits and bends rebar (reinforcing steel used as rods in concrete) that we will use later. The rest carries the stone or walls plus Asha, Shyams wife who cooks. She provides two meals a day. We have a total workforce of 15 people, plus myself!

JANUARY 27, 2016

Today we hand out the jumpers I have with me from Mariestad. Three women from Mariestad, Elisabeth, Vanja and Inga- Lill have knitted them. As we prepare to hand them out, an elderly widowed woman arrives to get a big load of branches and leaves for her goats. When she sees the jumpers, we let her try one of the big children's jumper on and she gets so happy when we give her one as she has no warm clothes. I am really impressed how an 80 year old can head off with 25 kg of branches on her back and then leap down a 1.5 meter terrace edge. I wonder how many elderly people at home could do the same. The children are excited, and some may even get knit hats. I take some pictures of them leaping with joy, as they are also warmer in the jerseys now! Feels great to be able to give them this, but the only problem is that we do not have a jumper for every child in the village and that feels a little sad. Home of Hope walls have now been built up to the lower edge of the windows. It's about 60 cm high. I feel an earthquake in the evening, a rather sharp one with 4-5 subsequent aftershocks. The village comes to life and I hear some shouts. It evokes memories from last spring.

JANUARY 29, 2016

The casting is finished, it went really well, not everyone thought we would be able to finish today. I start my fire and heat some

water for dinner. Shyam and two others join me. I give Shyam one of our books called "Dreams of an Orphanage" where we have written about our journey building Home of Hope, and the devastating earthquakes that hit Nepal in April/May, 2015.

FEBRUARY 8, 2016

In the last few days we have made great progress with the walls. They are half way completed, up to the top edge of the window frame. We will be casting a row of concrete again. Some internal walls have also been started.

FEBRUARY 10, 2016

The last two days have been a bit harsh, as I have been feeling a bit low. It's been slow at the site of Home of Hope. We had rain on Monday, no one working yesterday because of a wedding, and just a few have shown up to work today since the president died yesterday so today was a national mourning day. The delivery of nails didn't come today so I have not been able to build the rafters to the extent I had hoped for and yesterday morning my tent was full of ants when I woke up, so I have felt a little frustrated lately. But today it feels a little better, since we have nice weather.

FEBRUARY 12, 2016

No bricklayers have arrived today either. It is frustrating to see the days go by without any major progress done on Home of Hope. Shyam is coming so that will mean five people working today including myself. We are working to prepare as much as possible for tomorrow by mixing sand, cutting stones, cleaning and sorting materials, and building molds throughout the day. The shirts and shoes are now at the school. Because of all the weddings and deaths in the village, there are not as many kids in school today. We decide to wait until tomorrow at 10:30 to hand out the clothes to the children, that way all of the kids will be there. One of the teachers and I go to look at the clothes, he is happy with the purchases. He mentioned several times how good they are and how happy he is, you can feel his gratitude.

FEBRUARY 13, 2016

Today it is a little more complicated than the previous times we have handed out things. All of the children have to try on both shoes and sweater, so I feel a little worried about how long it will take. We begin with the oldest children who are in grade 8; we think that they can help the younger ones. It goes surprisingly well; as all are very happy and grateful and it is touching to see how the older ones help the younger children try on the right sizes.



The foundation of Home of Hope



Walls almost complete!



Window and door frames in place



Roof frames made by Johan Magnusson



Home of Hope complete!



Johan handing out rice to the villagers



Children in hand-knit sweaters from Sweden



Trying on shoes



Handing out different varieties of seeds to the villagers



The village nurse standing beside the shelf Johan helped to build, along with the new medical supply



Children in their new sweaters

FEBRUARY 14, 2016

I am excited for the day, as the goal is to start molding above the windows in the morning, so now it starts to look like a house. Shyam and I will also go up to the junior school located higher up in the village, at about 1,800 meters altitude and distribute sweaters, unfortunately we have to wait for shoes since we have too few in small sizes. We will change at the beginning of the week. Today, the first workers arrive earlier than usual and the work gets started, I feel hopeful that we will reach our goal today. Thinking about our project with Home of Hope and how much fun and meaningful it feels to be here and do what we do.

