

THE NINOS UNIDOS PERUANOS FOUNDATION IN 2012:

There are five restaurants for children in Cusco, Peru, where 600 neglected children (aged 5 -12) get two meals a day, help with their homework, as well as medical and dental treatment. They can play, take part in sports, or read in secure surroundings, are being helped emotionally, get attention, love and the chance of being a child. New this year: a project in which young people (aged 12–18 as well as a few students) can also take part.



PRESENTS FOR NIÑOS

As people with e-mail addresses have been able to read in the latest news items it is possible from now on to buy gifts for Niños with the help of a nice postcard. If you want to give a present to some one



Merry Christmas and a
fantastic 2013!!

Wishing you all Niños co-workers
in Peru and in the Netherlands together with
Jolanda van den Berg

and you do not wish to buy just anything you may give your loved one or colleague who has his/her birthday or celebrates a jubilee such a card. You buy this card at a special price and this money will be spent on something for the children/youngsters in this project. Unfortunately at the moment this project is only available for those with a Dutch bank account. For more info have a look on our Dutch website!

Dear Niños donors,



All goes well in Peru. Extremely well! Everyone is full of energy and goes for it. And also the Dutch team works very hard and is enthusiastic. In this newsletter we will talk extensively about our new project for the young. I myself am also very enthusiastic for it has been a long

cherished dream. To say goodbye to twelve-year-old children hurt me as well as all the co-workers here. You have given them shelter for years and years and have seen them flourish after which you have to let them go, although it hurts, just because there is no longer room for them. This year we have cut the Gordian knot. It really was a big step, but we took it and you cannot hold us back any longer. At this moment it still is a bit lashed up, but a group of youngsters has materialized. In this newsletter you will find all sorts of stories about this dream that has started to come true. The first step has been taken and the rest will follow like a game of dominoes.

Furthermore I would like to tell you about bullying and our effective solution for this

problem. Bullying definitely happens in the Netherlands at this moment, but alas also in Peru. It is a problem of all times and cultures.

Finally we also started a program for the children of our 81 fellow workers. This was really necessary and it has become a big success. Please read how many advantages helping your co-workers' kids can have. Not only for us but also for our co-workers' relationship towards their children.

It only remains for me to thank you all again most heartily for all the support and sympathy I have received during the past year. I could not have done it without you!

Jolanda van den Berg

PROJECT FOR YOUNGSTERS

We have started the project for Youngsters in the restaurant for children in the Calle Fierro in Cusco.

When going inside in the morning you feel like you have become part of the fairytale: Snow-white and the seven dwarfs. Since the youngsters as yet don't have a place of their own and are in a "borrowed" restaurant for children where, normally we have children aged 7 to 9, it looks kind of funny to see those young adolescents sitting on those small chairs meant for little ones.

This is only a temporary situation and the youngsters know this. In March 2013 we will start building a home for them. It is not possible to start this earlier due to the climate here. It rains until the end of February and building in that time is hardly possible. So as soon as the dry season starts we will really go for it.

The room for the youngsters will be built on top of one of our restaurants in the center of Cusco and it will be laid out differently. Where we have kept the restaurants for the children as open and full of light as possible we want to take into account with this project for youngsters



what is important to them at their age: a library with computers, a place to hang out with couches and television, a room for training, a kitchen, room for relaxation/yoga/meditation, table tennis tables/dart boards, a dining room and showers and restrooms.

Right now, especially with a view to the needed space, the program is very similar to the one we are working with for the little ones but as soon as the new space will be finished we want to start a totally new program, which is meant only for youngsters.

We will offer educational programs so

that they will find jobs while studying, like: pedicure/manicure, going up for their driver's license enabling them to drive a cab, hairdresser, computer training, electrician.

The youngsters also have to take part in helping with the ongoing projects for the little ones during a number of hours per week. This may vary from helping with homework, cleaning, administration, maintenance or any other qualification they may have which can be of use to the Foundation.

TAKE YOUR SHOULDER TO THE WHEEL; IF YOU WANT TO DO SOMETHING THAN DO IT!

