

Tashi Delek and Namaste!

Here is the latest piece of information regarding KMCH's projects in and for the population in the region of Humla, Nepal. Chembal Lama, the founder of the Nepalese organisation KMCH visited Stockholm and Europe in the spring 2010. After he had returned to Kathmandu he started to make preparations for a longer visit to Humla. He reached Humla, which is very remote and at a high altitude in the Himalayas, in mid-June. Just recently, in the beginning of October, he returned from the mountains to Kathmandu. Due to the remoteness of Humla there is neither telephone nor internet-connection so we have eagerly awaited his return to hear of the latest news.

We in the Swedish KMCH Support Group, have recently received a long report that we in the board now want to share with all of you. The new photos are still in the mail so the photos in this letter are all from the KMCH children home dated in the spring 2010.



The KMCH Children Home in Yangar

As you may remember from previous newsletters all the children have since April 2010 returned to the village of Yangar, Humla. They all live together now in a private house that KMCH rents. Previously 17 of the children lived in a house in Kathmandu. In Yangar there are now 24 children, 13 girls and 11 boys. Chembal reported about the daily routines: they get up at 5 am to wash and brush their teeth. After buddhist prayers they have breakfast of tea and tsampa (dough made of roasted barley flour, butter and tea).



Then they clean their rooms and after is time for play or rest. At 9 am it is time for early lunch, rice and dal. At 9.30 am they go to school and bring their lunches of rice, dal and vegetables. School begins at 10 am and finishes at 4 pm. When they get back they have butter tea or sweet tea and tsampa and there is some free time until homework and tuition with supervision of their teacher Chukhel starts at 5.45 pm. Chukhel is also working as a teacher in the public village school and in the evenings he helps the children. KMCH pays for his salary as a way of helping the school who do not have enough teachers. Then the children have more free time for play or rest and at 8 pm it is prayers and dinner such as noodle-soup, bread or momos (dumplings). After dinner it is time to go to bed. Every Friday the children have time for lessons in traditional Humla songs and dances. Since all the children now stay in the home in Humla they return to stay with their families during the longer school holidays.

Chembal has asked the children who preciously stayed in Kathmandu how they felt about being back in Humla. He concluded in his report that they were very happy to see their families again and that he experienced that their appetite has increased. They feel that they are back in their own social environment and they have less health problems because

of the fresh air and clean water in Humla. They are also more free to go playing everywhere in the surrounding nature with no fear of traffic accidents.



Adult teaching

The teaching for adults in reading, writing and basic mathematics in the village of Yangar continues as before. Approximately 20-25 students come to evening classes six times per week. They made a shorter break in harvest season but has now started again.

In the spring of 2010 KMCH also started another group for adults in the village of Tumkot, a half days walk along the Karnali river north of Yangar. In Tumkot there are about 17-24 students, mostly women. They gather in the house of Donden, who is their teacher, to learn reading and writing. As in Yangar they have classes six evenings per week.

Namkhyung Charity Clinic (NCC)

Our health project started in 2008 with one box of medicine that was brought from Kathmandu as a gift to the monastery where Chembal Lama is a monk. Now KMCH



jointly with

the monastery runs a health clinic that is open 7 days a week at the monastery's property in Humla. Chembal reported that he has met many people who expressed their satisfaction with the clinic. Patients are not only from the monastery but come from all over Humla, even from south of the Humla capitol of Simikot. Excluding monks the clinic has about 10-15 patients per day. There seem to be enough medicine and Jamyang, the health assistant, has medical education and ten years working experience as assistant to western medicine doctors. He also knows acupuncture, reiki and massage. Pema Riksal Rinpoche, head of the monastery, wants to express his gratitude to the hard work of all sponsors and for the help that reaches so many people in Humla.

Every summer there is held a big buddhist festival at the monastery that attracts thousands of visitors. During the festival in the summer of 2010 the health clinic had 350 visitors who came for medical care and medicine while visiting the monastery. In preparation for the festival Chembal himself had brought five big boxes of medicine and medical equipment when he went to Humla in June. He brought for example fluid medicine for children, multivitamins, medicine for indigestion, worms, diarrhéa and for fever, he also brought iodine, skin creams, antibiotics, syringes, medical scissors, plasters etc. According to Jamyang the most common problems are ears and eyes infections, colds, liver, worms, digestion and diarrhea. For children it is mostly effects of malnutrition and worms.





'Dreams for the Future

In Humla KMCH has been given a big piece of land from the village counsel in Yangar. Even though Humla is very mountainous, the land given is fairly even and would make a perfect playing ground etc. Our hope is that one day we will be able to build our own building for making a hostel that could house also the 30 children that today are on a waiting list to be accepted to the KMCH children home. Many children in Humla do not have the possibility to go to school, they might live in a village that have no school or is too far from a school or their parents do not have the means to let them go. Until today KMCH is renting a private home for our purpose and it is already crowded with the 24

children and staff. During Chembal's visit to Humla this year he prepared the ground by bringing water pipes that are now leading fresh water from a river uphill to the ground. So as soon as we can find financial means KMCH is ready to start building in Humla. Any contribution by monetary means or any ideas for fund raising activities for this project are most welcome.

Handicraft in Humla

KMCH runs a small project enabling some women in Humla to make an income out of handicraft. Those of you who had the opportunity to meet Chembal in Europa might have seen, or even bought, the beautiful textiles that he brought, all made from hand-woven textiles in Humla. At this very moment more bags and table cloths are made from the Humla textiles that Chembal could bring with him from Humla. The project is in a small scale and can just run in wintertime, because the women work so hard on their farms and with their animals during the summer. But we hope to be able to present more of the goods for sale in a near future.

Warm regards

Pernilla Smith, secretary of KMCH Support Group

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