FEBRUARY 15, 2016

The workers are putting rebars in to create reinforced concrete walls for Home of Hope. This will make the walls more sturdy during any future earthquakes.

FEBRUARY 17, 2016

The goal for today is to finish the last roof frames and mold castings in the walls so that we can mount the roof frames in the morning. My new student friends have offered to work today and tomorrow, so today they will sort and organize all the stones lying around the building, I am very grateful for their help. We finish the castings just before lunch as planned, which I feel happy about. Now it just depends on me to finish making the rafters, which I will do. It's really hot and sunny today, like a summer day in Sweden so I drink lots of water. The students are working very hard and when the day is over, they have sorted almost all of the stones around the house; this will facilitate and save a lot of work for the bricklayers. I feel very grateful for their help.

FEBRUARY 19, 2016

Today we will distribute 900 kg of rice and 70 kg of seeds! A total of 185 families will receive seeds and rice. The idea is to introduce new types of crops such as corn that will give them a better food source, rather than using their old seeds. I am hoping we'll be able to bring some curiosity and experimentation to the villagers and increase their willingness to try growing new crops. During my time here, it has been a very happy and playful atmosphere while at the same time, very productive. Karma translates what the workers want to say to me, and they tell me how impressed they are by my work, which makes me really happy and also proud. I hope I managed to inspire some new thoughts.

/Johan Magnusson
Lödf Foundation representative

LÖÖF FOUNDATION'S SECOND TRIP TO SOUTH AFRICA

Lööf Foundation has partnered with Star for Life for a three-year period to support Folweni High school in Durban South Africa. On March 7, Sophie Lööf and many Partex employees attended the inauguration at Folweni High school, and helped celebrate this partnership with a launch party.

FOLWENI HIGH SCHOOL INAUGURATION AND LAUNCH PARTY!

Lööf Foundation has partnered with Star for Life for a three-year period to support Folweni High school in Durban South Africa. On March 7, Sophie Lööf attended the inauguration at Folweni High school, and helped celebrate this partnership with a launch party. Many speeches, dances, singing, and presentations took place on this special occasion. At the end of the day, Sophie and a grade eleven student raised

the Star for Life flag together. TorBjörn Lööf, part-owner of Partex and board member of Lööf Foundation and Mikael Persson, CEO Partex Marking Systems and board member of Lööf Foundation, Martin Erasmus, branch manager of Partex Haley South Africa and Barry and Pat Haley, business owner of Partex Haley were present to help celebrate. As well Partex Ambassadors Ronja Lundquist from Partex Sweden and Simon Hooper from Partex UK attended.



PARTEX SWEDEN AMBASSADOR RONJA LUNDQUIST'S DIARY, MARCH 8

As this school is preparing to become a Star for Life school we got the opportunity to watch first-hand how they work with the Star for Life program. Today was stage 1 of 10 in the program which means a workshop to introduce the students to the method and the dream diary.

When we arrived at the school, the whole school yard was calm and quiet. The students were already sitting in a big tent waiting for us. I was surprised how well disciplined they were, not at all like the students in our Swedish schools. The session started with an introduction by Siphile, who is one of the Star for Life representatives. He held the whole lecture today about the meaning of

dreams and that the responsibility for your future lies in your own hands. Siphile told us about his own career and education. "Future success starts with great education" he quoted. He also told us how he started by studying Drama at the University in Johannesburg but then realized that he was not going to end up in movies or television so instead he started working. After a while he got in touch with Star for Life and today he is here with us to educate the students at Nkanyiso High school. His dream is constantly evolving with new goals. His message; if he can dream so can everybody.

