

May 2010

'Friends of Junbesi' is a group organised in support of the KPHMN Medical Centre at the village of Junbesi in Nepal.

IN THIS ISSUE

- 'Friends of Junbesi' Two Years on
- World Expeditions Community Project April 2010
- Donations of Equipment by the Wilderness Wider Community
- Wilderness School Health Camp at Junbesi
- 'Wilderness in Nepal'
- Calendars & Greeting Cards
- Suggested 'Friends' Work Group to Junbesi & Trek
- T-shirts
- Medical Centre News
- Politics in Nepal
- Junbesi Education & Health Programme



'Friends of Junbesi' is an online community formed by ex-trekkers and others. Its purpose is to provide financial and logistic support for Ang Tshering Sherpa and the KPHMN Charitable Trust which manages the Medical Centre at the Himalayan village of Junbesi in Nepal.

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

Existing 'Friends' please let us know if your email or personal address has changed and if you know of any other interested persons who might like to be added to the data-base.

If any 'Friends' prefer not to be involved please advise one of the contacts listed on the last page.

Ang Tshering Sherpa

'Friends of Junbesi' 20 Months on

It is now 20 months since the formation of 'Friends' from individuals who took part in the first community work group to Junbesi in October 2008. We note with some satisfaction that since then approx. US\$13,000 has been contributed through 'Friends' bank accounts in Australia, England and New Zealand. This amounts to perhaps 20% of the total KPHMN budget over those 20 months. Of particular note was the quick response from members in June 09 for urgent donations to cover study costs for the Junbesi students in KTM (see below).

So, thank you 'Friends' for your great generosity and ongoing support. Medical Centre costs now gross close to US\$50,000 per annum and KPHMN is unable to thrive or grow without ongoing donations from 'Friends'.

World Expeditions Community Project April 2010

The April 2010 work group of 16 continued the work begun by previous groups. In 2008 two groups began the series of visits, painting the clinic and constructing verandahs. Last year a group began renovation of the house next door to the Clinic recently bought for staff quarters, and the April 2010 group continued work on this building together with local craftsmen.



Preparing the ground floor of the Staff Quarters for tiling



Preparing the top floor of the Staff Quarters

Building the compound wall outside the Staff Quarters



The 2010 group in front of the renovated staff quarters.

The group, led by the KPHMN Trust Chairman, Ang Tshering Sherpa got off to a bad start when all flights to Phaplu, the nearest landing strip to Junbesi were cancelled on the chosen day due to scheduled maintenance of radar at Kathmandu Airport.

Nothing daunted the group bussed to Ramechlap, a rural village with few facilities for food or lodgings and after an overnight stay flew from there to the Phaplu landing strip to walk the 3-4 hour trail to Junbesi.

The next day the group was welcomed by villagers onto the compound with song, dance and khada scarves. The following 3 days were spent enthusiastically working on the staff quarters before trekking to Tengboche in the Everest region. Work included walling the compound, painting ceilings and wall and consolidating the ground-floor before tiling.



Local people welcoming guests with a Sherpa Song

Cameramen from Chanel 9 Television in Australia briefly filmed the welcoming ceremony and the Medical Centre, for a future documentary.

While in Junbesi an interesting visit was made by the group to the Thupteng Monastery.

On the final day a Farewell dinner program was organized in honour of the group, during which each member was presented with a letter of appreciation by the Chief Lama of the Junbesi Monastery.



Guests honoured by letters of appreciation during the Farewell Dinner

With financial support from the Travel Doctor, Australia, Ang and the KPHMN Committee were able to organise the necessary construction materials for the Staff Quarters in advance of the work- group, including wood cut from the local community forest, local stone and sand and from KTM - tiles, cement and other materials. The latter had to be trucked to the road-end at Giri and carried by porters for 3 days to Junbesi.

Of course this preparation involved much work and time by many local people which reflects the ongoing co-operation between them, the KPHMN Committee and overseas work groups for the benefit of Junbesi and surrounding districts.

