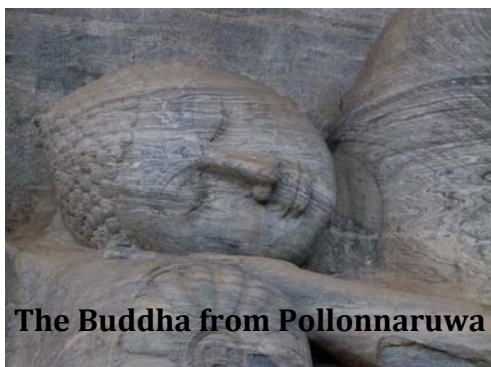


TOILETS 2013

Everyone in Sri Lanka giggled at the toilets. In fact they found it hard to be serious about this most serious subject. But as time went on, they began to accept the fact that



The Buddha from Pollonnaruwa

evacuation is as important as the rest....

Joking apart, the importance of good toilets in schools cannot be over emphasized. The lack thereof allows parents to keep girls at home (after puberty they can no longer

go in the bushes) and improves everyone's health as illness is contained.

And so toilets have become one of our (DACF) focal points – along with toothbrushes and garbage cans/rubbish bins.

This year, 10 schools were chosen in Sri Lanka. Ah Sri Lanka, so many fond memories... (It is where I was first ordained, where I lived an almost idyllic life due to its extreme simplicity – can one go back?) And so the chance to build toilets there was embraced warmly by DACF.

My friend Ven. T. Dhammika Nayaka Thero in Geneva coordinated the international bit and his good friend Ven. E. Sorathe Maha Thero was on the spot. He had researched isolated schools which needed help. In fact he did it so well that when we came to visit, we covered about 1,100 kilometers – not including the dirt tracks -- an exhausting but rewarding endeavor. It was exhausting because the roads vary enormously and we had many hours of travel but rewarding because we learnt so much. Here is a break-down:



Name of school	Place	Amount(Rps*)	New toilets	Repaired toilets
Weerapana School	Galle area	103,609	1	2
Halvitigala School	Galle Area	61,334	2	
Halgawela School	Galle Area	64,355	1	
Devalegama School	Galle Area	49,195		2
Gallandala School	Galle Area	66,170	1	2
Kuda Oya School	Wellawaya	103,575	2	
Pelawatta School	Monoragala	95,067	2	
Udawelayagama School	Sigiriya	39,241		2 but did 3
Diyakepilla School	Sigiriya	98,996	2	
Sucharithagama School	Anuradhapura	114,662	2	1

* Sri Lankan Rupees: US\$1 = SLRupees130

We learnt, for example that Sri Lankan parents pay SLRs.36 (27 US cents at the present exchange rate) towards school maintenance each year. Some of this money will be used to maintain the toilets and many of the parents are involved in the maintenance of the grounds – and toilets. (In most schools we were assured that the principal would check every now and again.) Uniforms and text books are free, the problem of exercise books (we distributed 1700 80 page volumes = big for primary school) and shoes remain a problem for poor families. Teachers are required to fill the posts allotted to them for 5 years no matter where, no matter what. (I was assured by a specialist in the field that fraud – getting a better position – is not tolerated.) Unwillingly at first, some of the teachers we met had dug in and loved the quiet rural life and intended to stay. At one school a teacher had been there for 23 years!!

So we started out and the worry was how to record the gift of the foundation to each school: we hit on the idea of painting the name on the side of the toilets. In many places the result was crooked and it was difficult in pouring rain but I was assured that the result was very artistic – I sincerely hope so!

We were happy to visit pink and yellow and blue after the many unimaginative green ones...

Next time you go on a ride through the forests of Sri Lanka or trekking along one of the paths, you may come across a welcome site: a school with a toilet on the side of which is written “Douglas A. Campbell Foundation” and you, unlike many will be able to smile because you know where it comes from....

PS. We did spend a wonderful day at Polonnaruwa, the second capital city from 993 until 13th century. There are rock faces in front of the famous, inspiring, glorious statues of the Buddha and Ananda.



Here is Minhindu, the principal, a teacher and the artist!



As we sat there, people came up and said hello or Ven. Dhammika would greet them. Here is a picture of the two of them, nominated the Entertainment Committee for the day!

