

**May 2012 Newsletter No.10**

Friends of Junbesi is an online community formed and supported by trekkers who have been guided by Ang Tshering Sherpa in Nepal. We operate with a group of five volunteers from Auckland, Sydney, Canberra, Perth and Cornwall in the UK, raising awareness and financial assistance for Kushudebu Public Health Mission in Junbesi. Please contact any of the three names on the last page if you no longer wish to receive this communication. We would also love to hear from anyone who has news or reports about their time in Nepal, and would like to have them included in the next newsletter. Contributions can be anonymous if you wish! Send them to: [jennifer.dagg@ozemail.com.au](mailto:jennifer.dagg@ozemail.com.au)

All of involved in Friends of Junbesi wish to send our condolences to Ang and his family on the recent death of his mother. Mrs. Sherpa died in December at the age of 70. After a period of mourning Ang has returned to his guiding work with World Expeditions, and we wish him well as he comes to terms with the death of his beloved mother.

## News and Updates from Ang

Work on the delivery room is proceeding slowly and funds will be urgently required to equip it fully and to train the necessary staff.

John and Sally Nevin from Australia are travelling to Junbesi to run a dental health camp, followed by a trek to Tengboche. John and Helen met Ang when trekking with World Expeditions last year and are looking forward to treating villagers and offering them the chance to learn dental hygiene procedures.

Students from the Wilderness School in Adelaide are preparing for a visit to the medical centre. The students will be involved in volunteering at the clinic and will be accompanied by the principal, Jane Davers, and by Dr. Sally Nobbs.

There is more news on the web page and Ang would love to hear directly from you.

Visit [www.kushudebu.org.np](http://www.kushudebu.org.np)  
or email Ang direct on [kushudebu2005@yahoo.com](mailto:kushudebu2005@yahoo.com)



## IN THIS ISSUE

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- Forthcoming events at the medical centre
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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.

# Health Centre Doctor's Report

September 16th 2011 to January 15th 2012

Total patients	631	Top 5 diseases	Districts covered	
Emergency	5	Auditory processing disorder	6	Solukhumbu
OPD male	334	Common cold	49	Ramechhap
OPD female	259	Arthritis	30	Khotang
IMCI female	14	Trauma	30	Okhaldunga
IMCI male	19	Eczema	29	

## Interview with Suresh Biswakama

Suresh Biswakama and his daughter Ramesh attended the medical centre earlier this year. He walked for three hours from Beni -7 Salung to show his child to the doctor. On questioning, he said, she was unwell; she had a fever, a cough and sore throat. The doctor asked him how he had heard about the medical centre and its facilities at Junbesi. He said he had been told by friends there was a health service with x-ray facilities and immunisation service and so made the journey although he had not been to Junbesi for six years. He was delighted to find lots of changes in Junbesi as before he had to walk to Salleri when anyone in the family was sick. Now he can get various medicines, good treatment and service. He pronounced himself very happy indeed with all the progress and the only other services he wished for would be a full maternity delivery facility, and the provision of dental care for the whole family.



Suresh Biswakarma and daughter Ramesh and doctor

Congratulations again to Ang for initiating this necessary service which provides care to over 4,000 disadvantaged people. Stories like this reinforce the need for health services to be provided for all, despite their income and distance from a main town. It is now 6 years since Kushudebu Public Health Mission Nepal was formed and it has now grown to include staff quarters, health education training programmes and provides scholarship programmes for students.

## Order of Australia medal awarded to Dr. Sally Nobbs



On 26th January, 2012, Dr. Sally Nobbs of South Australia was awarded the Order of Australia medal, for services to the international community and in particular for fundraising services for the people of Nepal. Sally has been determined in her ongoing efforts which have ranged from organising fundraising events, being involved in the selling Nepalese pashminas and jewellery, to shaving her head. Funds raised have benefitted the children of Bhadure School, close to Pokara, and also the Kushudebu Public Health Mission. Her involvement in the clinic has inspired many to join in and participate and to help others less fortunate than themselves and to make a difference. Her pupils at the Wilderness School in Adelaide have a very fulfilling involvement with both Bhadure School and the health clinic at Junbesi, and we congratulate Sally on this great achievement.

## Donations and acknowledgements

A big thank you to all for your generous donations since our last Newsletter. Special thanks to Angela Highstead who has been supporting Neeru Rai in her studies. You can read more about Neeru on the web page under Education health training programmes. Neeru has now finished her studies and Angela has kindly offered to sponsor the training of a nurse for the new delivery room. Funds are always needed to continue this valuable work in enabling students from modest backgrounds to complete their courses.

Please pass this Newsletter on to any family or friends who have expressed an interest in Nepal. Please contact us if you need any more information or just to let us know that you are out there and enjoy hearing from us.

### 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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**Tim Jerram, New Zealand** [tienny.jerram@xtra.co.nz](mailto:tienny.jerram@xtra.co.nz)

**Beverly & Chris Hill, UK** [bhill@cornwall.gov.uk](mailto:bhill@cornwall.gov.uk)

For detailed information about the Kushudebu project at Junbesi please access the KPHMN website: [www.kushudebu.org.np](http://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](mailto: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.

