



NAMASTE

THE NEPAL TRUST NEWS

WORKING WITH HEALTH, COMMUNITY DEVELOPMENT
AND HOPE IN THE "HIDDEN HIMALAYAS"
SPRING 2011 ISSUE No.12



Torpa Community



*Community Medical Assistant
Yangzum*



Ladies on roof top at Torpa



Torpa clinic inauguration meeting



Torpa village ladies

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New Correspondence Address

Please note that our new correspondence address is:

Chris Rae, Secretary
The Nepal Trust
106B Drymen Road, Bearsden
GLASGOW, G61 3RA

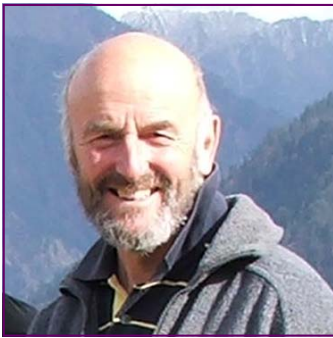
Website: www.nepaltrust.org
Email: admin@nepaltrust.org

Page 5 includes a special appeal to support us in the *Global Giving Challenge*

Chairman's Welcome

by Dr Mike Love

Dear Friends and Supporters of the Nepal Trust,



The more you engage with the work of the Nepal Trust, the more you realise it is all about "People making a difference".

Between us we have all made a real difference to the lives of individuals living in one of the poorest and most inaccessible parts of the world. We can look one another in the eye and

acknowledge the privilege of doing and continuing to join in doing something that is good and that has made a real difference to the lives of others.

Time is the most precious commodity that we all have; giving time to helping make a difference to the lives of others is probably the best thing that any of us can give.

We are an all volunteer organisation in the UK. Volunteers are our life blood: volunteers to help with the running and organisation of the Nepal Trust within the UK and volunteers to work in the field, providing energy and enthusiasm and above all injecting expertise and knowledge to keep things moving forward.

Because every Pound raised is a Pound spent in Nepal, we can claim to be one of the most cost-effective charities working internationally. We punch far above our weight and have a reputation for 'stickability': when the going gets tough the tough get going. Throughout the troubles we were there.

In 2007 when we returned to Torpa the locals said "we knew we could rely on you, we knew you would come back" and last year we re-built the clinic at Torpa.

Going forward we need to 'up our game' in all areas of activity. This is our new challenge and we set out our future road map later in this edition of Namaste.

Our biggest success has been participation. Working hands-on on projects our members have gained the respect of the locals and have also shown respect for the traditions and culture of the Humli. Together we have avoided creating a culture of dependency. We now need to work at ensuring the sustainability of our programmes.

There is plenty to do and everybody's continued support will be vital. Are you a member? If not, why not sign up? If you are, can you volunteer or help us to find volunteers to share our work load at home and abroad.

Please keep in touch and enjoy this edition of Namaste.

Mike



Letter from Nugal Vaidya,

Chairman of the Nepal Trust's NGO partner in Nepal

People enjoy their company most of the time because they find their wave lengths matching to each other. Apparently, they unknowingly talk the same thing at the same time. When Mike was talking 'Upping our Game'; I couldn't keep smiling because I was just talking almost the same and playing a pivotal role as District PR & Publication Committee Chair building the strategy of Rotary in District 3292 Nepal for the coming year. Moreover, most of the contributors in community service are found to have some common binding elements and expressions. That is why they help each other unknowingly while serving to the communities in need.

Could it be more better? more rewarding? If we come to know what each of us are doing or going to do. And finding a way of working in the network, cohesively and complementing to each other in some way so that we can expand the service to the extent that we thought would otherwise take greater time. The integration of "Little things we do" in the togetherness that we should.

I very much look forward that not only we will continue the good things that we are doing but also bring a change to what we could have done. The partnership of Rotary with Nepal Trust could evolve so many friends around to bring the change that they could also feel and of course to the community in the need.



Keeping in Touch

Namaste and our e-news updates are two of the channels through which we try to reach out and keep our members and friends informed of the work we are doing and of the opportunities to join with us. Our web site www.nepaltrust.org gives you another portal into our activities. Through it you are able to look into our organisation. Web sites are never static and ours has been re-launched. In comparison to the old website the new site is more user-friendly and provides more detailed information on projects, partners and people. It forms a good resource platform for those who require specific information or documentation or for those who wish to simply learn more about us. Naturally it is constantly evolving and shortly we will add networking pages where views, comments and ideas from members can be posted.

Torpa: The Trek-to-Build

Torpa was our very first clinic but sadly fell into disrepair when ransacked during the troubles in 2003. When eventually we were able to re-engage with the community at Torpa in 2007 it was so heartening to hear them say "we knew you would return". We have and last year a volunteer trek-to-build team, led by Adrian Lawrence of the Wells Rotary Club, helped raise the funds and joined the villagers in rebuilding the clinic.

Our cover picture to this edition was taken in April 2011. It shows the local community at Torpa who turned out in strength to acknowledge the formal opening of the clinic.

LEFT: Trek-to-build volunteers assisting with the construction work at Torpa



Anna Feurstein & Isabell Schulz



Anna and Isabell on route to Kermi

Over the years volunteers have proven themselves to be crucial to the Nepal Trust, not only in terms of doing valuable research work, working hands-on in community projects, providing suggestions on how to improve our strategies, but also in terms of promoting the Trust in order to assist us when fundraising for our projects.

It was with great pleasure that we heard that the Nepal office in Kathmandu had managed to find 2 enthusiastic volunteers from Germany and Austria; Anna Feurstein and Isabell Schulz. Anna and Isabell are in their 4th semester studying

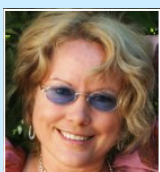
Non Profit, Social and Healthcare Management at the Management Centre in Innsbruck, Austria.

