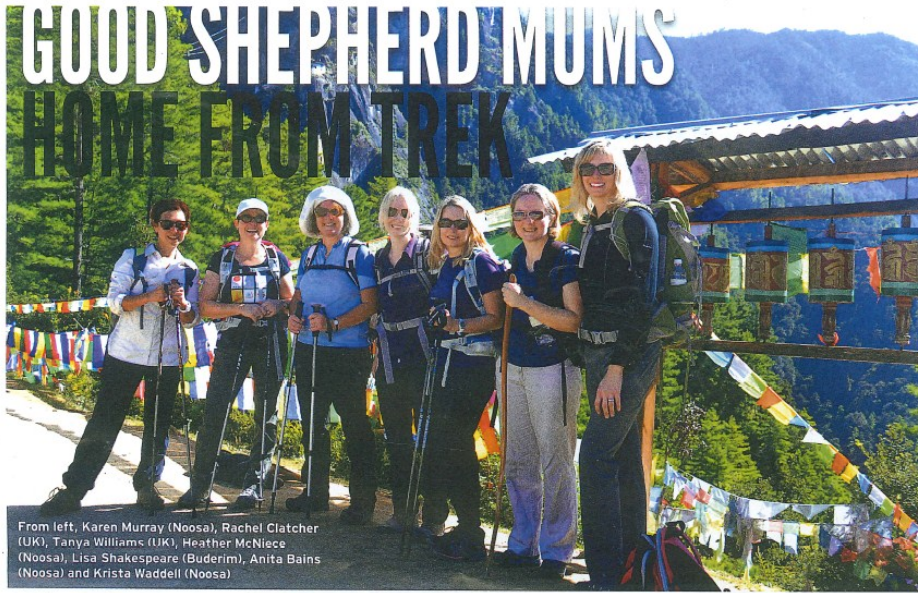


GSLC in the News

YLM (Your Local Mag)
November issue Page 18/19



From left, Karen Murray (Noosa), Rachel Clatcher (UK), Tanya Williams (UK), Heather McNeice (Noosa), Lisa Shakespeare (Buderim), Anita Bains (Noosa) and Krista Waddell (Noosa)

ISOBEL COLEMAN

It was the adventure of a lifetime – made all the better by knowing it was for a great cause.

Good Shepherd Lutheran College mums Karen Murray and Anita Bain have just returned from an incredible trek through the mountains and forests of Bhutan, to deliver educational supplies to school children in remote villages.

Karen and Anita trekked with Coast locals Heather McNeice and Krista Waddell - co-chairs of the Australian Himalayan Foundation

(AHF) Queensland fundraising committee – and others.

Heather and Krista make the trip annually and have helped raise over \$60,000 for the charity.

"It was an amazing adventure in terms of the hike, and so worthwhile with regards to helping these children," Karen told YLM.

Karen said she was excited and nervous when she reached her destination, but day one of the trek was relatively easy.

"We hiked up to a monastery, about 3000m, and it took about half a day. It was a good try out for everyone, and a good way for our guides to assess our abilities."

But after that, things got tougher!


"We went up to 4220m and then hiked for five days at that altitude from Thimpu (capital) to Paro. The trek is called Druk Path," Karen said.

"Over those few days, we hiked in glorious sunshine, hail and rain."

The last leg of the journey to the school at Bhutan included a long bus ride up a steep hill.

"Most of the students have to walk up there and back every day to go to school. There is a hostel there, like a boarding school, but not many can afford to stay there."

Karen said the students were excited and overwhelmed by their visitors.




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"They don't see many strangers so it was a lot to take in."

Knowing the two mums were going to make the trip, students, staff and other students were keen to help.

The students – including Karen's daughter, Millie, and Anita's daughter, Lauren - helped raise \$565 for much-needed books for the Bhutan students.

Other GSLC parents contributed stationery, including pens (Caroline Chart), and crayons (Kerrie Reynolds).

Trish Fairbairn knitted an astonishing 180 beanies.

"I think the younger children were more excited by the beanies than the books.

"And they were all very interested in the message labels that Good Shepherd students sent with us, to go in the books," Karen said.

Would she do it again?

"I think I would. I will certainly continue to be involved with the charity. And having trained so hard for the trek, I'll be continuing with that, too!"

The Australian Himalayan Foundation is working to help the people of the Himalaya through improvements in education, health and conservation. Find out more at www.australianhimalayanfoundation.org.au

✓ GSLC students helped to raise \$565 for much needed books for the school library



Highest point was at 4220m of altitude, hiked for 54Km over 5 days from Thimpu (capital) to Paro. The trek is called Druk Path



Other parents from GSLC contributed stationaries: Caroline Chart - pens; Kerrie Reynolds - crayons, pens & Colouring pencils; A granny, Trish Fairbairn, knitted 180 beanies.