One of the most important messages, which we like to pass on to our children, is: "shed your victim role". We teach the little ones through games. We ask them what they really want and then let them get into action. Through this method the child discovers that it can do far more than he or she often thinks. We go even further with the youngsters. What we want to achieve together with these youngsters is finding ways for them to help financing this project and also to find ways to economize on costs so that there will be room for new projects which they may find more important.

One of the ideas originating from the



group is to save money during the vacation period.

In Peru the schools have three months summer vacation. During this time we will offer various courses, which can be: cooking, painting, extra lessons, handiwork, dancing, music, etc. These courses are going to cost us extra money since we will have to buy material and employ extra teachers.

At this moment the youngsters are making plans together for a full three months course and are working out various possibilities. They have not completed their plans yet, but we have heard them talk about dancing lessons, dying old clothes, design Barbie furniture made of used wood, make Barbie clothes from rags and giving extra lessons in mathematics and grammar. We do not want to interfere and await the presentation of this plan.

We will keep you posted via our newsletters!

Herve Hughes: photographer



As you know last year Jolanda got married to Herve Hughes. Herve is a professional photographer. They met because of his occupation. He came to Cusco for a report and saw her literary for the first time through his lens and was immediately smitten! From now on Herve will take care of the photos needed for publicity around Ninos as well as those required for the newsletters and the site, so all photo material you will see from now on will be taken by him.

Of course we are very grateful.

OUR CO-WORKERS' CHILDREN

As you already know we have circle talks with our co-workers every week. In these sessions during which they can mention their special concerns it was regularly mentioned that they did not have enough time to spend with their own children. Imagine, you are so busy all day helping children that you do not have any time left for your own children or you are obliged to leave them at home without supervision. This does not feel good so we have been looking for a solution.

The co-workers wanted a relief center for



their own children aging from 3 to 18. Together with Vicky (coordinator educative program) and her group we have made a plan and after considering the pro's and cons, we arrived at the following list:

Pro's: Children will no longer have to stay home alone, they will get more wholesome food, personnel will be better motivated for it will mean an immaterial pay increase.

Cons: lack of space, personnel distracted because their own children are present, extra costs, overburdened supervisors.

How to solve this? Democracy!

We have got together with all concerned and held a simple vote to either do this or don't. In the end it resulted in a very clear: YES and from that moment on everyone went to work, there instruction being to make this project work.

Vicky made lists of the number of children per co-worker and in which age group and restaurant they would be placed in order to avoid complications for the supervisors as much as possible.

A special list of 2 – 4 year olds was also made.

Veronice (coordinator food and kitchen

personnel) worked out how much the number of extra meals would cost.

Amilcar (one of Jolanda's first boys and now a designer) immediately started to convert a storage room into a toddler day nursery at the very lowest cost. Jolanda's daughters' cots fitted well into the room as well as some old toys. Small tables and chairs, black boards and some more decoration sufficed to turn it into a very nice room for the youngest kids.

The children in the age group of the children in our project group could take part into the present program but for the toddlers under 4 years of age extra supervision had to be found.

Finally we succeeded in finding our two older students Flor (law student) and Yaneth (economy) ready to help us. Flor and Yaneth will earn a little pocket money and thus are able to recompense the Foundation for the chance to study they got. Flor works mornings and Yaneth takes the afternoons.

Furthermore Veronice suggested that each parent would have to pay 1 sole (25 euro cents) for each child so that at least we get part of the meals repaid. All parents fully agreed to this. We started this new plan three weeks after our first discussion and meanwhile the group of the co-workers' children totals 48. Seven toddlers and 41 children between the age of 4 and 18.

We are very pleased to have taken this initiative for it is really unbelievable to see how cheerful and quiet everyone went to work and how happy the "new" kids are. Things they were afraid of like co-workers who would work less because their children would be present, or who would favor their own children, do not happen at all. The stories we hear are very special. We specially note the difference between our "project" children and the co-workers' children. The project children are much more assertive and independent, can express themselves very well and have consideration with each other. The co-workers' children for instance are not used to sit at a table and to have dinner with three other kids to talk about school and other subjects, which are relevant to them.