The students we met today were in grades eight to nine, dressed up in their uniforms and red long-sleeved jumpers, very properly dressed I must say. Everyone got a new dream diary handed out to them, not just the students but we did as well. The dream diary contains different steps in the journey to proceed your goals:

- Dream, close your eyes and see your dreams.
- Write down your dream in your diary.
- Picture your dream before you, and then draw it down in your diary.

After working through these steps some of the students got to tell us about their dreams and goals, I was quite surprised that there weren't many children laughing and goofing around. This is a big difference from what we are used to in school. They showed

respect to one another. To summarize their dreams they were pretty much similar to what anyone is dreaming of; a family of their own, wife/husbands and two kids, and a proper house. When it came to careers, priest, police and doctors were very popular occupations. They all agreed upon the importance of education and paying attention in school. Another part of the dream diary session was to write down necessary steps to go through in order to be able to reach our goals.

- Things I want to stop doing to achieve good marks.
- Things I want to start doing to achieve good marks.
- I promise myself to...



The morning session ended with a short run through about HIV and AIDS, how it's spread and how to prevent the spreading of the virus. They also talked about the Star for Life star and the meaning of the colours, followed up by singing and dancing in the tent together.

Ken and Göran from the Swedish band Triple and Touch put on a good show and sang the Star for Life song about living an AIDS free life, together with the students. It was a joyful occasion and it's going to be so exciting to go back to the school for the Star for Life launching on Friday. Our afternoon was spent in a Zulu village. We stopped for lunch at the house of Siphile and his family outside the town of Hluhluwe and then continued for a walk in the Zulu village. We got insight into the Zulu traditions and how they are living. Whole families live together, and by family they include multiple generations.

/Ronja Lundqvist
Partex Ambassador

PARTEX UK AMBASSADOR SIMON'S DIARY, MARCH 10

For the first eight years, Star for Life worked only in high schools but, due to repeated requests to work with younger children, they started working in primary schools too. To date, the program is running in 13 primary schools and 90 high schools in the area, with each child costing approximately 200 SEK to put through the program. All money raised by Star for Life stays within the organization and is used directly in the project with equipment and staff sourced from local communities.

Hluhluwe Public school is a primary school, grades 1 to 7, for 507 children of up to 11 years of age. We were greeted by the many children who were spilling out of the gates. As we have seen at the other schools, pupils seem proud of their school uniform and make an effort to look as smart as they can.

One of the first things I noticed was that some of the children were barefoot. The school yard, which is presumably normally compacted bare earth, was today muddy and full of loose stones. The barefooted children seemed to walk around without an issue – presumably they are used to doing so – but it was still hard to see and really brought home the poverty of these children, more so than the threadbare uniforms that many of them wore.

The teacher of the class gave us a demonstration of how they teach the Star for Life message of staying AIDS free to the children. The children were also asked to speak about their dreams.

Next, we were taken to a grade 1 classroom across the yard. We made our way across as quickly and carefully as we could, trying to remove the mud from our shoes before entering the classroom. In this class, the

youngest children are introduced to the Star for Life star by a member of the team in a “star character” costume using play, song and music. We watched as this mascot, joined by the kids, sang, chanted and danced through the basic message.

After this short lesson demonstration, we were due to watch some performances by the children. First, there was a display of singing and dancing by a group of 16 girls. One of our group members was brought into the circle of dancers to have a go at joining in! Next, a group of 14 boys performed a traditional Zulu dance of frenetic high-kicks and splits. Again, a couple of our group members were invited to perform the dance, not surprisingly, they found the dance very difficult.

Finally, the principal Mr Maphanga, introduced us to the teachers whose sessions we had watched, and provided a few closing words of thanks to the sponsors and Star for Life Organization.

While we were at the school, the SFL sponsored mobile health clinic was there. The mobile health clinic visits 4 SFL schools per week, making it around all of the SFL schools at least twice a year.

I chatted with a local nurse Sebenzile, who works with the service. The mobile health unit visits the school and works with a resident coach at each school. The staff of the unit provide health education for up to 200 children at a time on each visit – usually talking to one of the school grades on each visit. They also provide free health care to the children – this can be anything, from health checks to HIV tests.

