

Friends of Junbesi is an online community formed and supported by trekkers who have been guided in the last few years by Ang Tshering Sherpa in Nepal. We operate with a group of five volunteers from Auckland, Canberra, Sydney, Perth and the UK, raising awareness and financial assistance to Ang and his charitable trust KPHMN – Kushedubu Public Health Mission Nepal.



News, update and planning from ANG

With the help of members of "Friends of Junbesi", Kushedubu Public Health Mission Nepal has completed tiling of two rooms for the Maternity Services., Chief District Health Officer of Solu

Khumbu Mr. Madhusudan Koirala has arranged training of Maternity Services for a Nurse of KPHMN. The service will facilitate, specially the local pregnant women, to get a quality services during their delivery period. KPHMN has the full support and help in this project from the local village and is hoping for support from interested donors. KPHMN is looking for help to purchase the necessary equipment for the Maternity Services and the new toilet next to the Maternity Room

Sending goods and materials to KPHMN health centre from Kathmandu has been very difficult due to the high cost of transportation. We have been sending goods by road and by flights, but due to bad weather and the difficulties associated with our remote area, the flights are frequently cancelled. We then have to wait for a day or even more, or send the goods to Jiri by public bus which is very chancy due to bad security. Sending by air is a very expensive exercise so one option we have is to purchase a Tata truck for the exclusive use of KPHMN. With this option we could load the goods in the back and the driver and passenger could travel in the front. We are now looking for a sponsor to cover the cost of us investing in this kind of transport. Cost vary from \$AUS 25,000 for a new truck to \$AUS 12,000 for second hand. We feel confident that it would be the best answer for transportation problems in the long term..

More news is available on the web page and Ang would always love to hear directly from you all. The Gallery section contains many photos of past Community trips, visits from schools and colleges and details of the tasks that have been completed by volunteers.

Visit www.kushedubu.org.np
or email Ang direct on kushedubu2005@yahoo.com

Equipment needed for the delivery room

- sponge holders
- artery forceps
- scissors
- peritowels
- peri pads
- bowls
- baby wrappers
- cotton swabs
- gauze pieces
- plain catheters
- kidney trays
- catgut
- cord clamps
- delivery beds
- coccos forceps
- baby warmers

IN THIS ISSUE

- Update and plans from Ang
- Friends of Junbesi trek in April 2011
- Medical report
- Craft Nepal New Zealand
- Friends of Junbesi in the UK
- Donation details

If you would prefer not to receive this Newsletter please let us know and your name will be deleted. Please also keep us up to date with email address changes and advise us if you have friends would like to be included in our mail outs. We would also love to hear from you if you have some ideas for fundraising for the medical centre.

Friends of Junbesi' Inaugural Community Project/Trek – KPHMN and Gokyo

From 3 to 25 April 2011 inclusive, 13 adventurous Australians participated in the inaugural 'Friends of Junbesi' project and trek, supported and organised by World Expeditions. Our group included three doctors and other allied health professionals. Trek leader was the incomparable Ang Tshering Sherpa.

The group spent a few days in the gorgeous Junbesi village working with locals making paths and re-tiling the floor in the patients' room at the Kushudebu Public Health Mission (KPHMN). The group then flew from Phaplu to Lukla, trekked into the Everest region to Namche Bazaar, and the picturesque and still frozen Gokyo Lakes. All of the group ascended Gokyo Ri (5380 metres) and gained spectacular views of the surrounding 8,000 metre peaks including Everest, Lhotse and Cho Oyu (in Tibet). The group returned to Lukla via the snowswept Renjo La and Thame.

Chris Chapman, Sydney

We visited the Machermo Rescue Post and were given a talk by one of the doctors there on the medical aspects of trekking at high altitudes. We were told about symptoms such as having to urinate more often, experiencing headaches, nausea and disturbed sleep. We were also made aware of the more serious conditions HACE and HAPE (High Altitude Cerebral Edema & High Altitude Pulmonary Edema) which can be life threatening.