Local women collecting sand from the river for the 2010 work group



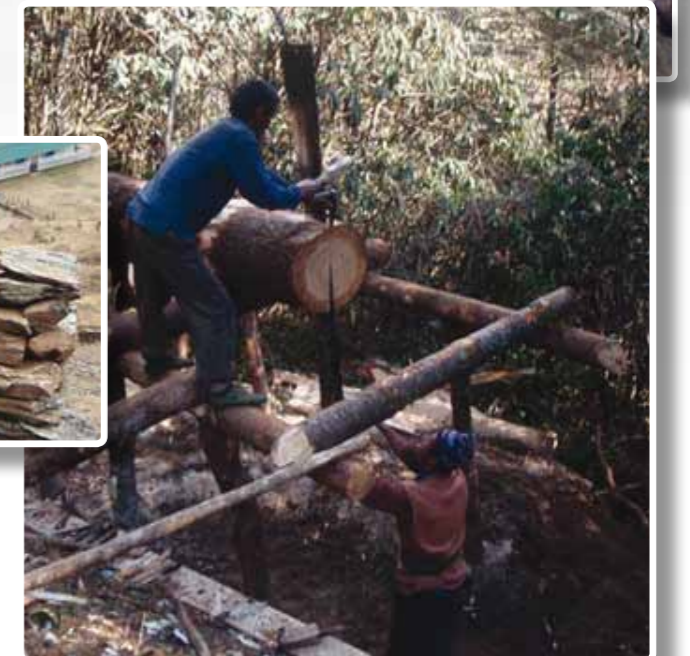
Local men cutting wood from the local community forest.



Stones being collected for construction of the Staff Quarters.

The Clinic is shown with the Staff Quarters on the left.

Local women grinding concrete in preparation for the April 2010 community project.



Ang Tshering Sherpa and the KPHMN Committee would like to thank the Travel Doctor, Australia for the financial support. Also thanks to the work group participants who worked so hard during their time in Junbesi and World Expeditions for its interest and organisation of travel arrangements for the work group.

These community groups are proving of enormous benefit to the project not just for their manual labour and expertise but also for their input into fund-raising activities for KPHMN and suggestions for the future direction of the Health Centre. In return group members have gained insight directly into the health needs of rural Nepalese and returned with a sense of having made a positive contribution to the lives of others.

Further World Expeditions Community Projects are scheduled. Interested 'Friends' should diary these dates for Community Project Travel evenings:

Sydney - 29th June 2010 at 6pm and Melbourne 13th July 2010 at 6pm.

Bookings for these events can be made online at: worldexpeditions.com.au

Donations of Equipment by the Adelaide Wilderness Community

The Wilderness School, Adelaide (Dr. Sally Nobbs) has been an avid supporter of KPHMN since its inception, also of the school at Bhadure in the Annapurna region.

In March this year 31 members of the wider Wilderness Community flew to Nepal for trekking in the Annapurna region (led by Ang Tshering Sherpa) including a visit to Bhadure. They also visited Chitwan National Park and the Child Haven Orphanage in KTM.

While in KTM Ang, on behalf of KPHMN, accepted from the group several important items of equipment donated by the Wilderness Community:

Signos Ultra-sound machine – Dr. Charles Neubauer

15 X-Ray Plates – Dr. Charles Neubauer

Stethoscope – Isabelle Malone

Ophthalmoscope – Dr. Charles Neubauer

200 prescription glasses – Kym Mattinson



Ang accepting medical equipment from the Wilderness group.

The new hands-held, light-weight Ultrasound Unit developed by Signostics (Stewart Bartlette and Sean McPeake) in South Australia has been generously donated by the company to the Medical Centre at the instigation of Dr. Charles Neubauer, father of a student at the Wilderness School. The unit weighs only one kilo and Sean, as clinical educator for the company will be able to provide basic training to the KPHMN doctor for its use via the Internet. Diagnostic Images taken can also be saved as jpegs and forwarded for specialist opinion via the Net.

The Otoscope/Ophthalmoscope was donated by Australian Radiology Clinic's Precise Medical Supplies (Dr. Mark Tie) together with spare lamps for the equipment.

These are all welcome additions to the growing equipment inventory at Junbesi. KPHMN would like to extend its warm thanks and gratitude to the donors.

Wilderness School Health Camp at Junbesi

A Health Camp at Junbesi is Tentatively proposed by the Wilderness School for December 2011 – January 2012 with an optional trek to Tengboche (beautiful views of Everest). This would include interested medical professionals ie: doctors, interns, pharmacists, optometrists, researchers etc. Interested parties should contact Dr Sally Nobbs (snobbs@wilderness.com.au) or Mr Geoff Rischbieth (cathyr@chemplus.com.au).