I asked Sebenzile what the most common ailments they treated were and, without a pause, she said HIV and TB! The health unit also refers children to the school coach so that they can follow-up and provide further support to the child. Once a child has been assessed and has received counselling, they start a course of Antiretroviral drugs (known as ARV's). The mobile clinic will follow-up to see how the child is progressing with treatment and often visit children and their parents at home.

With the help of ARV treatment, those infected with HIV can expect to live a long and relatively healthy life. There is no cure however, and the drugs will need to be taken for life.

The clinic also tries to support the many orphans who are often living alone and supporting themselves, as their parents have died from HIV/AIDS. They do this by working with the school coaches and by making home visits to check on their health and that they have an adequate diet, etc.

This week has been a fantastic experience for me. Despite the hardships of their lives: poverty, HIV, loss of parents/family, the children are full of happiness and laughter.

Their keenness to learn and positivity makes you realize how much we (from our wealthy countries) take for granted. The high standard of teaching, both by the school teachers and the SFL trainers, also took me by surprise. To sum up, I'm really going to miss Africa when we leave, and I can't praise the work of SFL highly enough!

/Simon Hooper
Partex Ambassador



LOVE LIONS ALIVE

At Appin farm, Swinburne, Free State, South Africa, lives Andi Rive. She started "The Love Lions Alive Project" because she wanted to protect a reserve of lions from being used for sale, for hunting, or for body parts. Sophie Lööf and her father TorBjörn Lööf visited Andi to discuss possibilities for the Foundation to support her mission.



THE DANGEROUS LIFE OF LIONS

The killing of lions in Africa is happening at an exponential rate. Many are killed only for their body parts. Whether that be to use the skins of the lions, as a trophy on a floor, or hung on a wall. In South Africa, a tourist can pay up to \$50,000 to choose a lion they would like to hunt and kill for sport. Lions are viewed as more valuable dead, than alive. In some areas around the world, there are "cuddle farms" for tourists to visit, where lions are bred to create many cubs that tourists can cuddle with and bottle-feed. Many of the cubs are not fed properly, to keep them small for a longer time to generate more money from tourists.

It is believed that lions supposedly provide men with wonderful powers and strength. This creates a high demand for lion body parts, so many lions are only being raised to be killed, and then exported. Since the 1950's, the lion population in Africa has reduced by 50% to a mere 20,000 lions.

TOWARDS A SAFER FUTURE

Andi's lion sanctuary started out with lions she has rescued. She takes in lions coming

from zoos, private owners, or lions from other parks. Her main focus is to spread awareness about these beautiful creatures, and to allow people the chance to come to the sanctuary to see lions in their true glory, and educate the public about this devastating issue.

Some of Andi's mission statements are:

- Never sell, breed with or misuse a lion.
- Be a haven for misused, the abused, the unloved and those who have been seen as a quantum or livestock to their owners.
- Strive to create awareness in the world that live lions are more valuable than dead lions.

SOPHIE'S DIARY, MARCH 5

Andi told us that she has been on the Appin Farm since October 2015. Her main problem is that she hasn't been able to move the lions

from Glen Garriff yet as she needs proper documentation to show that the lions were given to her. She finds this very upsetting that she does not have all of her lions with her at this point. The one lion that Andi has now is just 11 months old, and her name is Mela. Andi and her staff have built 2.5 enclosures currently. Andi believes that her lions should have 1.5 hectares of land per two lions. The fences are 2.4 metres high and it costs 220 rand/meter for material and labour cost. She has solar panels set up to generate the electric fences around the enclosure. In each enclosure there will be cliffs, trees for shade, and water. Some will have a dam or stream running through them and even a waterfall in one enclosure. After sitting around talking for a while, we got into a four-wheel drive vehicle and Andi took us to the mountain where Mela was. She asked if I wanted to join them on a walk, and I couldn't resist. She went over what to do if Mela jumped up on me. When I went to get out of the jeep, Mela was right in front of me, my legs were shaking. Andi asked me if I was scared, and I said no (but I was). Andi told me that Mela was checking me out, and told me to just keep on walking.