When I was in the Solumkhumbu three years ago telephones were few & far between. Now there is mobile phone coverage along the major trekking routes and it is not uncommon to see a porter resting beside the track with his heavy load chatting on his mobile phone !



Dr Noela Kwan, Brisbane

I feel very privileged to have participated in the recent "Friends" trip to Junbesi and Gokyo Lakes. As a doctor who works in both general practice and travel medicine, I was very eager to visit KPHMN.

I was impressed that over a short space of time, the clinic has evolved into a facility suiting the needs of the local community. The clinic appeared well-equipped to handle the most common conditions, namely farming injuries and infections (respiratory and gastrointestinal) seen in rural Nepal. The pharmacy, funded by private donations, stocked an extensive range of medications and supplements. One noticeable difference was the limited need to treat mental health problems, such as depression and anxiety, which are conditions that I see often in general practice in Australia.

On taking off from Kathmandu I noticed a Buddhist monk sitting nearby fingering his rosary beads. As the aircraft left the ground his eyes grew wide and there was frantic activity with the beads! Obviously his faith in the aircraft did not match his faith in Buddha.

Barbara Jesiolowski and Ralph Snowdon, Canberra

We organised this first 'Friends of Junbesi trek and are thrilled with the outcome. Ang was a gracious host and ever-encouraging leader and guide. There were 13 in our group, including a few people walking in Nepal for the first time. The fact that all 13 of us successfully made it over the high pass of Renjo La (nearly 5,400 metres), attests to Ang's confident and watchful care.



We were delighted to return to Junbesi for the third time in 4 years and rekindle friendships with our hosts and friends at Sherpa Lodge and Restaurant. This was our first spring time in Nepal and there was a profusion of flowering rhododendrons and magnolias. We brought and distributed children's clothing, shoes and blankets to Junbesi families. We were impressed by the ongoing improvements at KPHM – for example, the staff quarters, in the building next door to the medical centre has been fitted out very professionally and this now accommodates all staff from the medical centre.

While in Junbesi, 'Friends' from our 2008 community trek, Roger & Ria Lukas, took our group to visit Serlo Monastery, where they were staying for 12 weeks, while Ria was teaching English to the Buddhist monks. Roger, aged in his late sixties, and our senior trekker, took a break from Serlo Monastery to trek to Gokyo with us.

One of our participants, Mark Broadhurst who works for Australian Health Management, organised the purchase and donation to KPHM of an autoclave machine for sterilisation of equipment

and a microscope for pathology work. This was very much appreciated by the KPHM staff.

The feedback we've received from our fellow participants has been heart-warming. We feel privileged to have had such a rewarding and memorable adventure with a group of wonderful people. Ang has mentioned to us that we should organise more "Friends" trips in the future, perhaps every year or two years. More photos are available on the KPHM web page – under Gallery



JUNBESI HEALTH CENTRE DOCTOR'S REPORT

March to July 2011

TOTAL ADULT PATIENTS 905 MALE 405 FEMALE 500

DIAGNOSIS:	
Head ache	30
Boils / furunculous	9
Urinary tract infection	29
APD-	142
Injury	37
LRTI	37
Sprain	14
Worm	18
HTN	21
PID	22
Pharyngities /sore throat	20
Tonsillitis	51
Arthritis	56
Common cold	47
Wound	8
Dermatitis	34
FB(eye)	7
Diarrhea	25
Toothache	8
Psychosis	2
Urti	53
Headache	30
AOM	9
Stomatitis	5
Boils	9
Corn	5
Abd. pain	18

DIAGNOSIS:	
Conjunctivitis	5
Eye problem	26
COPD	8
Myalgia	1
Neuralgia	5
Sinusitis	6
Scabies	2
Dog bite	1
Fever	3
Ringworm	11
Back pain	25
Stye	1
CHD	1
Pneumonia	6
Phy.assault	3
Food poisoning	2
Glossitis	2
Typhoid	1
Wax	3
Abscess	1
Epistaxis	3
Vitiligo	1
Appendicitis	1
Corneal ulcer	3
Asthma	1
Orchitis	1
Epilepsy	1

CHILDREN TOTAL 47 MALE 32 FEMALE 15

DIAGNOSIS:	
Pneumonia	16
Fever	12
Dehydration	5
Impetigo	4
Worms	4
AOM	4
Wound	1
Trauma	1

The 4th Incinerator project in the Solukhumbu area was finished recently at Chitwan Monastery. It was completed by a group of volunteers who travelled with World Expeditions, assisted by workers from KPHMN. Many thanks to all involved and also to Dr. Beau Beza from Melbourne University for his contributions to this project.



