



EYES4EVEREST

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2018 Annual Report

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From the President

Dear Friends & Volunteers

Many thanks for your continued support of Eyes4Everest. 2018 marks the second year of parenthood, which means I was not able to go to Nepal. Our Sherpa guides and Sherpa optometrist lead the volunteers themselves and did a great job.

Overall, the ABC and EBC team performed 409 comprehensive eye examinations and prescribed 110 pairs of spectacles. They enjoyed the company of each other, the people they tested as well as the majestic scenery. Eyes4Everest also serviced the village of Ulleri and Phakding for the first time.

I spent most of the year keeping fit on the stair machine and implementing Michael Gerber's book 'The E-myth revisited'. This involved reviewing and improving our systems, defining clear roles and writing an operation manual for every role! It was a painful but necessary step to making Eyes4Everest sustainable. I quickly learned that the charity required better directions for marketing and finance.

On the suggestion of our co-founder Carina Trinh, I read books written by Scott Pape (The Barefoot Investor), Michael Kemp (Australian Value Investor) and Mike Michalowicz (Profit First) and built a strong understanding of personal and business finance. I would highly recommend you to read and implement it too. As a result, our operating expenses have significantly reduced and we are confident about the future.

Eyes4Everest was also fortunate to have Robyn Weinberg as a volunteer this year. Robyn was the former director of OneSight (Luxottica's charity) and has given us her full support by making her resources and connections available to us.

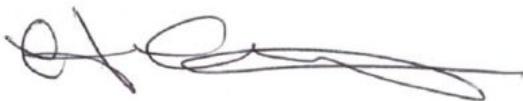
Finally, I love to acknowledge my Aunty, Lady Huang from Taiwan. We were probably 2 years away from raising enough funds to build a clinic before she made a generous donation in October. Unfortunately, my aunty's sight was taken away by glaucoma in recent times. Things might have been different if the condition was caught early. She made this donation in the hope that having a permanent clinic will help prevent a similar fate to others. We honour her and have begun the process of building a permanent clinic in Khumjung.

2019 will be an interesting year as we venture into a new world of clinic building. It reminds me of 2014 and 2015 when we were nutting out the logistics of our mobile clinics. There'll be lots to learn and mistakes to be made. Fortunately, we have a great support network to assist us.

I look forward to returning to Nepal. The thought of seeing our friends in Nepal, the bubbly volunteers and the joy of summiting a mountain has already put a smile on my face.

Merry Christmas and a Happy New Year. Stay safe during the holidays!

Kind Regards,

A handwritten signature in black ink, appearing to read 'Shaun Chang', with a long horizontal flourish extending to the right.

Shaun Chang
President of Eyes4Everest

Training days & Information days

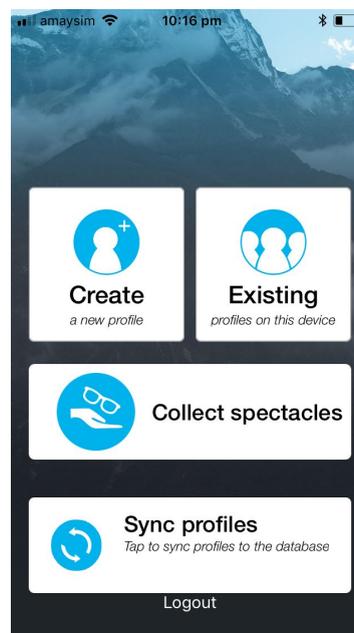
- Celine Zhang organised training days at the Jerusalem Bay Track for prospective volunteers in New South Wales
- Jenny Hsieh and Shaun Chang organised training days at Flinder Peak for prospective volunteers in Queensland
- Shaun Chang, Joe Wang and Carina Trinh with the help Celine Zhang made a podcast providing information for volunteers and the general public.
- Joe Wang presented Eyes4Everest - a model for mountain eyecare at the ACO conference

The Eyes4Everest App - A feature for optical dispensers

Our volunteers love the Eyes4Everest App. It's easy to use and give everyone a framework for what needs to be done at each station. We love it too because prescription spectacles can be organised quickly.

After our 2017 eye missions, our Sherpa optometrist Tashi Doma travelled to Annapurna and Everest to deliver spectacles. Not everyone could collect their spectacles on the day so we had to leave it with someone else. This resulted in three patients not receiving their prescription spectacles.

To combat this, we developed a 'Collect spectacles' feature on the E4E App. When the optical dispenser deliver spectacles, he/she can search for the patient, see how many spectacles the patient has ordered and mark them collected. If it has not being collected, then the App will request details of where they'll be kept.



Everest Eye Mission

A team of 10 optometrists were sent to the Everest region to cover the village of Phakding, Phortse and Pangboche en-route to Everest Base Camp. This was our first visit to Phakding and the reception was good but slightly less than anticipated for Phortse and Pangboche. Our chief guide felt that visiting a village every two years would be more ideal. The team successfully reached Everest Base Camp. Overall a total of 225 patients were examined, 55 prescription spectacles were dispensed. Patients requiring ophthalmological interventions were given a referral, which included the results of the eye examination.