/Sophie Lööf

Lööf Foundation Chairman and Founder



Lööf Foundation has decided to support Andi with her enclosure for approx. SEK 50 000:-. The lion enclosure will be home for two-three lions, with lots of open space, water, cliffs, electric fencing and trees for shade. Andi will also provide a 20% discount to Lööf Foundation followers who would like to participate in Andi's volunteer program on her lion reserve. There you can stay on the farm for a period of time and help her staff with daily chores surrounding the care of the lions from helping put up fencing to feeding the lions and keeping track of individual behavior in the lions. If you would like to join us in supporting this great project you can do so by sponsoring a lion. By sponsoring a lion, you will be covering the monthly cost for one lion. Contact us if you are interested in knowing more, e-mail to sophie@nordfasinvest.se.

Please read more on:

<http://lovelionsaliveproject.com>

SEVENTH TRIP TO NEPAL

Sophie Lööf, Johan Magnusson, and Lööf Foundation volunteers Morgan Young and Thandiwe Mazibuko traveled to Nepal to celebrate the inauguration of Home of Hope! Thandiwe lives and works in South Africa as a Music Director for Star for Life and wanted to join Lööf Foundation to help support the Nepali children. While in Kathmandu, Lööf Foundation visited a tent camp that is still present one year after the earthquake. Here are our diary entries from the trip.



MORGAN'S DIARY, APRIL 26

Sophie, Johan and I decided we would go and visit the tent camp that is still set up in Kathmandu. Today was the day after the one-year anniversary of the earthquakes that struck Nepal. After the earthquakes, the tent camp held 1500 families. Today, the tent camp is still home to 500 families. The tents are made out of tarps, plastic, and anything the people can scavenge.

We bought bars of soap, noodles, toothbrushes, and toothpaste to hand out to some of the people we would meet in the tent camp. We met a boy who lives in the tent, and after talking with him I learned that he has lived in the tent camp for one year. He used to go to school before the earthquake struck, but his home got destroyed, and now has no money for school. He works as a waiter, and longs to go to school. He said he is hoping to move to a new home in a couple of months.

Next, we came across two young boys, and they were best friends! They were so intrigued and excited to meet us, and likewise for us. They wanted to show us their tent so bad! So we followed them through the camp to their tent. I had bags with me, which I set down outside their tent, and they quickly came over and picked up my bag to carry it inside, and said it was too dirty to lay my

bag there. Very sweet and considerate of them. As soon as I entered their tent, I started to sweat. It felt like a sauna inside. His father was fixing the back wall of the tent. I squatted and chatted with the boys, and they showed me their kitchen, their bed where they sleep, and one little boy pointed out where his toothbrush was, and was very proud of it. Then as we stepped outside, they showed us their chicken coop. They had a section off the tent for the hens, and the boy told me he is in charge of feeding them rice. I got the chance to interview them a little bit, and their English was quite good! We then asked where they go to the toilet, and they directed us to the toilets. Johan explained that after the earthquakes, the Japanese came and provided toilets, however the toilets they have today are much more improved than the original ones they had in the beginning. It was very eye opening to see the tent camp. So many families have lost their home, their belongings, their money. Yet these boys that we met today were so happy, and proud of their home.

/Morgan Young
Lööf Foundation volunteer



SOPHIE'S DIARY, APRIL 28

We gathered with the other Swedish group, and waited for Pema to arrive from Delhi. Our special friend Geshe Pema Dorjee

Lama, who is the guardian and initiator of the project of Home of Hope, showed up at the Monastery with Karma after traveling from New Delhi. He got up at 3:30 am for his flight, so he was very tired after all of his travels. We sat down and had a great talk with him and everyone else. I was very happy to see Pema again; I truly love him so much. During the talk, Thandiwe had a great talk about herself and her work with Star for Life in South Africa. I so much believe that we are all one, so it was so good that we had all our Swedish friends, Nepali friends, Pema from Tibet, Morgan from Canada, and Thandiwe from South Africa. It reminded me what our logo of the world represents and means to me that we are all one no matter where we come from.

