

Friends of Junbesi Newsletter December 2010

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‘Friends of Junbesi’

‘Friends of Junbesi’ is an informal online support group created to provide financial and logistic support for Ang Tshering Sherpa and the KPHMN Charitable Trust which manages the Medical Centre in the Himalayan village of Junbesi.

If you are a new ‘Friend’ added online since our last newsletter we would like to welcome you.

We receive a lot of undeliverable messages when we email newsletters. Present ‘Friends’, please let us know if your email or personal address is about to be changed or cancelled and if you know of any other interested persons who might like to be added to the data-base.

If you prefer not to be involved ongoing, please advise one of the contacts listed on the last page.

Incinerator Project

In projects to minimize garbage in the Junbesi area KPHMN, Beau Beza of the Royal Melbourne Institute of Technology is constructing a series of incinerators at local monasteries. World Expeditions is also a sponsor.

The first phase of the project was completed in August/September this year with the participation of Beau Beza, Ang Tshering Sherpa and 13 postgraduate and undergraduate students from the Institute. On this occasion the group was lucky to make the flight to Phaplu as KTM Airport was closed for both the 4 days before and 4 days after the group’s arrival.

In addition to the incinerator the students built a new toilet at Phungmoche Monastery and conducted class work and research. They are enrolled in an International Community Development subject,

which includes work on one of four projects requested by the Junbesi community. These include a reforestation project and nursery, waste facility development, green house design and a toilet facility design & build project for the Junbesi Secondary School.

The toilet facility at Phungmoche was funded by the Beau Beza family. Students worked hard on both projects for 2 days in spite of bad weather and during the project met with the Head Master of Phungmoche Monastery and Buddhist School, the lead carpenter working on the incinerator and various other community members of Junbesi and the surrounding villages. They learned a lot and enjoyed a great trip.

The second group of 13 participants from Australia and England flew to Junbesi in October by helicopter due to bad weather (instead of by plane to Phaplu) and trekked to Phungmoche Monastery up-valley from Junbesi. The group successfully completed an incinerator in 2 days of hard work before trekking to Tengboche Monastery at 4000 metres, via Namche Bazaar.

Both incinerator groups were warmly welcomed by the Head lama, His Holiness Ngawang Jumba and local carpenters. Local children also entertained with a dance programme. In closing ceremonies at the end of each project the Head Lama thanked the group for their help and co-operation and wished them a safe journey by honouring them with white katar carves.

A third WE group is in Nepal as this goes to print, building an incinerator at Takshindu monastery. Kushudebu Public Health Mission Nepal (KPHMN), the Monastery Team and School and the Junbesi community would like to thank all participants for their valuable contributions.

Linisfarne College visit to the Health Centre

21 students and 3 teachers from Lindisfarne College, Hawkes Bay, New Zealand also recently visited Junbesi and generously donated a blood pumping machine to the Health Centre. This will help to save lives in Junbesi and surrounding villages. Many thanks Lindisfarne from 'Friends of Junbesi' and KPHMN

Health Centre News

With the recruitment of a new doctor recently the patient flow through the medical centre is increasing. Patients from various places have come for treatment; most of them walking for at least one day to reach the medical centre. Amongst them 7 patients were admitted to the emergency section of the Medical Centre and returned home after satisfactory treatment.

A total of 220 patients were treated at the Health Centre from August to November inclusive. The usual variety of infections, allergies, dental problems, scalds and wounds were presented. One only was referred on to Phaplu Hospital for treatment. Patients were mostly Sherpa but included Tibetans, foreigners from France and U.S.A, a Sikh and a variety of Nepalese from other parts of Nepal.

'Friends' and other donors to KPHMN can be assured that their funds are being put to excellent use.

- **Assisting the Government Health Post**

KPHMN provides one doctor, one medical centre manager, one x-ray operator, one lab technician and one staff nurse as well as medical equipment and pharmaceuticals.

- **Participation in Health Education**

KPHMN has organized health information sessions and displays as well as partaking in other programs offered by other organizations.

‘Walking the Walk’ – Nepal 2009

‘Friend’ Fiona Lyon joined a community work group in 2009 and post-trek presented the poster attached to the 2009 Occupational Therapy Association Conference in Australia. This is a great outline for those contemplating a Nepal work-group experience – “Ignition, The Goal, The Preparation, The Doing, The Health Benefits”

Fiona reflects on the experience.

“My opportunity to join a community work group to Junbesi arose through a circularised Xmas Eve email at work (Medibank Health Solutions/ Travel Doctor). It was most timely to me personally. The goal to assist the village and surrounding areas was the catalyst for transformation of my own ' sluggish health.

I decided that I would build my fitness from 'zero' by way of a daily walking program with gradually increasing duration, intensity and varied terrain, and swimming to boost my aerobic capacity. I was interested to see what health benefits could be derived from a change of lifestyle and noticed a huge change in general well-being, decreased stress, increased alertness at work and decreased BMI.

Throughout the journey in Nepal my body responded favourably to the challenges of altitude, the track, fresh weather and the smells, and sounds of villages along the way. I found the satisfaction derived from working alongside local people at the Junbesi clinic, inspiring. I learned the value of recycling simple things.