More information regarding this study program can be found on the following website:

<http://www.mci.edu/en/study-program/bachelor/nonprofit-social-health-care-management>

Anna and Isabell both chose the Nepal Trust to do their 2 month internship as part of their study program. The activities they undertook included the preparation of assessments regarding health at the district level, conducting research and interviews regarding health at the district/village level in the Simikot, Kermi, Yalbang and Torpa areas and providing us with their observational findings and suggestions. These will all be taken into account as we progressively streamline our management and logistics processes.

We hope to hear more from Anna and Isabell in the future and will seek to strengthen our partnership with the Management Centre of Innsbruck in the upcoming years. The objective will be to not only assist and guide more students and scholars towards learning more about our working areas and the associated development issues, but also to build a bridge between the university and Nepal to facilitate both the cultural and the educational exchange.



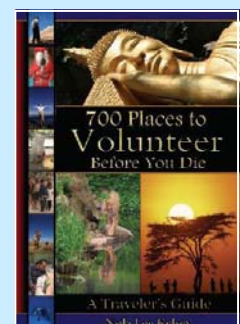
700 Places to volunteer before you Die

We are thrilled to announce that the Nepal Trust has been recognized as a great organization to volunteer for in Nepal; an article related to medical volunteering has been published in '700 Places to Volunteer Before You Die - A Traveller's Guide', written by Nola Lee Kelsey in 2010. More information can be found at

the following links: http://www.dogseyviewmedia.com/index_files/VolunteerBeforeYouDie.htm and <http://nolakelsey.wordpress.com>.

In case you wish to purchase Nola's book, please consider using our Amazon website link to support the Trust's activities.

It goes without saying that we would like to use this opportunity to thank Nola once more for the opportunity to cooperate and for the great publicity achieved.



Luke's Story

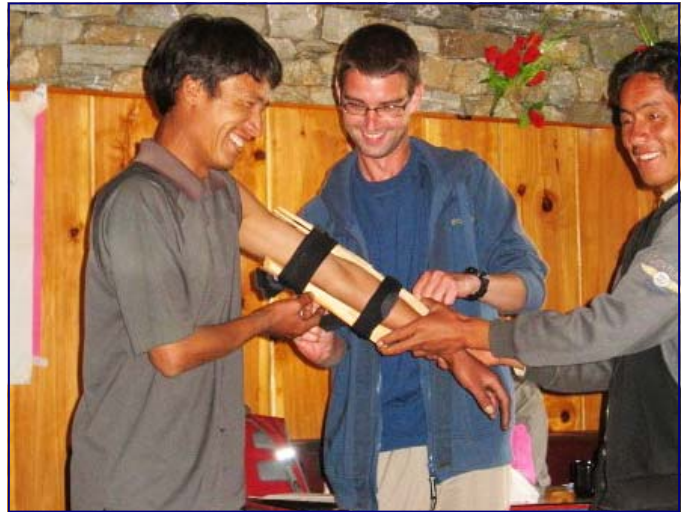
We went out to Humla not really knowing what to expect, and in this we were not disappointed. Isolated, mountainous rural Nepal is about as far from UK general practice as one could imagine, even with a diploma in medicine in the developing world.

Although our main role was to work with the local health workers in their medical posts, there were plenty of other opportunities to use our skills. From handing out white coats to Little Doctors, to first-aid training for trekking guides, to impromptu bladder catheterisations for distressed tourists, there was usually something going on.

But regarding the bulk of our work, it was obvious we could do more good by training the health workers rather than simply seeing their patients for four months. It turned out that they had rather a lot to teach us too, tooth extractions and abscess drainage being two memorable examples! After each clinic we would use the patients we had seen as a basis for some clinical teaching, and as time went by, we developed protocols and treatment pathways for common symptoms. Later we printed, laminated and bound these into booklets – we hope they might last a year or two in the health posts at least!

As well as working with the health workers, we were living very closely with them too. Not only was this an invaluable insight into the communities we were trying to help, it was also extremely humbling - the kindness and warmth shown to us throughout, by people who have so little.

Life in Humla was not always easy. Loneliness, diarrhoea, fleas and hunger all played their part in our time there. Diarrhoea, particularly in children, was one of the major



Luke Chapman - First Aid Training for Trekking Guides

Luke is a British GP who volunteered for the NT for 4 months in Humla, providing training and assistance to our health workers.

problems we faced, and at times we doubted our own benefit there – why were we handing out ORS rather than building a clean water supply?

I took a lot from Humla, in terms of experience, the kindness of others, and, not least, two large plates of food everyday for four months. But more importantly, I was able to contribute something back – I hope above all else this was enough to give Humla a decent return on the things it gave me.

Another crop of Little Doctors



Little Doctors Class

After a decade of implementing the Little Doctors Program – a child health education program - in Simikot, the Nepal Trust expanded the course to 2 other areas in 2010: Yalbang and Bargaon (Torpa area).

22 children attended each class. The programmes, which cost £1,500 each, were funded by 4 Rotary clubs from the UK. In 2011 we plan to continue to run these programmes and possibly extend the programme into other communities as well.

The programme creates health awareness throughout local communities by expanding the knowledge of school children in the topics of personal hygiene, family planning, diseases, sanitation, first aid and nutrition.

Classes are organised and run through the local schools. They conclude with an examination and diploma presentation ceremony.

Delivery is through trained healthcare workers from the Nepal Trust working alongside local school teachers and the local government health workers, all of whom are also given health care training. The Nepal Trust provides the class room materials and pays for the courses. This includes the fee for the health workers and teachers, all course materials, administration and logistical expenses and arrangements.

