



Friends of Junbesi

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. Contributions for inclusion in the newsletters are always welcome. Send them to:
jennifer.dagg@ozemail.com.au

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NEWS & UPDATES FROM ANG

We have just finished the construction of delivery room and trained the nurse (this news on the website). Currently we are constructing toilet facilities at the staff quarters and work is almost completed.

We are at the end of the fiscal year and have completed the budget for next year.

We have had an inspection from Nepal Government Social Welfare Council visited the medical center (this news on the website) and we are waiting for their report.

We are planning to appoint 2 staff to work at KPHMN office in Kathmandu.

This will be one for administration and one for accounting . We are waiting for donors' response and had sent mail regarding this matter.

We have 2 school group coming from World Expeditions and they are doing tiling work and plastering the outside building with cement as we have mud before. Another trip is coming from WE to build the incinerator at the medical center.

We have held a health camp at Thuptengcholing Monastery for the people who are not able to walk to the medical centre. 183 patients were treated.

Visit **www.kushudebu.org.np** or email Ang direct on **Kushudebu2005@yahoo.com**

DENTAL CAMP AT JUNBESI MAY 2012

By Dr. John Niven

Helen and I met Ang Tshering Sherpa in May 2011 whilst on a trip through Tibet with World Expeditions. We learnt that he was president of the board that ran the Kushudebu Public Health Mission at Junbesi in Nepal. We learnt that while clinic was able to cover most medical problems it had no dental facilities. After several conversations with Ang and many emails we decided to come to KPHMN and attempt to set up a basic dental facility.

May 15th 2012 saw us arrive in Kathmandu with many kilograms of dental equipment and supplies. We were met by Ang's brother Ang Nigma who was our guide for our visit to Nepal. A visit to a local dental supply house to collect further supplies followed by an interview with the Nepal Medical Board to obtain my dental registration saw us ready to set out to Junbesi.

I had managed to put together a simple transportable dental surgery, consisting of a portable dental unit (from China) a suction unit I found in Kathmandu, and a suitable quantity of instruments and supplies provided by generous dentists and dental supply houses in Australia. A dental supply house in Kathmandu was the source of the balance of our supplies.

We flew to Phaplu by a small twin engine Otter, landing on a gravel runway on the side of the mountain. We were a day late due to adverse weather conditions. A four hour trek brought to us to Junbesi; fortunately we had porters to carry our baggage and dental supplies.



After setting up our rudimentary dental operating suite in a spare room at the clinic we were informed that 91 people had already registered for treatment and that there were more to come, especially as our presence had been advertised on the local radio. The original plan was stay at Junbesi for 5 days, 3 days clinic and then visits the local monasteries after which a 12 day trek had been planned; however after day one it was obvious we would have to stay longer. So plan B was formulated, stay at Junbesi for 2 weeks with the occasional day off for some local trekking and monastery visits, then return to Kathmandu for a few days.

We then set to work, we saw and treated 167 patients, which included 137 extraction cases, 53 restorative cases, and 19 miscellaneous cases. The clinic staff were most helpful. Ang Nigma and the doctor translated and explained the treatment to patients, the nursing staff were only too willing to assist in treating patients and wanted to learn all about dental treatment.

The patient mix was interesting, we saw many older patients with multiple rotten teeth, but what was encouraging was the teenagers' dental health. Most had fairly good oral hygiene and often presented with only one obvious carious lesion which could be restored. We saw many monks and nuns who came down from the monasteries. Many patients had travelled

for several hours in order to see us. There was no appointment system, the patients just appeared and had to be seen. We were able to postpone treatment on the immediate local village patients to get some order into proceedings.

We managed to obtain good if basic working conditions, the doctor's couch was the right height for extraction cases, and a bed was utilised for the restorative cases. Lighting was by strong LED torches, not ideal but satisfactory. We managed without any radiography facilities. The clinic had an autoclave, and all instruments were cleaned and autoclaved between patients.

The local people were very hospitable, we received a welcoming ceremony on arrival, and even bigger one when the Wilderness School arrived. We stayed in a comfortable local guesthouse. The landlady could not do enough for us. We managed some short treks to see the local monasteries, and an overnight visit the Everest View Guesthouse (a somewhat distant view I might add) to see sunrise over the Himalayas.

We had an interesting visit to the local school. At a future visit I would like to examine all the children in order obtain a pattern of dental disease and then develop treatment and preventive dental programmes.

During our stay there was a festival at the monastery in the village, where we were treated to displays of Lamas and others dancing over two nights.