Upon my return I vowed to keep up my new exercise routine, which for me personally has paid huge dividends in my life. My family welcomed the change most wholeheartedly. When I assess my own personal challenges, now, in the middle of chemotherapy for breast cancer, I use the yardstick of a morning walk (with a dose of bronchitis) up to Namche Bazaar! I made it!

Nearly 2 years later, I feel that the value of my adventure has extended far beyond a few weeks away from home. The clinic has benefited significantly from the support of several community work groups and funding to ensure staff training has given longevity to the project. Local villagers are confident that they can be treated more easily, closer to home, for conditions that we take for granted as curable. As fellow travellers we have all separately and corporately added to the momentum of the KPHMN vision to make one part of the world a better place.

I presented the poster attached to the 2009 Occupational Therapy Association Conference. The Nepal experience summed up its theme so well for me - "Initiate, Participate, Achieve”

Good luck to Fiona for her treatment.

‘Friends of Junbesi’ community work trek to Junbesi in April.

Organisation for this is concluded but there are still vacancies for this trek. The itinerary includes the flight to Phaplu, 3 days working at the Health Centre, a flight to Lukla and trek to Gokyo Lakes via Namche Bazaar. The best view of Mt. Everest and Base Camp can be obtained from this area.

The group will lay tiles in the current health centre kitchen and staff-room for these rooms to be used for patients. Once complete, staff can then be transferred to the new quarters next door completed by previous work groups.

Anyone still interested in joining this group (‘Friends’ and others) may contact Ralph Snowdon for further details: randb@internode.on.net

Wilderness - Junbesi Health Camp

The Wilderness School, Adelaide is also planning a 'Health Camp' at the Junbesi Health Centre in December 2011. They have a number of doctors and medical specialists from our wider community interested in conducting a 4 day health camp, with the option afterwards of trekking to Tengboche.

This is in the planning stage and any other people with a medical background who might be interested in coming to Nepal should contact Sally Nobbs by email: snobbs@wilderness.com.au

WE Presentation in Auckland

In late August 'friend' Tim Jerram spoke of his experience of community work in Junbesi at a World Expeditions slide presentation in Auckland given by WE CEO, Sue Badyari. The evening featuring the WE range of community work treks was well attended. Similar promotions to interested individuals and groups by other past members of community work groups are to be encouraged in support of Ang and the Junbesi project.

'Friends' T-shirts

These attractive shirts are available in support of KPHMN and we have good stock of all sizes. Photos of the design and logos are attached. Prices including postage are: NZ\$47, AU\$43, STG27 & US\$39.

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 below, 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.

Wilderness School, Adelaide 2011 Calendars and Greeting Cards

The Wilderness School has designed a very attractive Calendar and a set of 5 greeting cards featuring scenery of Nepal, in support of the Health Centre at Junbesi and the school at Bhadure. These are available now.

The cost is the same in both Australia and New Zealand

Calendar - \$20 plus \$6 postage and handling

Set of 5 cards – \$15 plus \$4 postage and handling.

Australian orders – use the Order Form attached

New Zealand orders – contact Tim at: tienny.jerram@xtra.co.nz for payment and delivery details.

'Wilderness Nepal'

This beautiful book continues to be available with the most exceptional photographic images of Nepal including many of the the Junbesi Health Project. This is a must-buy Christmas gift for anyone with an interest in Nepal. Help the Adelaide Wilderness School continue their support for KPHMN by purchasing this book.

The cost is the same in both Australia and New Zealand - \$75 plus \$15 postage and handling

Australian orders – use the Order Form attached.

New Zealand orders - contact Tim Jerram at: tienny.jerram@xtra.co.nz for payment and delivery details.

Future Projects Planned

Future plans are to construct:

- 1) **A Rest Room with shower at the Medical Center** for staff as the current Rest Room is not located within the Clinic building itself.
- 2) **A Waiting Room.** This would be of great benefit for patients from villages some distance from Junbesi by improving the quality and ease of treatment.
- 3) **A Birth Centre.** This would decrease maternity death rates in the area and improve the quality of maternity care for mothers and babies by providing a secure delivery process. I

Donations

The Nepal Government is unable to contribute to KPHMN and therefore the Trust is totally dependent on private donations for funding. We thank the number of 'Friends' already making important regular Automatic Payments to the national KPHMN accounts.

As you can see above there are ongoing projects and future plans for KPHMN. However, even every-day funding of KPHMN continues to be a problem. Funds are badly needed for furniture at the staff quarters, for beds at the Clinic and continuing staff and medical expenses. Present donations received do not cover all of these.



Since Santa is on the way, now would be the time to make the old boy and KPHMN very happy!

A Christmas donation to KPHMN, (however small) will be very welcome. If every one of the approximately 300 'Friends' on our data-base made a one-off donation of say \$20 the Trust would be better off by \$6000 immediately. A pledge of say \$10 per month would be even better!

Best wishes for Christmas and a prosperous 2011, from us all.

Kushudebu accounts for donations are:

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
Account number:
0402/704 138 407

Kushudebu Public Health Mission Nepal
Himalayan Bank, Tridevi Marg, Thamel
Current A/C No. 001-01417120018
Kathmandu, Nepal
Telex No. 2789 HIBA NP
SWIFT: HIMANPKA

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

For detailed information about the Kushudebu project at Junbesi feel free to access the KPHMN website: www.Kushudebu.org.np

Ang Tshering Sherpa's personal address is kushudebu2005@yahoo.com should you wish to contact him direct.