The education is given using socially interactive and visualization exercises. As the children are already familiar with their teacher, it makes them feel more comfortable to address certain issues and allows illiterate children to participate. As a side product the local teachers get better educated in health and hygiene and can pass on in turn their knowledge to future students.

Yalbang School Library Project



As education is key to increase the capacity of local children and eventually a local community, the Nepal Trust has been preparing plans with an educational supporter's group named 'Novels for Nepal'.

The group consists of university students and recent graduates from Australia, Malaysia and the US who will work hand in hand with us to establish a school library for the children and Little Doctor students of the Maha Buddha Lower Secondary School in Yalbang village. More information can be found at: <http://www.nepalmelbourne.com/?p=672>

For this project the Trust has received valuable support from Room to Read (<http://www.roomtoread.org>), a non profit organization, founded by Ex-Microsoft Executive Jon Wood, with its global headquarters in San Francisco, California, on the belief that world change starts with educated children. Room to Read provided us with educative local language books for children, including story books, novels, books related to health, education, science and the like. We would

like to thank Room to Read for their contribution and hope to strengthen the collaboration in future to support more local schools in Humla. If you would like to support this project as well please contact us.



Room to Read Books for Yalbang School



Monks playing in Yalbang

Sport & Development

Sport can be crucial for strengthening the social, educational and physical capacity of children. In Humla, however, children have no access to toys and sport equipment to learn these skills. Therefore we have prepared a low cost initiative that provides toys and sport equipment, such as a variety of balls, rackets, jumping ropes, board games, cricket sets, frisbees, etc., to the local school in Yalbang. The children and other community members are now able to play with each other and conduct team building exercises.

To All Readers: Please Support the Global Giving Challenge this month

Global Giving helps non-profit organisations to fundraise online, promote their project to the wider public and extend their supporter base.

This year the Nepal Trust has been accepted for the Global Giving Grassroots Gateway Challenge. If we can get through the Challenge and be accepted as a permanent member of Global Giving then we open up a whole new area of fundraising.

During the Grassroots Gateway we will be posting our Health Care Project on GlobalGiving.co.uk, with the aim to gain a permanent place on GlobalGiving.co.uk.

Starting from the 20th June 2011 our challenge is to raise £1,000 or more towards the project on line within 30 days. If we are successful we will be accepted as a permanent member of the GlobalGiving community and our potential donor base will become worldwide. GlobalGiving enables us to become more professional with our fundraising and will provide us with valuable administration support and new ideas.

To succeed we need lots of supporters to go on line at Global-Giving and make a small donation to the Nepal Trust. Please go to (<http://www.globalgiving.co.uk/pr/8200/proj8179a.html>) and make a difference.

Fund Raising: do or die



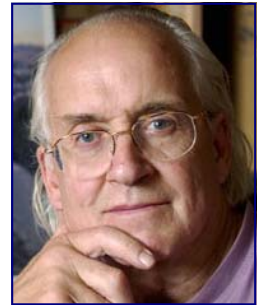
Tony Sharpe

Each year we need to raise over £100,000 just to keep going. However we are lean and mean and nearly every pound raised is a pound spent in Nepal. Tony Sharpe, our deputy chairman, is the driving force behind our fund raising efforts. Tony is himself a volunteer. But without the continuous efforts of our other friends and supporters he could not succeed. Every little bit counts. We recount below some of our recent initiatives.

Rotary D1200 Conference

The Nepal Trust was invited to put forward one of the key note speakers for the D1200 conference in October 2010. Doug Scott, famous as the first Britain to climb Everest and a patron of the Nepal Trust, rose to the occasion. Having regaled his audience with stories of his adventures in the Himalayas he generously donated his speaker's fees to the Nepal Trust.

Our thanks go to Doug and also to District Governor Stan Jones, who gave the Nepal Trust the opportunity to speak at his conference.



Doug Scott

Taunton Rotary Sing Sanky

The Sing Sanky is an annual event where an audience of circa 500 come together for a light hearted evening of music and the singing of popular hymns. This year, Chairman Mike Love was invited to give the appeal: a ten minute talk on the Trust's work and plans. The collection on the night was pledged to the Nepal Trust and will contribute towards the 2011 Little Doctors Programme.

Slow Road to China

In April 2010 Drew Doggett's "Slow Road to China" exhibition opening and book launch event took place at New York's Dactyl Gallery. The event was hosted by Helena Christensen and Neil Gayson and showcased photographs from Drew's recent visit to remote Himalayan mountain villages in Humla, as well as the launch of his book "Slow Road to China".

Drew's generous donation of sales proceeds from his book will help the Nepal Trust carry out its program in Humla providing primary healthcare services and education to the remote and underprivileged villages documented in Drew's photographs (www.drewdoggett.com/portfolio/slow_road_to_china).

Making a Difference

The US based CTK Foundation put up a \$10,000 grant to the charity that produced the best poem describing the work that the charity does. Margaret Haslam put pen to paper for us. Sadly we did not win: but there is always next year for those who have verse at their finger tips.

Margaret's verse typified so neatly what we do, we have reproduced it below:

*"The Hidden Himalayas; remote, impoverished land
of towering, snow-capped mountains, neither roads nor
paths to hand*

*Its people, innocent, know little of our rules,
denied of light and power, of medicines, of schools
So we trek, to build health clinics; give hygiene education
with continuity of staff, equipped with medication*

*We trek, to build dams, lay pipes for hydro power; solar
panels provide*

thus Making a Difference - the Nepal Trust's own guide."