Thanks to the fundraising effort of Michael Makras, one of our EBC volunteers, we were able to purchase a state of the art portable fundus camera from Optimed, which came its own

protective hard case. This was to replace Volk inview, which has proven to be very impractical for our needs (difficult to focus, app not user friendly, short battery life).

Annapurna Eye Mission

We made our second trip to the Annapurna Sanctuary and visited the village of Ulleri and Chitre. This trip was led by Jenny Hsieh who had a team of three optometrists and one optical dispenser. The team was very well received at both villages and saw 184 patients over 4 days. 55 prescription spectacles were dispensed. The team was not affected by illness so was strong when they reached Annapurna Base Camp. It was great to raise the Eyes4Everest flag for the first time at ABC. The team did a great job and we are very proud of them.

The portable fundus camera from Optimed was trialed in Annapurna and proved very useful when examining patient's ocular health. It had the ability to provide a good view of the fundus (even if the pupil was small) quickly. Our only concern was the battery life, which drained quickly than expected. Faulty batteries is expected and we will be seeking a replacement. Given the expense of this equipment, we will only use it for trips led by E4E staff members. It will eventually be a part of the E4E clinic in Khumjung.

Treasurer's Report

Member's Equity 2017 vs 2018

Increased from \$33,427 to \$61,915

Current Assets decreased from \$44,840 to \$18,174 due to

- Less donations
- Less eye mission trips in 2018
- Share investments

Non-current Assets increased from \$8,310 to \$43,470 due to

- Significant investment in shares
- Purchase of equipment

Total assets increased from \$33,427 to \$61,915

We have no liabilities, hence our net assets (member's equity) is **\$61,915**

Operations 2017 vs 2018

- **Income** decreased from \$99,785 to \$72,865 due to a decrease in number of volunteers, crowdfunding and sponsorship.
- **Expenses** significantly decreased from \$83,304 to \$44,376 due to a reduction in operation and committee expenses.
- As a result, our net income has increased from \$16,481 to **\$28,488**

To view our Balance Sheet, click this [link](#). In summary, despite having less volunteers trips and donations in 2018, we made profit due to decreased operational expenses and wiser spending. If you have any questions, feel free to email Grace at treasurer@eyes4everest.org.au

Thank you

Many thanks for the continuing support of CR Surfacing.

Many thanks to the following crowd funders for their contributions, Michael Makras, Ashleigh Wong, the Weinberg family, Megan Zabell and Wendy Berlecky.

Most importantly our eye missions would not be possible without our volunteers. Not only do you delivery eyecare, your participation helps the local economy and empower our Nepalese optometrist.

Everest Team:

In-hae Park, Dennis Han, Robyn Weinberg, Tali Weinberg, Shane Weinberg, Na Pham, Jacqueline Duong, Ashleigh Wong, Michael Makras, Sophie Woodburn

Annapurna Team:

Wendy Berlecky, Jenny Hsieh, Megan Zabell, Ashley George, Pete Gardner

Upcoming events

There are three Eyes4Everest missions to look forward to in 2019!

Annapurna Base Camp \$2600

Sept 15 to Oct 2 (18 days)

Eyes4Everest will be running its third trip to the Annapurna Sanctuary with plans to perform eye examinations at Hille and Chomrong.

Gokyo & Renjo la Pass \$2800

Oct 18 to Nov 7 (21 days)

We have covered villages en-route to Everest Base Camp for the last two years and feel that there are other regions in greater need of primary eyecare such as the lower solukhumbu region. For this reason, we will fly into Phaplu and perform eye examinations at the village of Nunthala and Kharikhola. We will also visit the village of Thame en-route to Gokyo and the Renjo la Pass. Eyes4Everest have fond memories of the reception we received in 2015 and look forward to returning there again. It is well overdue.

Everest Base Camp & Island Peak \$3990

Oct 4 to Oct 22 (21 days)

Founder Shaun Chang will be travelling to Nepal to start the process of building a permanent clinic in Khumjung. He will be joined by a group of mountaineers who will attempt to summit Island Peak (6189m) and raise funds for the clinic.

Trips are filling up and we wouldn't want you to miss out on an adventure of a lifetime. Contact us at hello@eyes4everest.org.au to learn more.

How to Help

There are many ways you can support Eyes4Everest's work in the mountain communities of Nepal.

- Make a donation: \$20 will provide a pair of prescription spectacles
- Regular giving: By making a monthly donation, you can help us purchase eye care equipments, provide training for our Sherpa optometrist and help us build an eye clinic.
- Visit eyes4everest.org.au/volunteer to view our Fundraising guide. There are loads of fun and creative ways to raise funds, from City2Surf to portrait drawing.
- If you'd like to organise an event, we'd love to hear from you
- Join an Eyes4Everest mission, volunteer with us and deliver eye care to those in need
- Get in touch: Email grace@eyes4everest.org.au