It was great to see that the project children instantly welcomed the newcomers and within a week friendships were obviously made. The co-workers now often tell very special stories. Like they had never heard their child talk about its feelings and now all at once at home they have earnest conversations about various subjects. They learn to appreciate having meals together instead of eating alone at home. They now make their homework because it is nicer to do that with a group of children than to have to work alone.

They also have more appreciation for the role their father or mother plays in the organization and they find out that other children love their parent.

In short: a super idea. Pity we did not think of it before!



A new co-worker in the netherlands



May we introduce Zita van Wees. She has been in our team since September and we are very happy to have her. Zita is very communicative and has a lot of creative plans to get attention for the Ninos Foundation. In the near future you will hear a lot from her. Amongst others it was her idea to create a "present for Ninos" plan and she opened our new Facebook-page.

SOLUTION FOR BULLY BEHAVIOR

When in June 2012 we started our youngster group aged 13 to 18 it was only companionable and fun and the youngsters expressed appreciation for both the co-workers and for the other boys. For a short while we thought: hey, this is far easier than we expected, they are almost angelic!

But after the magic and happiness of the first few weeks, the youngsters dared to show their true selves a bit more and of course this got them into awkward situations. Normal behavior you would think knowing where they come from.

A thing that is so typical for youngsters this age is bully behavior. Bullying is a very destructive and negative way to seek attention by which the perpetrators on many occasions try to hide their own insecurity and problems by changing the attention of the whole group to someone else. The victims who are often very sensitive and modest can suffer considerably and this can still be so at a later date when they are grown up.

During the circle talks which we not only hold with all personnel but also with the children on a weekly basis we aim to create more understanding amongst each other, to be listened to/ learn to listen and to learn to make their own plans. We have

already been doing this for years with the younger children but for these youngsters in many cases this is totally new.

When Yoryet, our very experienced tutor, found out that bullying took place we immediately started circle talks with the youngsters. In some cases these were like our normal talks but in some instances we had bullying as a topic. One of the most important rules is that outside the circle they are never allowed to talk about what has been discussed and that they have to refrain from giving each other advice.

After a number of talks all participants naturally understood that the perpetrators often are youngster who have a lot of difficulties at home and it was soon understood that the hangers-on actually did not like very much helping the bully but did not feel strong enough to say so. And of course the victims got a chance to explain in a safe way how it feels to be bullied like this.

Now, after some months, the atmosphere



in the group is excellent and bullying has almost ceased to take place. Of which we are very proud indeed. We are more than proud of the youngsters who have accomplished this together, for it requires a lot of courage both of the perpetrators and the victims to be honest about it and to start anew.

Imagine that this kind of circle talks would take place in all schools, also in Holland. Maybe we have donors who have educational jobs. If you get a chance please try and get started! How the circle talks work exactly you can find in our previous newsletters edition 30, which you can download via our website.

News from our office:

SOCKS AND UNDERWEAR

If you have friends/family who are going to Cusco and who want to take something with them to help us with our project, please let them take with them children's underwear and socks. This will please them enormously.

KLM FLYING BLUE MILES

You can still donate your Flying Blue Award Miles to us (from 3.000 miles). This can easily be done via the Flying Blue Miles Service Center phone:0900-040 0252 (Euro 0,10 per minute). Please see to it that you have your 10-digits Flying Blue-number at hand. With these Award miles we economize on travel expenses and the money saved that way goes to activities for our children. Many thanks!

APPEAL FOR E-MAIL ADDRESSES

We send this letter via e-mail to more than 2000 donors, but also about 2000 donors still receive it by post. Therefore we are

very interested in your e-mail address so that we can send you our newsletter digitally. This saves the Foundation money for paper, copying and postage. By saving in this manner we can do something extra for our children in Peru and at the same time help our environment.

Your can subscribe to the digital newsletter via info@stichtingninos.com, stating your name and postal address. Many thanks in advance!

AUTOMATIC COLLECTION

More than 1200 donors have authorized us to automatically cash their donation. This is for you as well as for us an easy way to pay your contribution and it saves us a lot of administrative work. Many others transfer the money themselves straight to our bank account. If you should wish to have your contribution sent to us automatically, please let us know. We will then send you the necessary form.

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