Luke hits the road

We had a great email in from Luke Chapman last month. It read:

"I presented last night to the Newmarket Rotarians - it seemed to go down well, and I have a cheque for £200 made out for the Nepal Trust. I concentrated on the Little Doctors Programme, and the understanding is that this money will be earmarked for such a project".

Every little bit counts: could you find a way to help? If so please make contact with Chris Rae at admin@nepaltrust.org.



Luke Chapman at Kermi Health Post

Sean Burch Sets Official World Record

For the last 3 years we have been implementing the 'Great Himalaya Trail' (GHT) development project, in partnership with UNWTO (United Nations World Tourism Organization), STEP Foundation (Sustainable Tourism for Eliminating Poverty Foundation) and SNV (Netherlands Development Organization) with the aim of developing some of the less conventional tourism destinations in Nepal.

Last year ultra-adventure athlete and explorer Sean Burch set a new official world record for the fastest crossing of Nepal along the GHT. He made it in **49 days, 6 hours and 8 minutes**, shattering the old record by 19 days! This expedition, which was an historic first in the history of Nepalese tourism, was facilitated by [The Nepal Trust](#) after 2 years of extensive planning.

Sean ran and trekked high altitude peaks across 18 districts from [Pashupatinagar](#) near to Ilam in the east to [Hilsa](#) in Humla in the far north-west of Nepal.

In partnership with Rotary International District 3292 Nepal, the objective was to assist the Nepal Government in its efforts to promote Nepal for the National Tourism Year 2011, and also to raise awareness of the need for development works along the GHT related to infrastructure, healthcare, education and renewable energy, with a special focus on local culture and heritage preservation. It also led to some great acknowledgements of our own efforts.

Tirtha Man Sakya, District Governor of Rotary District 3292 said, "Congratulation to Sean for a world record of 49 days, and opening up a major gateway of tourism through the GHT. We at Rotary Nepal eagerly look forward to working with him and the Nepal Trust as planned helping the communities in need".

The achievement was also recognised by the Humla government. Ramu Prasad Upadhyaya, Chief District Officer of the Humla District government, who said "We want to congratulate Sean Burch on the world record trek across the Himalaya of Nepal promoting tourism in our district".

Burch traversed 1,250 miles and tackled elevation gains/losses of over 500,000ft. Some of the obstacles faced included blinding snowstorms, one of the worst monsoons in Nepal's history, landslides, high altitude, leeches,



Sean Burch on the GHT

hypothermia and extreme daily mental and physical exhaustion.

Back home in Virginia, Burch remarked, "There was no single moment of the expedition that stands out above others. Every day was so jammed pack with intense experiences - like 49 individual expeditions. I still have nerve damage in my feet and still can't feel my toes. This is the ultimate trekking trail in the world. It raises the bar on anything I've ever done."

Sean visited the local school and village health post in Yalbang village. He observed:

"Here school kids from the areas villages came by in the morning to show us the 'Little Doctors' programme started by the Nepal Trust. This was the first year for child health education in Yalbang. Children who once had no knowledge of health were now telling me they wanted to be doctors and health workers when they grew up...terrific to hear. Also, the children were taking what they learned in the programme - hygiene, healthcare, diseases...and going home and teaching their parents about how to be more health conscious. The programme plans to continue throughout Humla as long as donors keep contributing".

Some of the many international media recognitions can be found below:

<http://www.thegreathimalayatrail.org/2864/sean-burch-on-the-great-himalaya-trail/>

<http://www.bbc.co.uk/news/world-south-asia-11625219>

<http://edition.cnn.com/search/?query=sean%20burch&primaryType=mixed&sortBy=date&intl=true>

<http://explorersweb.com/trek/news.php?id=19747>

<http://www.msnbc.msn.com/id/41651569>

<http://billionaires.forbes.com/photo/06RvfprgKTc56>

http://outsideonline.com/adventure/travel-ga-201102-himalaya-trail-record-sidwcmdev_153914.html

<http://sports.yahoo.com/top/news?slug=ap-crossingnepal>



Sean visits Little Doctors at Yalbang School

Humla & Dolpa benefit from Great Himalaya Trail Development Project

The Great Himalaya Trail (GHT) project has been a major programme for the Nepal Trust from 2008 through to 2010. Members of our staff have been heavily involved with organising and delivering the pilot phase and there is every chance that this programme and our participation will be extended for several more years.

Despite running for only a short period, progress during the pilot phase against some of the key objectives was already visible when Chairman Mike, his wife Pavla and NT volunteer Anna trekked through Humla in April this year. Much of the progress was captured on video by Anna (see Anna's story opposite) and will shortly be available on our web site.

The involvement of SNV and other partners made the programme possible.



GHT group photo of Humla/Dolpa stakeholders

Increased level of awareness and skills, benefiting the poor

There is already a much greater awareness among local people about tourism and an increased level of skills amongst these people, which has increased their confidence.

More and more local people are taking initiatives in developing local enterprises and businesses. Between 2007-2010, in Humla alone, 25 new teashops have been built along the Simikot to Hilsa trail, which is 22% of the total teashops in the region. All along the route in Humla and Lower Dolpa there are improvements and expansion of existing businesses and the addition of new ones. The levels of litter have reduced and the levels of hygiene, sanitation, and services provided have improved.

A key component to this progress was the decision to take a selection of a small group of local Humla tea shop operators, tourism committee members and leaders to the Annapurna region to see how the tourist trade operates in another more advanced part of Nepal. In addition, 100 entrepreneurs from

Humla and Dolpa (including tea shop owners, trekking guides and cooks) were provided with hands on practical training on hygiene, sanitation, waste management, the basics of trekking & tourism, cooking, and teahouse management.