Services recently provided by the medical centre:

First Aid Training to the Teachers:

First Aid Training was organized at the medical center where 14 Teachers from the Beni VDC participated. The participants were honoured with a certificate by the District Public Health Officer Mr. Madhusudan Koirala at the closing ceremony.

Health Camp and Blood Grouping Program

Health Camp and Blood Grouping program was organized at the Himalayan Buddhist Lower Secondary School. In the camp 115 Students received a health check-up service. Ear problems, respiratory problems and stomach problems were the most common complaints found in the students during the check-up.

Village home clinic

Three villages are provided with monthly village home clinics on every last Friday of the month.

A message from the UK branch of the KPHM Friends...

Chris and I met Ang in Nepal on a World Expeditions community trek to Junbesi. We already loved Nepal, the mountains and the people and were so impressed by what Ang and the others are doing in Junbesi to offer medical and health care for the people in the region that we wanted to help in some way.

We spent time in Junbesi helping to build a veranda for patient's families to sit under to shelter from the sun and rain, I learnt how to take river dredgings and make it into building sand, Chris learned how to cut tongue and groove planks without power tools!

If you haven't been to Junbesi and seen the medical centre for yourself - take it from us what they have achieved is amazing but they need funds to keep the centre open and to fund the doctor and other specialists.

We loved our time in Junbesi and we made some great friends - not just from Nepal - but from all around the world and we left a little bit of our heart up there in the Solokhumbu valley.

In an ideal world Ang and the others wouldn't need financial support but they do and whilst we're in the vice like grip of an economic crisis in the UK and there are terrible things happening elsewhere in the world, we still have more than anyone in that valley. We don't have to walk for days to see a doctor or fear that a simple abscess or infection might be life threatening like they do; we just visit a pharmacy or pick up the phone and make an appointment to see a doctor.



There are several ways you can help and if times are hard and you aren't in a position to make a donation yourself, perhaps if you are having a village fete or community event and could bake cakes, run a hoopla stand or run a treasure hunt to raise some money to help. Our donations help to pay for essential staff and supplies and you can pay directly into the UK account - the bank account details are in the newsletter along with the New Zealand and Australian details.

You know, as a well know supermarket used to say... every little helps but let's think big - Come on the Brits, it would be great if we could raise enough to make a real difference.

Chris and Beverly Hill
Cornwall, UK

Craft Nepal NZ

Craft Nepal N.Z. is a 'not-for-profit' enterprise whose sole purpose is to provide support for KPHMN and the Health Centre in Junbesi.

In April 2007 Tim Jerram and daughter Annabelle spent 2 weeks trekking in the Annapurna and Terai Regions of Nepal. The party was led by Ang Tshering Sherpa.

During the trek Tim and Annabelle learned from Ang about his recent success in re-opening the Health Centre in his home village of Junbesi, which had closed in the absence of adequate funding and staff. In 2006 Ang with others had formed a charitable trust named 'Kushudubu Public Health Mission Nepal' (KPHMN) to manage the Health Centre. (Kushudubu means 'wellness' in Sherpa language).

The Health Centre was re-opened and now helps over 3,400 people in the region which is accessible only on foot. However ongoing funding is a problem.

Struck by the poverty and health needs generally apparent in rural Nepal and unable to donate personally to KPHMN, Tim took the decision to build on a lifetime in sales by importing products from Nepal for sale in New Zealand, with wholesale profits supporting the Junbesi Health Centre.

Start-up capital was loaned to Craft Nepal and the venture was under way.