Our departure from Junbesi was dramatic. Ang Nigma had organised with the Head Monk at the Thupten Chholing Monastery for a helicopter to take us back to Kathmandu. This helicopter was bringing back the body of their recently deceased High Lama for entombment. We trekked up to the monastery at 6.00am in the

morning, along with most of the village who were coming to greet the return of the High Lama's body, as well as farewelling us. All was very emotional.

So we left Junbesi after a very satisfying visit. I feel we achieved everything we set out to do. We established a basic dental facility which is there for our return or another dentist. We treated many patients who had no or limited access to dental care.

We completed our trip to Nepal by sightseeing in Kathmandu and a mountain flight to see Mount Everest.

We hope to return to Junbesi in the near future as there are still many people requiring dental treatment.

A detailed report including patient numbers, recommendations for the future and acknowledgments of donors is available on the web site.

REPORT FROM WILDERNESS SCHOOL STUDENTS

By Daphne MacLead and Georgia Sumner

Junbesi was in the last part of the Wilderness trip and after visiting Kathmandu, trekking in the Annapurnas, seeing Bahadure and staying at Chitwan National Park everyone was looking forward to having a relaxing time. We flew from Kathmandu into Phaplu and hiked 3 hours to Junbesi where we were kindly greeted by the Junbesi community.

During our 2 night stay we were involved in a special ceremony where Jane Danvers and Dr. Nobbs presented Ang Tshering with laptops and Wilderness books to be sold for the proceeds for the medical centre. It was great for us to see firsthand how the money which Wilderness donates helps the whole community. The medical centre has an x-ray machine, ultrasound, laboratory facilities and a pharmacy which has hugely benefitted the Wilderness community. Without this centre, villagers would have to walk 5 hours to the nearest town for medical assistance.

During our stay we were able to contribute by sanding and varnishing 3 rooms in the centre including the delivery room. In the year before Ang established the medical centre, 3 women died in childbirth so the delivery facilities are very important. Leaving Junbesi was very sad for all of us as we were welcomed with such kindness and it signified the end of our Nepal trip.

On leaving Junbesi on 23rd April a few of our girls and teachers took a short walk to the Serco Monastery and stupa, where we were warmly greeted and given a detailed tour of the facility, showing us the colourful buildings, classrooms, library and bedrooms. It was an interesting opportunity to see how the boys are educated from such a young age and perform the ancient practices of meditation and prayer. The tradition of monks was a new concept to us and we found the history and process very interesting.

This visit allowed us to understand a new culture and respect for this way of life. As it was unlike anything many of the students had ever seen, we were able to understand these practices and it gave us a strong appreciation for Buddhism. The view from the monastery was of the mountains & village and was beautiful. We were amazed by the peaceful nature of the monastery, the hospitality of the people and feel fortunate to have such a good insight into what life is like for young boys becoming monks in Nepal.





WORLD EXPEDITIONS COMMUNITY PROJECT TRIP

World Expeditions are organising another Community Project Travel trip to Junbesi in May 2013. Previous participants on these Community Project Travel trips, many of whom are recipients of this Newsletter, will vouch for the effectiveness of the project work, as well as the excellent organisation and wonderful spirit shared by the community and participants. This next project will assist with the construction of a waste incinerator to provide a safer waste management solution for the Junbesi Medical Centre. Following the project work participants will trek to Thyangboche, arriving on 29 May to take part in the 60th Anniversary celebrations of Hillary and Norgay's first ascent of Mount Everest. What a privilege! And who better to lead the trip than Ang?

If you would like to find out more contact our friends at World Expeditions **1300 720 000** or visit **www.worldexpeditions.com**

KPHMN BUDGET AND FUNDRAISING RESULTS FOR 2012-2013

The budget for the current financial year August 2012 –July 2013 is shown here. The budget is in Nepalese Rupees with the approx. equivalent in US\$.

The total budget is a little under US\$30,000, essentially the same as last year. This year the budget is broken down into Programme costs, i.e. the cost of running the health centre itself, and Administration costs, mainly in Kathmandu. The greatest single expense will be staff salaries and allowances at US\$12,540 with the cost of medicine (\$5,900) and a student scholarship (\$1430) the second and third greatest expenses.

The student scholarship is to cover the first year training for Tshering Dolma as a childbirth nurse in Kathmandu. This expense has been covered by a very generous donation from Phil and Maria Johns of Sydney.

In the financial year 2011/12 'Friends of Junbesi' raised US\$11,200 while Craft Nepal N.Z. raised US\$5750, a total of close to US\$17,000. These are good results in difficult times and our thanks go to all donors with special thanks to those who arranged regular direct credits on a weekly or monthly basis.