First Guest House in Halji (Limi)

Already more people are using or are planning to use these services and facilities. According to an interview of local agents and local guides, the number of tourists using local food and drink has more or less doubled compared to 2008 and there has been an estimated 20% increase in the use of accommodation in 2010. Also local trekking agents are providing more services such as food and trekking equipment and arranging trekking trips on their own.

In the past the local people depended on timber trade or on non-timber forest products. Deforestation as well as excessive harvesting of forest products has become a huge issue. Now that people are changing their professions towards tourism, the change is beginning to reduce dependency on the forests thus contributing to the conservation of natural resources.



Guide Training with SNV



Training Dolpa TDC Members in Dunai

Increased awareness and interest in West Nepal

There is a growing awareness about West Nepal and the Great Himalaya Trail as a destination among tour operators (TOs), government agencies, media and various stakeholders. Articles and news about GHT, the Nepal Trust and West Nepal have been covered by many international media including National Geographic, the BBC and Boston Globe.

The Sean Burch world record played no small part in raising this awareness. Other celebrities have helped the cause: Robin Boustead walked the route and has published a pictorial book and trekking maps on GHT; and Apa Sherpa, the famous mountaineer (20 times Everest Summitter) and Stephen Dawa Sherpa; World Wildlife Fund Climate Ambassador are planning to walk the GHT to highlight the route and to help promote the Nepal Tourism Year 2011.

As a direct consequence of this increased awareness, about 90% of TOs in Kathmandu are now promoting and selling the GHT. Local agents in Dolpa work with about 30 different TOs from Kathmandu; local agents in Humla work with about 50. Also the number of business links between Kathmandu TOs and local district agents has increased: 27 of the 50 Kathmandu TOs with whom the Humli agents work are business relations which started in 2009 or 2010.

Coordination with stakeholders and mobilisation of local resources

Another key success lies in developing partnerships at the district level and in developing a strategic direction to manage and develop tourism in the region. Tourist Development Committees have been formed by the districts to coordinate activities.

It is to be hoped that the momentum gained by more and more stakeholders - private sector, government and non-government as well as individuals will culminate in benefits being brought to areas previously less visited and less explored.

Overall the support from SNV, which included the provision of strategic direction to the project, coordinating with the stakeholders, introduction of appropriate consultants and monitoring the execution of the activities has been crucial to enabling the project partners to achieve the targeted result. Empowering Women of Nepal (EWN) brought knowledge of the tourism industry and provided hands-on training to local tourism entrepreneurs to increase their employment opportunities. In addition, support and suggestions from UNWTO were also of great help.



GHT Promotion - NT team and Sean at Tibet border

Two Janets



Janet Lama

Janet Griffin, who has greatly supported the Trust throughout the years, has helped many women in the Torpa area with child delivery issues. It was a great pleasure to find out that one of the participants in the Bargoan 2010 programme was a young girl that went by the name of Janet Lama. When asked how she received this name, it became clear that 'our' Janet had helped her mother in the delivery many years ago.

Anna shoots for YouTube



Anna McPherson

Freelance photographer, Anna McPherson, winner of the Best Short Film at the Moray Film Festival 2010, joined Chairman Mike and his wife Pavla on a three week trek in Humla to review the work of the Nepal Trust at first hand. Many of the pictures in this edition came from Anna's camera. Anna is currently in the Far East working with BP but when she can free up time she plans to incorporate a stream of promotional video footage into our new web site. More information on Anna's trip can be found at: <http://www.northern-scot.co.uk/Features/People-and-Places/Nepal-mission-for-film-maker-Anna-17062011.htm>

Progress on Renewable Energy Projects

2010 and 2011 to date were very successful periods for our renewable energy activities. Besides progressing past and ongoing projects, the Trust started several new initiatives.

We hope these pages will give a good insight to the work that has kept us quite busy and illustrate how donor funds have been spent. We believe that we are an efficient, cost-effective and value-for-money organization within Nepal's energy sector, when it comes to grassroots and community-led energy initiatives. We welcome suggestions from other organizations, companies, institutions, groups and individuals for energy and environmental projects that can be implemented in partnership with the Nepal Trust. We look forward to hearing from you!

Gothi 50 kW MHP

The electricity is on at the Gothi MHP Power House!

After almost 12 years the Gothi 50 kW micro hydro project – a project to provide electricity for over 4,500 people – seemed almost like a myth in itself. The project, which was delayed due to the political uncertainties in the period 2002 to 2007, saw a tremendous budget deficiency due to the soaring costs of transportation, iron, cement and other construction materials over the course of the decade. This was a great challenge for the Trust to cope with. Since 2008 the Trust had been liaising with Poverty Alleviation Fund (PAF), the Charity Aid Foundation (CAF), Rotary International and other local donor bodies and the respective communities to bridge the funding gap, which totalled over \$120,000!

2010 was the year the implementation started in the field; a special helicopter site was constructed and approved by Nepal's civil aviation authorities to fly equipment closer to the site, over 45,000kg of equipment was flown in by helicopters, over 180 bags of cement were transported up from Jumla district to Gothi by pack animals which took over 9 months to complete, and the list can go on and on.

Many local men and women were mobilized and rotated



Construction work at Gothi

daily in shifts of 15-20 people to assist the civil technicians in the field to carry sand and cement, lay pipes, transport tin roof plates and distribution cables and tools, cut stones, prepare poles for line distribution, dig channels, arrange metal works, etc.; a tremendous job considering the entire project area spans a length of approx. 8km.

Local masons were hired to help build the civil structures, canals, fore-bay, intake, power-house and the like; porters were mobilized to carry equipment from Simikot; houses were turned into accommodation facilities to cater for the installation teams and committees were set up to guide all in a proper manner.