We waited a little while, since Pema had a meeting, and after he took us to show us the Monastery. We all met on the stairs, where Pema told us about how His Holiness Dalai Lama gave him an assignment to bring back the Bodong path of Tibetan Buddhism, which is the fifth path that was dying out.

A woman in Switzerland supported the land that the Monastery sits on. It was completed on August 14, 2005, and was handed to Pema to take care of. It's been running ever since and now with 31 monks present who start their days at 5:30 in the morning. They pray for one hour in the morning and then continue the day with intense studies. They also work a lot with charity work, helping many people in the Kathmandu area and villages nearby. Many start as early as 8 years of age, and continue for life as monks.

While visiting in the Monastery, we saw many different reincarnated Gods in the form of statues. They also had one special statue, which was a woman, and it was the only woman God within the Buddhist Bondong religion. Pema opened a cabinet that held many Bodong Buddhist holy scripts that were made by carved wooden blocks. I felt very grateful that Pema shared

all of his stories with us, as it was a beautiful experience.

/Sophie Lööf

Lööf Foundation Chairman and Founder

JOHAN'S DIARY, APRIL 28

I feel very grateful and happy being back again, the seventh time in two years. It's almost like my second home. It's very nice to be here with Sophie, Morgan and Thandiwe and show them around. I enjoy seeing all of my Nepali friends again! Today we are heading to Ratankot, where we are finally going to see Home of Hope finished so the children can move in. The three 4x4 cars and Karma arrive at the Monastery almost on time at 9:30 and we all gathered with the other Swedish group, Pema and monk. We load the cars with all our bags, filled with things for the children so the cars were overloaded. The whole group today is 14 people plus drivers. It's around 30 degrees outside so we are happy that Karma found cars with AC that works.

On the way Morgan and Thandiwe have so many questions and comments and I try to answer them all. There are still a lot of broken houses along the road and I feel sad that it's going so slow with the rebuilding process. There is a lot of construction work on the roads from Khadichaur and that makes me really happy as the road here was really damaged after the earthquake.

The last part of the trip was as always very bumpy! We reach Ratankot at 5 pm and it was fantastic to see Home of Hope, it was very busy around the house, with 20 people working very hard to finish everything before the inauguration, as there were some last minute details to be finished. The house looked really beautiful and Shyam and Karma have done a great job!



We meet the first two children who are going to move in today, two girls, Samjhana Tamang who was 13, and Laxmi Tamang who is five years old. Once the girls arrived at Home of Hope, Morgan gave them a shower, and a fresh pair of clothes. They were quite dirty. Thandiwe was there to help blow dry their hair and brush it.

Sophie helped get all toys and books out, so that they could have something to play with and feel more comfortable. They were a bit shy in the beginning, but once they got cleaned up, and started playing with toys, they really opened up. Later that night, Shyam and Asha moved in, as well Sophie and I got settled in the guest room. I am now sitting here in my bed and writing this diary. It was a little overwhelming today, but now we are going to sleep here after all our work today. We have gone through so much to be where we are today, and I feel very grateful to all who have helped us to manage this!

/Johan Magnusson

Lööf Foundation representative



THANDIWE'S DIARY, APRIL 29

Today started rather differently because a small voice spoke at 4:00 in the morning and I was tired, because we had gone to bed very late with those small voices singing themselves to sleep. They went to bed very late because of the excitement from moving into Home of Hope yesterday. One little girl had to pee, which Morgan was able to take care of. The problem was, that she was talking a lot in Nepali, that I don't understand. I wish I did, because you could tell she was telling many stories, even at the age of five. From then on, there was a lot of talking until 5:30 in the morning, of which it was a surprise to see a small child waking that early and having such energy. It continued like that almost the whole day, because we had to venture to school, which was very exciting.