BSDA and a Wonderful Meeting

Manuel Garcia and i (and the other 4 people and the driver in a collective taxi) all drove out to Kampong Cham early on the morning of November 13. We arrived to a wonderful meal at the Smile Restaurant -- a social enterprise part of the organization BSDA -- Buddhism for Social Development Action.



In 2005, BSDA was started by a monk who had been criticized by the lay members of his temple for not doing anything to help the people. Ven. Vandong Thorn was shocked into immediate action which included a supplementary education in English, computer and Khmer dancing for 10 children which grew to 1,500! Then came extension in health education, environmental awareness and community building.

On the day that i met Vandong (as he is called since he disrobed) he brought in various members for us to meet. We were able to discuss everything under the sun and had lunch and then set off for the beautiful ruins of a pre-Angkor Wat temple in the



grounds of Nokorbatchey. The ruins were truly lovely to see -- they were more interesting than Angkor Wat to me.



Monks from the modern temple



Part of the temple

Then off to the Rice Field Village, a huge project of training schools and future meditation center and so on. At present only part of the training center has been built but the master plan and much enthusiasm -- as well as quite a few donors -- are presently clearly steering the project forward. Vandong intends to set up training programs for young people to learn different skills. Already BSDA is working in many different areas at a grass roots level with village instruction sessions in healthcare and climate change. With the fact that the organization was started by seven monks, all programs draw heavily from Buddhist philosophy. In addition, BSDA is very involved in preserving Cambodian culture. Apsara dance is a central part of



the resuscitation process and the children perform superbly.

Thank you BSDA for a wonderful visit. We wish you all the best!



BRIGHT NURSING HOME

This year in Korea, i came across a really amazing place, and so i thought i would ask them to make proposal and run it by you.

Someone we all know magnificent building residents all bed-



well has been helped to build a for a nursing home. There are 100 ridden or in wheel chairs (the oldest is 102) and the same situation again: no help for the interior (the same as



in Cambodia and Myanmar!) Eventually (they opened a year ago) there will be 150 residents.

They have fitted the place out as best they could. The beds and

chairs and tables are all fine but they are doing the washing in two house size washing machines!!!

Those old people need their clothes changed at least once if not twice a day. The woman in the washing room hangs all the clothes outside or dries



Here is the woman in charge of the washing (left). The other one is the cleaner.

them inside on the railings along the halls. I felt so sorry that they had not been able to buy an industrial machine and so asked them to research one. Please see the attached file.

I was so impressed by how well they are cared for and the beauty of the home. It is light and bright and they insist on bringing everyone they can together for each meal. So please have a careful look at the proposal. mujin

2013: Endless Hands-on = A Good Year

Hello Everyone,

The Douglas A Campbell Foundation is finishing up a Good Year. While visiting the different projects of the year, again and again i heard how important it was that we went to the places, listened to the people and tried to come up with what THEY need and not what we -- in our ignorance of the situation -- thought they might need. Personally we enjoyed the hands-on work of painting our name on toilets (see No. 10 Part I: Sri Lanka), of delivering a pump (See Below), of handing out bikes (SEE BELOW).

This year we have offered help in:

Bangladesh -- a ceiling, a tuk-tuk, video equipment, medicines, bakery equipment...

Cambodia -- wells, HIV+ children's community support, equipment for a training program, equipment for making coconut oil

Korea -- washing and drying machines for a nursing home

Sri Lanka -- toilets for Primary Schools

Switzerland -- necessities for sheltered housing for schizophrenics

USA -- sleeping bags and toothbrushes for the homeless



The Baker and assistant

BANGLADESH

Moanoghar is truly an exceptional place. First of all it is beautiful, secondly it is trying so hard to do the best it can for the children, thirdly it is open and ever interested in new suggestions.

This year we really got involved. Not only did we have the usual meetings with staff and students but we also began to think about nutrition for the children.

One of the big challenges for Moanoghar is that the 682 boarders eat only twice a day. Logistics and money make a third meal difficult. Many of the children pay for the board and lodging but, inevitably, they pay too little and there is not much chance of an increase in the near future. And so the idea of



Lake view houses



Ven. Buddhadatta and pump



The Pump!



Soap and tooth brushes

a bakery was born: bread would be sold and the profit used to supply another meal. But this is just the start and it is taking time to get off the ground.