2011 was the year that the installation team from the manufacturer was able to go to Gothi to install the electro/mechanical works and after 12 years the Trust can proudly say that the power house was lit up successfully and the villagers of Gothi, Saya and Barai VDC saw electricity for the first time in their lives in this remote corner of the world.

On behalf of the Nepal Trust, we can congratulate all those including the Rotary clubs of Antrim, Sturminster Newton, Elgin and District 1010 who provided a positive contribution to the work and kept believing in our core team in Nepal to make this project a success after many years - we thank you all.



First Light at the Gothi Turbine House

Halji MHP

Since the completion of the Halji micro hydro in 2006 the villagers had to cope with several unforeseen events, such as the breakdown of the motor in the power house and extreme weather conditions, which resulted in the fact that several poles and cables broke. In 2008 a team went up to fix the motor; 5 days ploughing through knee-deep snow to carry a motor block of 85kg with a self-made bamboo construction were all part of this repair mission. Unfortunately this was not enough to bring light to the people of Halji. The Nepal Trust had to further encourage and facilitate the local communities to rise additional funding through local government bodies to complete the remaining works. This was done with great success with the people of Halji taking full responsibility for the plant and getting the funds in place and carrying out the necessary works. Halji is now finally enjoying their much deserved electricity supply!



Halji Winter Repair Mission



Chyaduk inspection visit with USAID representative in Kathmandu

Chyaduk 4.5 kW MHP

The Trust started the implementation of the Chyaduk 4.5 kW micro hydro in the course of 2010. Besides the Rotary Clubs of North Wales (D.1180) and Mt. Everest (D.3292), who provided half the funding, we are extremely grateful and proud to have made a partnership with USAID, which provided us with the necessary match funding through the SARI Energy initiative, which is funded by the American government.

In March 2011 Ms. Shreerupa Mitra from TetraTech (<http://www.tetratech.com>), America's leading engineering firm, visited the Nepal Trust office in Kathmandu for an inspection visit (see photo). We were happy to announce that in the course of this inspection visit USAID had chosen the Nepal Trust as a success story and we are now recognized as one of the leading organizations for implementation of energy schemes in Nepal (http://www.sari-energy.org/pagefiles/links/energy_links.asp).

Recently the installation of the project has been completed and after the final house wiring has been done, the villagers of Chyaduk will have access to electricity for the first time.

Yari Solar

The Trust has seen another success in solar power, which was made possible through the contributions made by Rotary Beaconsfield, Rotary Misbourne Matins (D.1090) and Rotary Mt. Everest (D.3292).

In May 2011 we successfully completed the installation of 57 solar home units in the village of Yari, which is close to the Tibetan border. The project provides access to clean energy for all of the village households.

Having electricity is transformational in terms of long term community impact: it boosts local entrepreneurship (solar phone, souvenir/handicraft production), tourism facilities (i.e. teahouse/home-stay development), and also improves community cohesion as the elderly and groups can gather in the houses for social activities. Additionally solar provides children with the opportunity to study in the evenings.

Using alternative energy resources rather than firewood, which has negative impacts on health and hygiene and is a main cause for the deforestation of the area, will make a



Installed Solar Power Unit at Yari

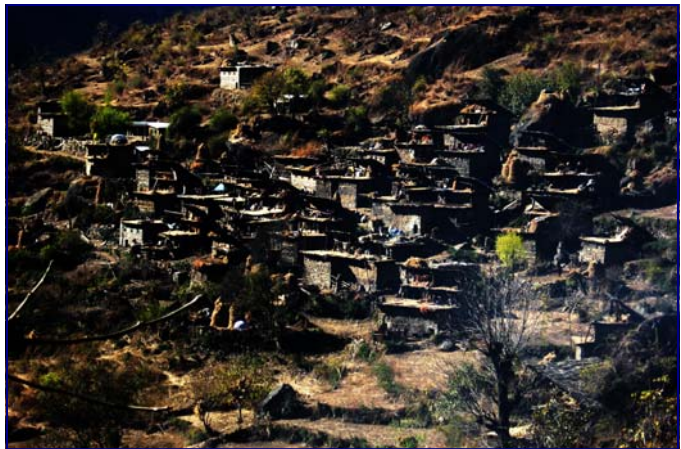
positive environmental impact by reducing dependency on firewood for cooking, heating and the like.

Progress on Renewable Energy Projects (cont)

Support needed for Dojam 6.5 kW MHP

It is always important to keep an eye on the future. We are actively looking to engage with communities in developing new solar and micro hydro projects. The Trust has already identified a potential new micro hydro project in the village of Dojam. At the request of the local community initial steps to prepare a detailed feasibility study have been taken.

For this project, which has been roughly estimated to cost around \$85,000, we are still looking for support. If your organization is interested in helping us provide the people of Dojam with their basic right to have access to electricity, please don't hesitate to contact us!



Dojam Village

have ideas, suggestions, skills, or you would like to volunteer for us on this project, please contact us for more information.

To progress the project in 2010 we selected 3 students to receive training at Balaju Technical Training Institute. They were trained in solar power, motor winding, building electricity and micro hydro. On successfully completing the course, the students received a nationally recognized certificate of participation. For one of the students, Prem Sonar, a young low caste Dalit boy from Simikot it was the first time he had visited Kathmandu and seen cars, hotels, roads, motorbikes, shops and everything else that the city has to offer. It shows even more that this initiative can be a new start for young people by educating them and providing them with a chance for a better future.

Currently the Trust is sorting out the land issues and plans to start construction of the building in the course of 2011. We thank TRAIID once more for their valuable support and hope that together we can make this project a great success.



