

March 2011

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, Sydney, Canberra, Perth and the UK, raising awareness and financial assistance for Ang and his charitable trust - KPHMN – Kushudebu Public Health Mission Nepal.

F R I E N D S O F

Junbesi

www.kushedubu.org.np

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If you 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 who would like to be included in our mailouts.

News, update and planning from ANG



Following the success of the ongoing incinerator project at Phungmoche, another incinerator is going to be built at Chiwan Monastery of Solukhumbu in April. This project is being made possible by Dr. Beau Beza from Melbourne University and World Expeditions. There will be six participants from World Expeditions assisting in the work.

A new girls' toilet is planned at Junbesi School (a school originally built through the efforts of the late Sir Edmund Hillary) with help from the Royal Melbourne Institute of Technology, Dr. Beau Beza, Ms. Sue Zhang, their colleagues and the Kushudebu Public Health Mission. A plantation/nursery is planned for 2012 for the village of Junbesi, once again with the help of a team of students from Royal Melbourne Institute of Technology and Dr. Beza.

KPHMN is planning to construct a Rest Room with shower at the Medical Centre for the use of medical staff who currently have a long walk to use the facilities. Funds are urgently needed to get this project under way.

KPHMN is going to build a Sitting Room and Birth Centre at Medical Centre. This is urgently required to improve the current quality of treatment and will help to decrease the maternal death rate in the village and outlying areas.

Both the above projects are urgently in need of funds to get underway and please contact Ang if you would like any more details. info@kushedubu.org.np kushedubu2005@yahoo.com.

Further details on all those new and on-going projects are available on the web page and Ang is always happy to answer any queries.

In October 2010 a young, newly qualified physiotherapist from Perth set off on a great adventure to Nepal. Prior to leaving Perth, she raised \$AU2,800 to donate to the medical centre from her fellow students, family and friends by organising fund-raising events and film evenings. Read it and be inspired! Jemma is now working in a “real” job in intensive care in a rural hospital in Victoria and would be happy to answer any queries about volunteering and working in Junbesi.

Having just completed my final year of Physiotherapy at The University of Notre Dame, WA, I was slightly apprehensive about reaching the end of my uni student life and entering the ‘real’ world of full time work. This led me to my fantastic experience in the small village of Junbesi, Nepal in October 2010. Following my final exams, I embarked on the most rewarding and unforgettable adventure of my life so far, heading out alone into the unknown world of rural Nepal for a month of volunteer Physiotherapy work at the Kushudebu Public Health Mission Nepal (KPHMN), Junbesi.

After speaking with Sally Knobs earlier in the year about her amazing trips to Nepal and the work that Wilderness School were doing with a small medical centre in Junbesi, I decided to investigate the possibility of doing volunteering in Nepal in further detail. Sally put me in touch with Ang Tshering Sherpa, who was incredibly helpful and enthusiastic about my visit, and within a week I had booked my flights and committed to Nepal!

The next months passed very quickly and before I knew it I was boarding a tiny plane in Kathmandu bound for Phaplu and then trek roughly 5 hours to Junbesi. Having seen photos of the medical centre online, I thought I knew what to expect, however it all appeared quite different in real life. I was introduced to the four staff members, the doctor, nurse, lab technician and our cook at the staff quarters, who were all very welcoming and friendly and got underway with helping out the doctor with his consultations.



As a physiotherapist used to working in outpatient clinics in Australia with a multitude of equipment available at any time, I soon realised that I was going to have to get creative and learn to work with the tools that I did have and use a lot of pictures to overcome the language difficulties. I had a fabulous time treating a variety of patients including a young boy with osteogenesis imperfecta, those with neck and back pain, arthritic knees and ankle sprains to assessing a man who we thought may have had an early onset of Parkinson’s disease. Additionally I treated patients in their homes if they were unable to walk to the centre. These home visits were also very different to anything I had experienced previously, mainly because we had to walk for an hour just to get to our patient!

One of the most inspiring aspects about working at the KPHMN for me was that it was not uncommon for patients to have walked for 2 – 3 days just to be seen by the doctor or get their baby immunised. This just highlights the importance and need for small rural facilities to be established to enable access to health and medical advice from a greater number of people. The centre is continuing to grow with the help of international donations and is now well equipped with laboratory facilities and x-ray machine as well as a lab technician so that if further investigations are required, they can be done at KPHMN rather than having to walk for another 3 days at least to get to a larger facility.