Our fund-raising target for this year is US\$20,000, which is approximately two thirds of the total budget. The remainder will be covered from other sources or budget cuts will have to be made. LPHMN is not supported by international agencies and is therefore dependant on individual and group donations.

FUNDRAISING OFFER FOR SEPTEMBER AND OCTOBER 2012

We would like to get the new KPHMN financial year Aug-July off to a good start and as an encouragement for individual donors we are able to offer one free KPHMN t-shirt valued at NZ\$39, AU\$30 or US\$34 For every one-off donation of at least AU\$150, NZ\$150, US\$150 or GBP100 received during September and October 2012. Postage to all countries is included.

If you are interested simply transfer the donation with your name to the Australian, New Zealand or UK accounts listed at the end of this newsletter and email your name, preferred T-shirt size and an address for postage to Tim Jerram at tienny.jerram@xtra.co.nz

Those who regularly contribute by automatic payment will also be contacted and offered a free T-shirt by way of thanks from 'Friends of Junbesi'.



HEALTH CENTRE DOCTOR'S REPORT

Patients record from January 15th 2012 to July 31st 2012

Total patients	1257
Male	702
Female	555

IMCI-

Male	73
Female	37

Top 10 diseases

HTN-	102
Eczema\dermatitis	101
Fall injury	117
Abdominal pain	135
Pneumonia	73
Presumed non infection diarrhoea	68
COPD	93
Acute tonsillitis-	128
APD	50
Conjunctivitis	57

WILDERNESS COMMUNITY NEPAL HEALTH CAMP 2013

A health camp in Junbesi has been organised for April 2013 by Dr. Sally Nobbs. Professionals attending include nurses, physiotherapists, GPs, dentists, pharmacists and other specialists. A trek to Gokyo Lakes will be held at the end of the camp for those interested. For details please contact Sally Nobbs at SNobbs@wilderness.com.au

KUSHUDEBU PUBLIC HEALTH MISSION NEPAL BUDGET

For the Period of 15 July 2012 to 16 July 2013.

ITEMS	BUDGET 2012/2013	APPROX. US\$
PROGRAMME COST		
Staff Salary & Allowance	1,105,000.00	12,540
Accommodation & Food	83,770.00	950
Airfare	110,149.00	1,250
Medicine Exp.	519,544.00	5900
Scholarship for Student	126,000.00	1,430
Staff Welfare/ Dress Exp.	13,484.00	155
Field visiting Exp.	64,516.00	730
Wages Exp.	64,340.00	730
Programme/Training Exp.	30,380.00	345
Medical/Raw Materials	106,000.00	1200
Total Programme Cost	2,223,183.00	25,300
ADMINISTRATION COST		
Office Rent	60,000.00	680
Audit Fee	10,000.00	115
Telephone & Fax Exp.	21,687.00	245
Printing & Stationery	39,441.00	445
Email & Internet Exp.	12,204.00	140
Advertisement Exp.	30,500.00	345
Repair & Maintenance Exp.	60,600.00	685
Water & Electricity Exp.	34,710.00	395
Web. Site Exp.	15,250.00	175
Office Exp.	11,500.00	130
Cargo & Courier	19,800.00	225
Local Transportation	17,888.00	205
Miscellaneous Exp.	36,981.00	420
Total	370,561.00	4,205
Total Programme Cost	2,223,183.00	25,230
Total Administration Cost	370,561.00	4205
Programme Cost + Administration Cost	2,593,744.00	29435
Programme Cost = Total Cost - Administration Cost	2223183 - 370561	1,852,622.00
1. Administration Cost in percentage 370561/100 ÷ 2223183	17%	
2. Programme Cost in Percentage 1852622/100 ÷ 2223183	83%	

DONATIONS AND ACKNOWLEDGEMENTS

A big thank you to all for your generous donations since our last Newsletter. We have received some generous "one off" donations which have helped enormously in the running of the medical clinic. Please see our fundraising offer of a Junbesi t-shirt – numbers are limited so be quick!

NATIONAL ACCOUNTS FOR DONATIONS

AUSTRALIA

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

BSB: 062014

Account: 10402716

NEW ZEALAND

Westpac, St. Heliers, Auckland,
New Zealand

– Kushudebu Public Health Mission Nepal

Account: 03 02630223978 00

UNITED KINGDOM

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
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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.
Sizes XS-XXL.

Prices now reduced!

NZ\$39
AU\$30
£22
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, 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.