'Wilderness in Nepal'

In August 08 the School launched an outstanding book, 'Wilderness in Nepal' which includes the Junbesi project amongst the most exceptional photographic images of Nepal. Proceeds go to both KPHMN and the Bhadure School. There is a Limited Edition of 250 copies personally signed by Ang and Dr. Sally Nobbs of the Wilderness School, and a standard edition.

'Wilderness in Nepal' is an absolute must-buy for anyone with an interest in Nepal. Help Wilderness School continue their support for KPHMN by purchasing this book, (refer order form attached). It will soon be available in Adelaide and Auckland bookstores as well as direct and through Pilgrim's Book Store in KTM.

Calendars/Greeting Cards

The Wilderness School also proposes to build on its successful production of 'Wilderness in Nepal' by printing a 2011 calendar and greeting cards photos from the book. These will be available for sale later this year in Australia and New Zealand in support of the Junbesi Medical Centre and Bhadure School.

Junbesi Education & Health Training Programme

It is that time of year again! For those unfamiliar with this programme we should explain. Junbesi is an isolated village and therefore opportunities for young people are limited. Also it is difficult to find trained staff for the Health Centre.

KPHMN has developed a self sustaining programme whereby local students were chosen last year for 3 year training in KTM in Lab Technology, Radiology and nursing. On completion they will be bonded to work at the Junbesi Medical Centre for several years.

The programme allows local young people an outlet for their abilities and encourages them to contribute back to their community. Local health trainers or assistants encourage local participation in health delivery and a feeling of ownership.

One student is already covered by a sponsor. KPHMN needs US\$1300 for each of the other two, total US\$2600 to cover fees and expenses for the approaching year July 10 - June 2011

Can you help? All donors contributing a minimum of US\$100 toward student fees will receive a pashmina & silk scarf in a colour of the donor's choice, (muted colours), courtesy of Craft Nepal N. Z. They will also go into the draw for a genuine Thanka painting from Nepal.

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

To donate, please bank your donation in one of the accounts on the back page. Then advise Tim Jerram at (tiennyjerram@xtra.co.nz) that you have donated and give your mailing address and colour preference for a scarf.

NOTE: The Nepal Government is unable to contribute and therefore the student programme is totally dependent on private donations. If specific funds are not available, training costs will have to be deducted from funds earmarked for building renovation, staff salaries and medicine.



Suggested 'Friends' Work Group to Junbesi & Trek

Tentative arrangements are underway for a 'Friends' work group and trek to Junbesi and Gokyo Lakes planned for April 2011. Seven people have expressed interest so far. Anyone interested in this our please contact Ralph Snowdon: randb@internode.on.net.

Medical Centre Staff Changes

The Centre doctor who arrived at Junbesi last year is handling the increased work load well. The previous nurse left for the U. K. at the end of February for further study in community health-care management and has been replaced by a local nurse from Junbesi Village.

The students chosen from 86 applicants are ready to begin their 2nd year of training. They are:



Staff Nurse Neema Sherpa - Radiography



Nirmala Kafle - Lab Technician



Niru Rai

Nepalese Politics

The country has been in turmoil again with a Maoist week-long general strike just finished in an attempt to force the President to resign and hold new elections. In case donors may be concerned that donations are at risk, it is important to point out that the KPHMN Trust was formed and the Medical Centre re-activated in 2006, a time of much greater turmoil during which the King closed down parliament. Later, Maoists/Communists took power and the King was forced off the throne. There were no difficulties during that period with the flow of funds to KPHMN and none are anticipated now

World Expeditions Presentation in Canberra

'Friend' Ralph Snowdon spoke about the first community work group to Junbesi in 2008 and the work of 'Friends of Junbesi' after a recent slide presentation given by Sue Badyari CEO of World Expeditions and featuring their range of Community Service treks. His comments from an actual participant of a work group added hugely to the evening. He and 'Friend' Barbara Jesiolowski handed out copies of past 'Friends' newsletters at the presentation.

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. Please feel free to print off and distribute copies of the KPHMN brochure attached to anyone interested.



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