We worried that a meal of dry wooly



Passing time...

looking bread (sorry but that is the only way to describe it) would be of little consequence. So off we went to the little tea room they have set up near the new drinking well (thank you Singapore). There was the baker: a truly dedicated, hard working, enthusiastic person who one could not help but admire. (In fact they are totally renovating the bakery as i write this with money left over from the other projects!) And the bread and cakes he is producing are really delicious! But not very nutritious.

So he and i put our heads together and decided on a

series of experiments: adding beans, adding chick-pea flour, adding soya beans, adding coconut to the bread. The outcome was that 20% chick pea flour is the easiest and



the best solution.

Then Ven. Buddhadatta proposed a 6 hour boat ride to a series of villages and to a Kathina ceremony -- the end of the retreat season for monks. He explained that there was one community that was a little elevated from the lake and so unable to irrigate vegetable fields and asked for a pump. So we went to town and ordered a pump which arrived on time == with a bit of delay for the pipes to be attached to it! And we took toothbrushes, toothpaste, soap to distribute.

The next day we loaded up the boat and headed off. Of course we broke down and so arrived late after 9 hours on the water -- it is amazing how the time passes... That night we



stayed in a house which was not over welcoming; Ven. Buddhadatta was upset because we were meant to stay elsewhere.

Next day we set off early to Purba Hirachar for breakfast, then a visit to Pacchim Hirachar (a sad village where no monk is willing to stay in the temple) then to Ranga Durchari for lunch (the temple had a dung and mud floor and i felt so comfortable there that i fell asleep

after lunch!!!) Then off to Sijak Village and Sijak Mukh Vihara where the Kathina was held. It was grand affair with a special monk who had won an award attending. I was asked to say something and did the 5 positive precepts as usual. That night we stayed in a house belonging to a very industrious man who is growing all kinds of vegetables.

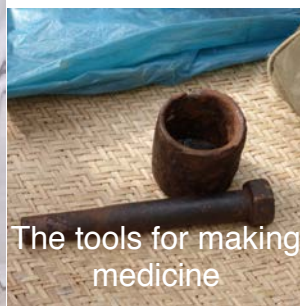
A plan began to hatch: take the energetic farmers around to teach the less industrious -- who often just lack know-how. A future project?

In one village the people asked for a clinic. Then we asked them if they had any traditional medicine and one man raised his hand. Others corroborated that his medicines were good but, "I have no equipment to make good medicine and i have no money to make labels for the medicines i make."

Ever curious, we set off for his house to verify his statement. Sure enough the mortar was a rusted metal pot (car spare part?) and the pestle was a pipe with a bolt on the end. Although probably quite efficient as he had been making medicine this way for years, the size was restricting



The medicine man with his wares



The tools for making medicine

his production. A new, big one was to cost about 32 dollars and so we offered that + money to buy supplies and create a label on the understanding that the community would build a simple building to be the clinic. And so they got their clinic... And our projects this year? Here goes:



The ceiling with improved electricity lines and some new fans.
The video equipment + sound system etc. etc...



Ven. Bodhisiri = the Specialist



Painting again -- a Red Cross



Tuk-Tuk (+ red cross -- should be red Crescent) and medical supplies (in their newly created shelves!) for the village clinics.



The doctor and assistant



The Bakery and coffee shop: creation, cutting and keeping...

Then while there, there is a great opportunity to arrange things that are needed in the future. As usual we started with inspecting the toilets and decided that they need adding to and eventually even changing. We hunted for the ideal toilet but Chittagong is plagued by the bad



BAD

kind which smell as they harbor urine in the place that is supposed to flush and are difficult to keep clean. At Moanoghar, they need the good kind: flush easily (1 liter of water), clean easily. And LED lights would not be bad; and a new mini hospital; and fix more of the dorms and, and...



GOOD

After that it was time to organize 40 new garbage cans: to be painted red, canary and light blue.. The CHT (Chittagong Hill Tracts) is beginning to seriously wake up to the garbage question but it is very simple: There Are No Garbage Cans. It is useless to buy plastic ones so



we are continuing to fabricate the same ones as we designed last year. They are solid and lasting. Now they will slowly be distributed to schools and temples so that people can learn to use them properly. Then we will pass on to the village centers.

