



# Optima Foundation - Poverty Relief

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Established: 1996 (Web: [www.optimafoundation.org](http://www.optimafoundation.org))

Associate Partner: International Children's Medical Aid – UK Charity No: 1072509

## News Letter – Issue 18

April 2007

### Beyond the 10<sup>th</sup> Anniversary (1996 – 2006)

We are very pleased to release our 18<sup>th</sup> Issue of our News Letter as we are now in the 11<sup>th</sup> year. Since the Tsunami disaster of 2004, our efforts have been targeted in Sri Lanka to deal with the physiological and psychological needs of children in the state registered children's homes. In this, the children, regardless of their mother tongue or their faith is our main concern.

Hence the two visits (March 2005 and April 2006) of our volunteers ensured a degree of psychological support to the children in need. Moreover, our feeding programmes, replacement of goods and capital projects have created a healthy environment for the children to grow and develop in their own right.

Recently (2007) our efforts have been slightly hampered by the political unrest in Sri Lanka, especially the Eastern Province of Sri Lanka. While we are a non-political, non-sectarian organisation, solely working to alleviate poverty and suffering among children, the committee has decided to postpone any planned visits to Sri Lanka. This is to ensure that no volunteer will be exposed to dangers while providing support

### Adding value to children from our past projects:

#### 1. Dairy cattle project at Swami Vipulananda Children's Home (SVCH)

The dairy cattle project was formally opened in April 2006. Currently (April 2007) the milk yield from the cattle is 25 litres per day providing both milk and yogurt for 80 children and the helpers of the Home (SVCH). Between now and 2008, the milk yield is expected to increase by 5 litres per day, creating a surplus. The surplus milk will be sold to the local villagers to generate income towards the veterinary and feeding expenses.

#### 2. Rice field for SVCH

The 7 acre rice (paddy) field purchased by the International Children's Medical Aid in April 2006 for SVCH, has produced its first harvest. The yield amounts to 243 sacks of rice (approx 100lbs or 45 kg per sack), providing rice for the children and some cattle feed for the dairy cattle.

#### 3. Self sustaining circularity

While both dairy cattle project and the rice field project independently provide sustenance for the children, they also create a circularity of interdependence. While the rice field provides some cattle feed for the dairy cattle, the dairy cattle provide the manure for the rice field.

to the needy children. However, our work will carry on in Sri Lanka as we did in Bosnia in the 1990's.

While we pray for the people of Sri Lanka to achieve, **Love, Peace, Truth, Right Conduct and Non Violence**, we can only reflect on the statement made by Agatha Christie in her autobiography, ***“War settles nothing. To win a war is as disastrous as it is to lose one”***.

### Our aims and purpose

**Optima Foundation** exists to provide **Poverty Relief** on a global basis, thus reducing the physical, intellectual and spiritual hunger. In this mission, Optima Foundation aims to promote the Five Lamps concept in Human Values. They are **Love, Peace, Truth, Right Conduct and Non Violence**.

### Our commitment

**Optima Foundation** is fully committed to the principles of **Interfaith Harmony and Human Values**. Thus, we carry out our work without any social barriers based on gender, race, class, religious affiliation and physical or mental limitations of individuals.

#### 4. Power generators

The power generators purchased for Om Sakthi Girls Home and Yoga Swami Girls Home are providing the electricity during the national grid power cuts. These power generators are providing electricity for lights at night. This is crucial for both studies and security in Girls Homes.

#### Current Projects

❖ **2007 Project 1:** The buildings of Swami Vipulananda Children's Home are being repaired and repainted following the sea water damage (Tsunami – December 2004) so that the children's home can celebrate its fifteenth anniversary on the 28<sup>th</sup> April 2007. This project has been sponsored by Rosie and Eddie Christian of **Sulby Glen Hotel**.

❖ **2007 Project 2:** Optima Foundation is now building a **water tank** at the Yoga Swami Girl's Home (Sittandy, Batticaloa) as the phase 2 of the total project. During phase 1, a new water-well was built. On completion this water tank, the children will be able to get the water on tap for washing, shower etc. This project is partly sponsored by **London Sri Meenatchi Dance Academy**.

#### Closer to home



**Christmas gifts for the children in the Isle of Man Nobles Hospital Children's Ward (December 2006)**

❖ The girls at the Om Sakthi Girl's Home (Kaluwanchikudy near Batticaloa) are continuing to receive milk on a daily basis to counteract the malnutrition, sponsored by **International Children's Medical Aid**.

#### Feeding initiatives

❖ On the 11<sup>th</sup> December 2006, our annual celebratory feeding went ahead with prayers, contemplation and a hearty meal for **1300 children**.

❖ Other feeding initiatives are currently managed on a request by request basis. Our gratitude goes to **Capula Healthcare Ltd, Bibby International and Farmhill Stores**.

#### On a lighter side

A street 'news paper' vendor noticed that a mature gentleman walks by every day with a big hearty laugh. So one day the vendor decided to ask him the cause of his laughter. The gentleman replied, "*Young Man! Laughter releases endorphins, the natural pain killer. So I just imagine how much money I have saved by not buying (branded) pain killers for my aches and pains with my laughs*".

#### Buddhism on Righteousness

The truth is a middle way between extremes (Mârga-satya) with 8 pointers or pathways:

- |                                |                              |  |
|--------------------------------|------------------------------|--|
| 1. Right Knowledge (or Views), | 4. Right Conduct (or Action) | 7. Right Mindfulness and               |
| 2. Right Resolve               | 5. Right Livelihood          | 8. Right Meditation (or Concentration) |
| 3. Right Speech                | 6. Right Effort              |  |

#### Yoga Swami (Spiritual Leader):

*"O' the 'Great Human' being, be patient and reflect; recognise who you are. Do not lament for the events that are beyond you. Both happiness and sadness are worldly emotions. Your soul is beyond that. May Peace be upon you, Om Shanti; Shanti; Shanti"*

For further information –

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*No child deserves neglect and starvation – Let us show that we care!*