We went to the primary school, which was a blast. I was able to teach the first workshop, which is about dreams and that, went really well. I was surprised that children coming from another culture could learn the Star for Life values so quickly as they don't speak English. The most important thing that really touched my heart, was that all of the children came up to me giving me flowers and saying Namaste. Having the kids singing Nepal's national anthem just for me, went straight to my heart. For them to sing Shosholoza was the best.

We came back to Home of Hope after our school visit, and it was extremely hot. We tried to take a nap, which was impossible because the kids were coming in the room looking for help. Meeting the new boys for the first time was really exciting for me. I'm not sure if it is because I am the mother of a boy or what, but my motherly instincts kicked in and I fell in love with the boys. I was really touched by so many of the girls, as the majority of them are very responsible, who are able to help with the little ones. So many of the children here have beautiful voices. As we prepared and polished up our performance for the inauguration tomorrow, the girls did the songs justice. Now we are ready, and we are looking forward to tomorrow's performance!

/Thandiwe Mazibuko

Lööf Foundation volunteer

MORGAN'S DIARY, APRIL 30

Finally, it's the day of the inauguration for Home of Hope! I couldn't be more thrilled! We have bought so many party hats, small horns, and little treat bags for all of the children in Ratankot. We have invited the whole village to come to the big celebration! Today we were getting two more children that will live at Home of Hope.

I made sure all of the children had a Lööf Foundation t-shirt on, and looked presentable for their big performance. They had practice time with Thandiwe to go over the songs they were going to sing. I stepped outside to see how preparations were going, and when I walked outside, there were already so many people. It was such a neat sight to see so many village people in one spot. There were so many women sitting up on the ledges in their colourful clothing. Some were holding tiny babies, and all of the school children we had met the day before were there.

There were no empty spaces around Home of Hope! The Swedish group of people that accompanied us were handing out treat



bags to all of the children, and they started to wear their party hats, and blow their small horns. Sophie and Johan were greeting people as they came through the gate. It was really a sight I will never forget.

We started the inauguration of Home of Hope off with Sophie and Johan cutting the Swedish ribbon. Next they cut the ribbon to the entrance of Home of Hope. Then Pema Dorjee Lama and another monk blessed the house with prayers. We started the party off with local village dancers that performed a welcome dance to our Home of Hope children singing a Nepali song.

Then Karma, Sophie, Johan, Pema Dorjee, and Christina made many speeches. The village children who danced made even more performances! The Home of Hope children performed excellently with a Nepali song and dance. As well, they performed a South African folk song that Thandiwe taught them called Shosholoza, which was inspiring to see them sing in a language they do not speak. Thandiwe finished with a beautiful song. She looked so perfect singing with the mountains behind her. After all celebrations, the entire village was welcomed to lunch provided by Lööf Foundation. A total of 800 eggs were boiled for lunch!

Once it settled down in Home of Hope, Sophie and myself conducted interviews with all of the children living in Home of Hope. Shyam was present to help translate. It was very tough to do these interviews, as many of their stories were sad to hear. One very touching moment that brought both Sophie and I to tears was when one of the children's birth certificates was handed over to us. Today was a day of celebration and happiness for the village and especially for the children. I couldn't have been happier to be present for this magical day.

MORGAN'S DIARY, MAY 1

The boys were up at 5:30 again, but I tried to sleep in a bit longer as I knew we had a long car ride back to Kathmandu. After getting packed, Thandiwe held a workshop with all of the children. She presented the Star that they use in Star for Life. Each part of the star is a different color and represents a different message.

- Yellow** – I go for my dreams
- Red** – I live healthy
- Black** – I decide
- Green** – I am committed
- Blue** – I make it possible

Each of the children got a piece of paper and a marker so that they could write down

their dreams, and the steps they were going to do to achieve their dream. We were fortunate to have Karma translate for us. Not every child could understand English, or exactly what Thandiwe was saying, until they heard it in Nepali, but they all listened attentively, and were so engaged in what she was saying. They were like sponges, soaking up every word Thandiwe was saying. It was so inspiring to see them all so focused and engaged with their own dreams and futures.