Trainee, Service Centre - Prem Sonar

Renewable Energy Service Centre

Having implemented renewable energy projects for over 10 years, the Trust now recognizes that capacity and capability amongst the local communities is core to keeping the schemes running. Currently the knowledge within communities is often not sufficient to maintain their community assets and it is very costly to hire external technicians to undertake basic maintenance works.

To address this problem the Nepal Trust has been working with TRAIID (<http://www.traid.org.uk/nepaltrust.html>) to establish a renewable energy service centre in Simikot HQ – a centre that will employ local people to maintain the solar, wind and micro-hydro installations generating clean energy

for off grid communities. The service centre will act as workshop, repair centre, local shop, vocational training centre and volunteer hub for people interested in contributing to the improvement of local infrastructure. In case you



Engineer Training for the Service Centre Programme

Future Directions & Vision: "Upping our Game"

We have been working in the 'Hidden Himalayas' of Nepal for over 17 years and can reflect with pride on the progress and developments achieved in that period.

With five working health posts and with two more in the pipeline, almost all communities along our base of operations, the Karnali Valley, will be within one day's walk of effective medical attention. Twenty years ago it was as much as three days walk for some communities to reach a primitive health post that likely as not had neither medicines nor health care staff in attendance.

With the solar and micro hydro schemes that the Nepal Trust and others have developed, we are now close to the position where probably as many as 30% of households along the Karnali now have electric lighting and, for a smaller percentage, access to electric power for other purposes.

The Great Himalaya Trail project that the Nepal Trust has been conducting with SNV is already showing a big improvement in the quality of tea houses along the trail: many tea houses are now looking so much more business-like with litter cleared up, hand wash facilities established, shaded areas for trekkers and tourists to stop and take refreshments under and produce more prominently displayed.



Mike meeting the health committee chairman from Bargaon/Torpa to agree the forward program and community contribution from the Bargaon/Torpa region to "upping our game"

momentum to our mother and child health campaign. Infant mortality rates in Humla are still a massive concern. Working with a sister charity, CANepal (www.canepal.org.uk), we aim to build on the best practice across the two organisations raising aspirations and expectations. Staff exchanges will take place to identify and build on best practice. Our Little Doctors programme is already acknowledged as a great success: but to be truly successful it has to be sustained for many years. This is central to our planning.

In the field of renewable energy it means establishing the facilities and disciplines for the routine servicing and maintenance of the installed generation base as much as the installation of new capacity; we can hardly expect donors to support new projects if the old ones are not working! Inevitably as the demand for power rises, our work will involve upgrades to provide additional generating capacity. Our Service Centre project sets the scene to up our game in renewable energy.

For our sustainable tourism programme, it will be more of the same: exposing the locals in Humla to the better practices already adopted in areas such as Annapurna and providing the training and guidance to help them up their game to get to the same level and standards. Equally we have to look at our own back yard: the Nepal Trust Guest House in Simikot will be receiving a badly needed face lift this year. We can hardly run a programme aimed at upping standards for tourism if we don't take the lead ourselves.

Taking a higher level perspective, the Nepal Trust is now targeting to be a 'Public Private Partnership' trail blazer in Nepal. We have established our credentials as an effective, in fact a highly cost effective, deliverer of community programmes: for the long term sustainability of our programmes, working hand in glove with the local communities, we need to progressively draw on public funding through the VDC and DDC funds to support our programmes.



New recruit Yangzum at the Torpa Clinic

There remains of course much to be achieved. For the Nepal Trust we also have to change and move forward: we need to "up our game" in all areas if we are to continue making a positive contribution to the on-going development of the Hidden Himalayas.

For our healthcare programme this means widening the breadth and depth of the services provided through our clinics. New agreements have been reached with the communities in which the clinics are based, for community contributions to help finance the cost of the training and skills upgrading for our existing staff and for the communities sharing responsibility for the maintenance and upgrade of the building fabric. For the Nepal Trust in addition to building new clinics it means the recruitment of additional ANM (Auxiliary Nurse Midwife) staff to add

Appreciation and Thanks to all our kind supporters

During 2010 we received donations of £240 or more from the following:

Individuals:

Ellen Koedners; David Hurman; Gordon Garland; Tony Sharpe; Anne Brown; Mike & Pavla Love; I A Boote; Mr Mrs Beck; H Probart; Richard Vaughan; Mrs J C McKenna; Luke Chapman; Kieran Seyan; Gary Williams; Edwin Dunlop; John James; Janet Griffin; I Gray; G A Campbell; Fiona Garton; Dr R Leworthy; David Millican; Mike Gillingham; Anita Thapa; Adrian Lawrence; Richard Cussell; Kathy Love; A Davis; Helle Hostrup; Alf Maxwell family; Dr Stephen; Francis Cursley; Nik Love; Drew Dogget; Dick Murphy family; Janet Maxwell family; Tony Robinson; Christopher Rae; Ian Longley; Graeme Archibald; John Mee; Alisdair Miller; James Richardson; Roy Smith; Kenneth Stahly; Christopher Sugden; Finlay Weir; Elizabeth Smith; Wilma May; Catriona Mackinnon; Stephen Chorley; Bill Duncan; George Duthie; Donald Gordon; James Houston, Sean Burch, Hussain Ahmed, Dean Box, Charlie Tyson Taylor.

Trusts, Companies, etc:

Anthony Walker Charitable Trust; The Stonewall Charitable Trust; Newton and District Jubilee Trust; The Rhododendron Trust; J & Hambro Charitable Trust; Trusthouse Charitable Trust; The Paul Charitable Trust; Linslade Scouts; Rockhouse Dental, KA! Organic, Burch HyperFitness Systems, TRAUD, USAID, PAF, AEPC, UNWTO, STEP Foundation, SNV, Dactyl Foundation, USA.