One of our friends gave some money for a necessity and so,



during one of our meetings we all decided that it would be good to get dictionaries for the students. So off to town to find a supplier and haggle the price...

Also, luckily, the accounting of last year's donation yielded a surplus which we have decided to put towards upgrading the conditions in the bakery. They need shelves, another table, a proper ceiling (at present they have a droopy plastic one which lets stuff fall in the food.) Also we are able to have the floor redone so that it will be level and clean.



So that wraps up the adventures of Bangladesh for 2013. No need to tell you about the strikes and barricades which completely mess up everything for everybody.... Read the news!



USA

We donated USD3,000 to Good Hand for Globe headed by Ven Hyun-chul Sunim. He has continued to be disturbed by the number of people having to dig into the sand on the beach in order to keep warm at night. In addition he has found people almost brought to suicide by tooth ache and so supplies tooth paste and tooth brushes.

CAMBODIA

It has been a good, hands-on year in Cambodia and very interesting. We supported some things at Wat Opot; we gave for the construction of 5 wells; we are instrumental in upgrading a social enterprise venture in coconut oil; and some materials were supplied to a hospitality training program;



Wat Opot

What a happy, warm, friendly place! Wayne continues to hold up to 5 or 6 kids who come and hang on him, longing to be close to his warm and tender heart. Melinda rushes around organizing and arranging -- much needed -- with a baby on her hip and the children play and laugh and deal with their lives as they are being taught to do: Wat Opot is big on (supervised) self-sufficiency and taking responsibility. At present there are 52 kids with constant monitoring of their family possibilities, for if it improves then the children go home -- as it should be.



Melinda



Tuk-tuk shelter

Lotus Outreach

Next on the agenda was Lotus Outreach (www.lotusoutreach.org), an NGO we connected with in the US. They had asked for funding for wells for the dry zone of Cambodia. We were enchanted with the project and talk of funding only one or two wells was quickly rejected, so all five (requested) were accepted. The US office had suggested a full field visit -- and what a joy that was. I was to go with their Director of Field Operations, Glenn Fawcett, and their Country Representative, Vannaksereyraksmey Var = Raksmey, to Pursat -- an isolated and very beautiful dry zone = water available during the rains -- and see all of their activities + the wells.

Wells are dug in the best season = November to February so, though i could not see OUR wells, i could see the prototype and suggested locations. If you think that digging a well is just digging a well, you are wrong. A huge amount of effort is spent in: screening (at least 20 families must benefit); finding the right place -- so that no one-can, eg. sell the water; creating a responsible committee to care for it; checking up afterwards.

So first of we visited a group of people petitioning for a well. Many criteria had been met and their need and good intentions seemed very genuine but our partner local NGO, Cambodian Organization for Children and Development (www.cocd-cambodia.org) headed by Pola Ung, had not yet finally decided.



Next we visited a well... So now, if you think that the well stops at a well, then you are again mistaken. BCC is also involved = behavior change communication. Field staff teach hand washing, general hygiene, care of the well and so on -- look at the board behind Glenn and i in the picture below... And here are some of the users.



The maintenance committee had some complaints about the taste of the water: it was too metallic in their opinion. On



Part of the Committee

digging, the company employed had had the water tested and it was deemed fine. Pola volunteered to try it and found it fine, though metallic in taste and so it was decided that it should be re-tested. So, as i said, digging a well is NOT just digging a well.

Then it was off to a self-help group -- known as Sep Hep in Cambodia! The group consisted of 11 people headed by a man -- the only one to have male head among the XXXX currently running. They had been going for 2 years and are a success story from beginning to end! Self-help groups consist

of about 10 to about 25 members who put 25cents to \$12.50 a month in the kitty. All jobs (head and account manager) are elected totally democratically; all loans are also decided by the group; interest is set at 2% which goes back into the kitty; loans are repaid in one year; the group must prove its dedication for one year before any additional money can be given by COCD. The top-up runs from \$100 to a max of \$300.

We enjoyed one particular success story of a woman with five children who had sold her land and house to get medical care for her husband who eventually died. She then joined a group and borrowed \$75 to buy 40 kilos of fish to sell in the market -- her usual employ. Now two years later, she has been able to buy a piece of land on which she hopes to build a new home.