Initial products imported were pashmina scarves & shawls and

Tibetan hand-knotted carpets from a Tibetan Refugee Camp, which helped raise funds for the Camp as well as the Health centre in Junbesi. Latterly, beautifully soft pashmina (cashmere) sweaters have been added to the range. Items are marketed under the trade name, 'Craft Nepal N.Z.' direct to selected retailers and to the public through 'at home' showings to invited guests. The most recent event in a local church hall raised US\$3600 of which half has been transferred to Nepal.

Approximately 85% of Craft Nepal N.Z. profits are transferred after putting aside funds for new stock. The balance of 15% covers marketing and other incidental costs. The profit target for Craft Nepal N.Z. is US\$1500 every 3 months, which, while not huge, is consistent. Approximately US\$16,000 has been forwarded to Junbesi since May 2008.

This Craft Nepal N.Z. micro-aid model is working well and money donated is used only for its intended purpose.

Tim and Annabelle enjoyed a visit to Junbesi with a World Expeditions community work group in October 2008, painting and building verandas at the Health Centre. This group was instrumental in creating the support group for KPHMN, 'Friends of Junbesi'

There are plans to market Nepalese items through the KPHMN website and 'Friends of Junbesi' when time permits.

For sales enquires contact Tim Jerram on:
tiennyjerram@xtra.co.nz



Genuine Pashmina Scarves & Shawls, some 50% with silk
Tibetan hand-knotted carpets
Sherpa beanies (child & adult sizes)
AND, FOR THE FIRST TIME IN NEW ZEALAND
Beautifully soft Pashmina (cashmere) sweaters



DONATIONS

We have received some very generous donations since the last Newsletter and would like to thank you all for your contributions, large and small. We hope some of the newer Friends on our data base might be prepared to make regular automatic monthly payments, to join people already donating in this way. Fifty Friends donating \$50AUS per month would provide approximately \$30,000 a year, which would cover the salaries of most of the health care professionals. Or you might be prepared to make a one off payment to assist in purchasing some of the items on Ang's list of requirements for the birthing centre. We have some generous donors who help in this way by lodging money in our various bank accounts whenever they are able. Funds are need constantly for continuing staff and medical expenses, as well as new projects. All funds received are transferred immediately to the medical centre with no expenses deducted apart from bank and transfer charges.

Please feel free to forward this Newsletter on to any family members or friends that have an interest in Nepal. Feel free to contact any of the people below if you wish to learn more.

NATIONAL ACCOUNTS FOR DONATIONS:



CBA, Potts Point NSW, Sydney, Australia
- Kushudebu Public Health Mission Nepal

BSB: 062014
Account: 10402716



Westpac, St. Heliers, Auckland, New Zealand
- Kushudebu Public Health Mission Nepal

Account: 03 02630223978 00



Nationwide Building Society, 4 Pydar St., Truro, Cornwall, UK
Kushudebu Public Health Mission Nepal Treasurers Trust

Sort code: 07 00 93
Bank account: 33 33 33 34
Acc. No.: 0402/704 138 407

CONTACTS

Jennifer Dagg, Australia jennifer.dagg@ozemail.com.au

Tim Jerram, New Zealand tienny.jerram@xtra.co.nz

Beverly & Chris Hill, UK bhill@cornwall.gov.uk

For detailed information about the Kushudebu project at Junbesi please access the KPHMN website: www.kushudebu.org.np

Friends' T-shirts

These attractive shirts are still available in support of KPHMN and we have good stock of all sizes from XS-XXL.

Prices now reduced to clear:

NZ\$39 AU\$30, STG22 & US\$34.

Prices include the cost of shirts, a margin for KPHMN and postage worldwide.



Your purchase supports the Health Centre at Junbesi.

To order, simply send name, mailing address and shirt sizes required to Tim at tienny.jerram@xtra.co.nz and deposit the appropriate amount in one of the national accounts shown on the next page, including your name in the bank fields provided. Once confirmed the shirt(s) will be mailed to your given address. Proceeds will be transferred to KPHMN in KTM with other donations to fund necessary expenses at the Health Centre.