Both 4x4 cars arrived to take us and the Swedish group back to Kathmandu. It was very bittersweet to leave with many mixed emotions. I was ready to leave, and let the children, Shyam and Asha get settled into a daily routine, but on the other hand I had formed such strong bonds with these children in such a short time. Now came the time for final goodbyes. Sophie had so many tears in her eyes as she hugged each child. As did I, and the kids. All of the kids give the best hugs, something I will miss for a while, as I have hugged so many kids so many times in two days. I know that this is not a goodbye, but simply a see you later, as I will be traveling back many times a year as a continuous volunteer for the Lööf Foundation. We made it back to Kathmandu safe and sound! Tomorrow, we are headed back to Sweden.



I am so grateful for the opportunity to embark on this adventure, and be part of such a great celebration on Saturday!

**/Morgan Young
Lööf Foundation Volunteer**

LÖÖF FOUNDATION MADE THE NEWS!

Since the beginning of the year, Lööf Foundation has received great media coverage on our projects. We have been in a large Swedish evening paper called Aftonbladet Söndag, a spread in a Swedish business newspaper "Dagens Industri", a local newspaper called Mariestads-Tidningen, and the Tara magazine.



Tara Magazine, April 26, 2016



Aftonbladet Söndag, March 30, 2016



Dagens Industri, January 22, 2016



Mariestads-Tidningen, May 4, 2016



LÖÖF FOUNDATION PROUDLY PRESENTS MORGAN YOUNG

We would like to introduce Morgan Young who is a volunteer for the Lööf Foundation. She was born and raised in Bridgewater, Nova Scotia, Canada in 1993. She now lives in Mariestad. She received her degree in Applied Bachelor of Science in Psychology with a minor in Sociology from Acadia University in 2016. Morgan volunteers for the Lööf Foundation in a number of ways. She transcribes text from Swedish to English, updates social media information, and helps Sophie with administrative tasks. Her main task will be to travel to Nepal four times a year, to assess the Home of Hope children and their development.

"I have always wanted to help others in whatever way I could. By volunteering for the Lööf Foundation, I get to do that on a much larger scale than I could have every imagined. I have seen what the Lööf Foundation can accomplish and achieve by working hard and uniting those far and wide, and could not ask to be a part of a better Foundation. It has given me such fulfillment in my life, and brought so much joy. I only hope that I can pass on my happiness, and positively impact the children of Home of Hope, as much as the Lööf Foundation has on me."

**/Morgan Young
Lööf Foundation volunteer**

LÖÖF FOUNDATION SPONSORSHIP PROGRAM

The Lööf Foundation will create a sponsorship program for the children who live at Home of Hope. When you sponsor a child, you will be covering all costs for the well being of that child. More information will come during Autumn 2016. A sponsorship brochure will be sent out providing all information, as well you can check our website and social media for updates and information.



Laxmi Tamang was born in 2011, and is in grade one. She is a very talkative little girl, and enjoys playing with toys. She has two older brothers. Both brothers are married. Her father passed away from yellow fever when she was two months old. Her community blamed her for her father's death, and said she had bad karma. Her mother is very poor and can no longer support her.



Puja Tamang was born in 2009, and is in grade three. Her favourite subject in school is science and her favourite colour is red. Both of her parents passed away when she was one and a half year old. Her father beat her mother to death, and then committed suicide that same day from guilt. She has been taken care of by her two teenage cousins for the past five years. She enjoys playing with teddy bears. She hopes to be a social worker when she grows up.



Bishek Lama was born in 2006, and is in grade five. His favourite subject is Nepali, and his favourite colour is red. His father died one year ago by suicide. He was not able to support his family. He has come to Home of Hope because his mother ran away to Kathmandu. He has been living on his own in a shed, and would go to his uncles for food sometimes. He is very happy to be able to live at Home of Hope because he won't be lonely anymore.