The group were beaming with pride, overjoyed to be free of the money lenders and full of enthusiasm for the future. One woman had inherited a special press from her mother -- like the ones we use for

toasted cheese sandwiches. It enables her to make cake which no-one else has and which she sells very successfully in the market; she made it for us. Her little daughter (behind her in the picture, right) kept asking for a cake!

We were very impressed by the group and the techniques used to surmount inevitable problems. Then we set off to see one of the sites of our future wells.



We walked a good while into towards the hills and then came to a new settlement where -- wonders will never cease -- the 47 families have received land rights = a new development in Cambodia. There a site has been chosen and digging will commence soon -- let us hope the water is fine.

Children's Faces along the way...



BICYCLES

Ready for some more hands-on? Bicycles.... With Lotus Outreach we distributed 205 bicycles to girls who live far from school -- distance is yet another excuse for keeping girls at home. Some of the girls walk 1 1/2 hours to school and we were sad to learn that 40 kids were admitted to secondary school last year and all dropped out because it was too far to walk.

Lotus Pedals (a branch of Lotus Outreach) has done some serious research and discovered that the lasting, solid bikes are recycled from Japan! And size is of little consequence. Therefore even the tiniest girl seems able to ride a huge, adult-size bike. Oh yes, in case you are wondering EVERYONE can ride a bike in Cambodia.

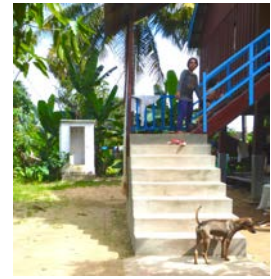
By the way if you think that they just get given a bike, think again. Each child has to promise to stay in school at least 2 years (or the bike is taken back), to look after the bike, to use it for going to school and so on. In addition the parents are also involved with the maintenance and care!

And yes the boys were jealous. When asked if they had any questions, one tiny boy put his hand up and said "Can I have a bike?"

So here is a collage of happy faces"



PS. COCD with Lotus Outreach funds installed 24 model toilets (April 2009-March 2012), which resulted in 240 toilets being installed by the villagers using their own resources.



Coco Khmer

We were lucky to be taken to Kampong Cham (see the other newsletter: Kampong Cham) and to meet Vandong and his BSDA organization (www.bsda-cambodia.org). Through Isaac, a PhD student, we were introduced to Robert Esposito who is engaged in one of our most favorite activities: doing things with coconuts... He has set up an ultra simple facility and is making ultra

good quality oil in an ultra basic way. This is EXACTLY what is needed in Bangladesh and we have great hopes that Rob will make it there to teach them the value of coconuts.

Having funded the whole thing himself, including paying and training the staff, his social enterprise is in dire need of up grading: in order to make coconut flour among other things. We were so happy to help and encourage them towards going out into the villages to teach people all the things they can do in their home with coconuts.



Bodhi Tree Social Enterprise

The training in hospitality (Cambodia has had 3,000,000 tourists in 9 months!) and so the training of future staff has become a dire need. Manuel Fernandez (www.bodhitree.com) who has been in the "business" for many years and so we agreed to help in his course for eighty-five young people (chosen from mainly poor kids in rural areas) to be trained in two locations OUTSIDE Phnom Penh.

We were happy to receive a photo of the first day of training in a rented outside-school-hours school room (left). And we have heard again and again how necessary the training is and how short staffed tourist institutions are.

Now six months have been completed and all seems to be going well according to the assessment report. Unfortunately, a serious accident to one of the trainers prevented us from being able to visit as Manuel has to take care of them. We hope to visit next time.

SWITZERLAND

Madam Nadya Reymond takes care of schizophrenic patients in a halfway house. When they are moved into sheltered housing they often don't even have a cup to their name!!! So we are trying a small pilot project to find out what she can do to help them. We are so happy to do something at home and thought that, even though the money doesn't necessarily go so far, there are the needy people with us, too. She now spends time scouring the sales for future items and we are also encouraging those around us to give NICE things they don't use.

So that is the end of our tour of the world. Please do take a look at the Sri Lankan venture (attached) and see for your selves that a little goes a long way. Also you might be interested in the BSDA sheet -- a highly recommendable organization.

Should you become inspired, we can always supply you with your very own project -- like the dictionaries -- please don't hesitate to ask!

That's all for 2013, let's see what 2014 has in store.

DACF