As well as treating individual patients, I felt that a key role for me whilst over there was to educate the nurse and doctor about the basic principles of physiotherapy to allow them to benefit from my stay in the future. Once I had a greater understanding of the primary patient types I made posters and flow charts to assist with determining which exercises to prescribe to different patients. The doctor especially was also very keen to learn about massage techniques so I ran a practical session with him using a local monk as a model to describe when to use massage, the main patients it is used for and then the different techniques that can be



employed. Massage was a really great skill for me to teach as it requires no equipment, simply hands and some oil or cream which was already available at the centre.

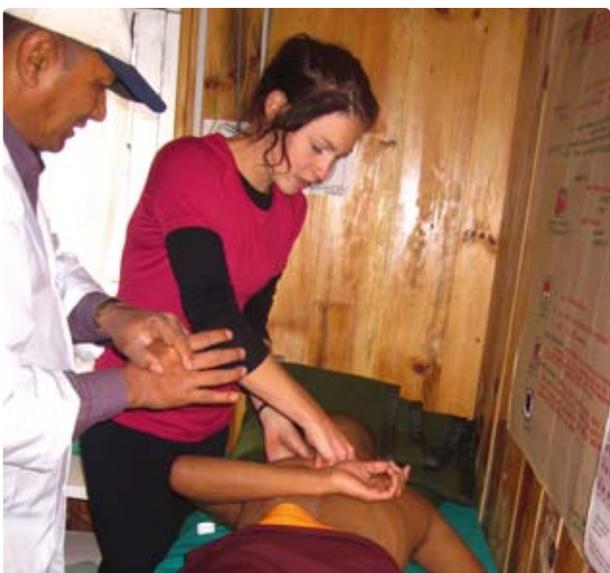
Although I did feel limited in what clients I was able to see at times primarily due to the language barrier, on the whole the experience was absolutely incredible. I was so grateful to have a brilliant contact in Ang who organised everything for me over there and was constantly checking in throughout my stay to make sure I didn't have any problems. I found the people of Junbesi and their way of life inspirational, seeing how they were so happy living simply and with very few services available. I only wish I could have spent more time there.



If volunteer work in a way, shape or form is something that interests you, I would definitely recommend the picturesque village of Junbesi as a perfect setting. There are plenty of opportunities to assist the medical centre, local school or monasteries and I can assure you that help of any form would be greatly appreciated by the community.

Jemma Keeves

jkeeves@gmail.com



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 tiennyjerram@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.



WILDERNESS
SCHOOL
ALWAYS FREE



JUNBESI HEALTH CENTRE DOCTOR'S REPORT

NOVEMBER 20TH 2010 TO MARCH 14TH 2011

TOTAL ADULT PATIENTS 335

MALE 162

FEMALE 173

DIAGNOSIS:	
Headache	11
Boils/furunculous	16
Urinary tract infection	10
Upper respiratory tract Infection	33
Conjunctivitis	13
Gastritis	13
Injuries/fractures	27
Otitis media	6
Tonsillitis	22
Pneumonia	2
Acute rheumatic fever	2
Hypertension	13
Abdominal pain	7
Pharyngitis/sore throat	16
Bronchitis	8
Dysentery	7
Dental caries	6
Eczema/dermatitis	16
Abscess	12
Diarrhoea	16
Nutritional deficiency	4
Intestinal worms	14
Tuberculosis	1
Orchitis/epididymitis	2
Asthma	5
Mumps	2
Dog bite	3
Breast abscess	1
ARI	15
Pyrexia of unknown origin	18
Arthritis	8

CHILDREN 2-5 years

TOTAL 53

MALE 23

FEMALE 30

DIAGNOSIS:	
Vit. B deficiency	1
Wound with anus	1
No pneumonia	10
Pneumonia	7
No dehydration	10
Dental caries	1
Impetigo	3
Infection of wound	2
Diarrhoea	2
Abdominal pain	1
ARI	3
Injury	1
Nose infection	1
Ear infection	4
Fungal infection	1
Allergic infection	1
Some dehydration	4