Rotary clubs and districts:

Harwich; Lincoln Colonia; Woolwich; Elgin; Pitlochry; Farnham Weyside; Mawddach; Dolgellau; Welshpool; Newtown & Porthmadog; Beaconsfield; West Fife; Bathgate; Paget; Callander; Misbourne Matins, Berwick upon Tweed; Denny; Wells; Avalon; Didsbury; Aberlour and Speyside; Crewe and Nantwich; District 1200; Macclesfield; Ilkley; Taunton; District 3292; Himalayan Gurkhas; Mt Everest; Lalitpur.

Our special thanks in 2010 go to four Rotary clubs:

Rotary Club of Anton: Dental Project

Richard Vaughan, supported by Anton Rotary in Andover (District 1110) and partnered by The International College of Dentists, donated equipment last year for an on-going dental project.

Rotary Club of Lincoln Colonia (D. 1270) - Post Conflict Recovery

Warm words go out to those at Rotary Lincoln Colonia and their Nepali host club The Himalayan Gurkhas (D.3292), and especially John Roddam and Yam Gurung, who supported the Trust through a Post Conflict Recovery grant – a Rotary matching grant – that supports several villages in various



NT representatives with Rotary International District 3292 group

fields, e.g. healthcare, volunteers, energy, equipment, transport, admin, education, and more.

The activities within the grant can be tailor made to fit the local need, hence this type of grant is a prime example on how Rotary is able to contribute to many different project activities with the same grant, rather than a stand-alone project.

Rotarian Yam Gurung visited one of our health posts to see at first hand how this type of project can really make a significant impact on the lives of many local people.



Rotarian Yam Gurung visiting the NT Kermi Clinic

This type of grant has proven truly useful to our work and we would be extremely happy to provide information in case your Rotary club is interested in a similar project.

Wells & Avalon Rotary Clubs (D1200)

Our cover story is the rebuilding of the Torpa clinic. Wells and Avalon supported this and Rotarian Adrian Lawrence of Wells Rotary led the trek-to-build team. In total the clubs raised over £18,000 to fund the project.

Beaconsfield Rotary Club (D. 1090) - Medical Equipment Project

To follow up with our word of thanks to Rotary Beaconsfield for the Yari solar project, we would also like to thank them for their valuable support in providing our health posts with much needed medicines and medical equipment, which allow our health workers to provide better healthcare in a more hygienic environment. Special thanks go out to Peter Ballard,

Trevor Crompton and Cliff Dorling for helping us make this project a success.



Jeroen and Tony visiting Beaconsfield Rotary Club



Support

Please return this form to:

The Nepal Trust, 106B Drymen Road, Bearsden , GLASGOW, G61 3RA

- ☐ Become a **Member**: Donate at least £10 per month/£120 a year to become a Member. In return you will receive Namaste, E-news and exclusive invites to members' only events. (Please return this form to us and complete the standing order form below).
- ☐ Become a **Friend**: Donate at least £2 per month/£25 a year to become a Friend. You will be making an on going difference and in return you will receive Namaste and E-news. (Please return this form to us and complete the standing order form below).
- ☐ I enclose a **one off donation** of £_____ : (Cheques should be made payable to the Nepal Trust)
- ☐ **Gift Aid**: I am a UK tax payer and would like the Nepal Trust to reclaim tax on my donation

Name _____ Email _____

Address _____

_____ Post Code _____ Telephone _____

If setting up a standing order please send this part of the form to your bank

Bank Standing Order Mandate

Your Bank Name _____

Bank Address _____

Your account Number _____

Please pay to: The Bank of Scotland , 102 High Street Morray, IV36 1PA, Scotland

For the account of: The Nepal Trust – Account Number 00107833 Sort Code 80-06-01

The sum of £_____ **and the same sum on each *month/quarter/year (*indicate)**

Date of first payment ____/____/____ Signed _____ Date ____/____/____

PHOTO ALBUM



ABOVE: Family with solar



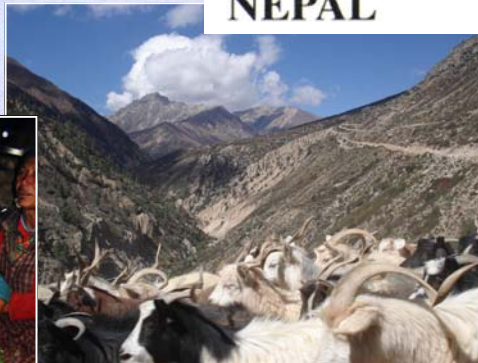
ABOVE: Times are Changing: mobiles have arrived



RIGHT: Goat caravan, Humla



ABOVE: Local family, Dojam



ABOVE: Times are Changing: satellite arrives



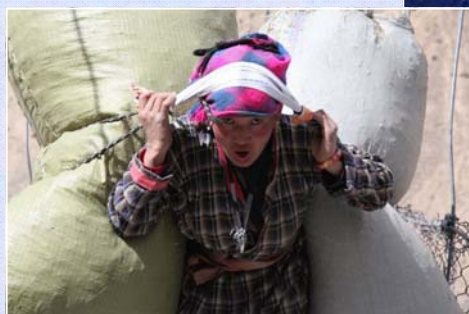
ABOVE: Little Doctors Yalbang



ABOVE: Health Committee meeting at Kermi Health Post



ABOVE: Girl milling



ABOVE: Woman at Hilsa Bridge



ABOVE: Times are Changing: Simikot airstrip black



LEFT: Local children, Humla

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