CHILDREN BELOW 2 MONTHS

TOTAL 9

MALE 4

FEMALE 5

DIAGNOSIS:	
Local infection	1
No pneumonia	3
ARI	3
Pneumonia	3
Amoebiasis	1

VISIT OF TEACHERS AND STUDENTS FROM ROCKHAMPTON SCHOOL IN NOVEMBER 2010

Mr. Ian Adie and Mr. Doug Grubert with their 12 students from Rockhampton School, Australia visited Kushudebu Public Health Mission in November. The group worked at plastering walls for the staff quarters at the medical centre, visited several locations in the village and then the group trekked to Amadablam base camp of Everest region. The medical centre is pleased to have established a contact with this school and hopes they will continue to support their work.



Donation from Samford Ambulance Centre, Brisbane, Australia

Kushudebu Public Health Mission Nepal has received different tools and utensils used in Health Centre from Mr. Roger Lukas and Ms. Ria Lukas from Brisbane, Australia. The Kushudebu Family would like to heartily thank Samford Ambulance, Brisbane for their help and look forward to keeping in touch with these generous donors. Likewise we would also like to thank for Singapore Airlines for transportation support of the donated materials from Australia to Nepal.



Friends of Junbesi might be interested to know that Roger and Ria first met Ang in October 2008 when they travelled to Nepal to take part in the community project at Junbesi, and have been keen supporters since then.



For further details about KPHMN check out the website: www.Kushudebu.org.np

Ama Dablam taken from Richard's web page on trekking in Nepal

Richard Tulloch is a freelance travel writer, based in Sydney. In January 2011 Richard was a guest of World Expeditions and travelled to Nepal to trek to Junbesi and see what Ang has achieved since 2006. His article was published in the Sun-Herald and is available to read on <http://richardtulloch.wordpress.com/2011/01/30/trekking-nepal-simply-the-best/>

There is also a link to the article and Richard's excellent collection of travel articles on the KPHM Web site.

Friends of Junbesi Project: Gokyo Lakes Trek – April 2011

From 3 to 25 April, a group of a dozen or more 'Friends' will undertake a specially designed World Expeditions trip to Nepal. First, the group will spend three days in Junbesi village where they will be involved with re-tiling the floor in the patients room at the Kushudebu Public Health Mission. Many of the 'Friends' are so looking forward to returning to KPHM and to Junbesi. While in this area, the group will also visit Thubten Cholin monastery, a huge Tibetan Buddhist monastery approximately 1 hour walk from Junbesi. The monastery has an impressive central gumpa and is home to several hundred of monks and nuns. On completion of the project work, the 'Friends' then undertake a fully supported 15 day trek into the Everest region to Namche Bazaar, then to the picturesque Gokyo Lakes, with spectacular views of Everest and surrounding peaks including Cho Oyu in Tibet. One of the highlights is a planned opportunity to ascend Gokyo Ri (5483m), with probably the most comprehensive view of 8,000 metre peaks in Nepal - many people consider it to be Nepal's best. The group then cross the spectacular Renjo La on a less travelled trail returning to Lukla.

The entire trip will be led by Ang Tshering Sherpa, the President of the Kushudebu Public Health Mission.

Stay tuned for updates about this adventure in future Newsletters

DONATIONS

Since our last Newsletter we have received a number of sizeable donations. It is especially heartening to now have many donors who give either fortnightly or monthly directly into the bank accounts. We have regular donations of sums ranging from \$10 to \$200 which is enabling us to send funds to Ang on a more regular basis. We have also some generous donors who contribute funds for a specific purpose. In the last few months we have had two donations with no details, which make it impossible for us to acknowledge them. **Can you please ensure when you are donating through any of the bank accounts that your name is included. If you are not on our donor database please send an email to any of the names listed on the last page to ensure that you are thanked in the proper manner.**

We would like to say thank you to Sally Nobbs and the Wilderness School in Adelaide who provide support to Ang on an ongoing basis. Also to Craft Nepal in Auckland, run by Tim Jerram, who also regularly sends funds to enable KPHMN to continue to grow.

With all charitable organisations there is always some discussion about fundraising and how much disappears in administration and ongoing costs. We would like to assure our donors (and prospective donors) that our only expenses are bank charges and transfer charges, there are NO other charges and your money will be sent to KPHMN as quickly as possible.

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

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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