



# NAMASTE

## THE NEPAL TRUST NEWS

WORKING WITH HEALTH, COMMUNITY DEVELOPMENT  
AND HOPE IN THE "HIDDEN HIMALAYAS"  
ISSUE No.9



Life in the Himalayas (Photo by Thomas L Kelly)



Boy in Jang, Limi (OM)



Dr David Hurman examines a patient at the 2006 Health Camp



Helicopter over Limi (OM)



Liz Donovan Turns on the power at Lali (OM)

### IN THIS ISSUE

Message from Dr Mike Love, Chairman	2	Halji Trek Report	7
Projects and Achievements	3	Ghoti Kola Micro Hydro report	8
Lali Micro Hydro Project	4	Fundraising	9
Norwegian Development Fund	4	Rotary International	10
Scouts 'Trek to Electrify'	5	Donor Acknowledgment & Support	11
Health Camp '06	6	Photo Album	12



## Chairman's Corner

by Dr Mike Love

Dear Friends and Nepal Trust Supporters,

Welcome to the ninth edition of Namaste. The Nepal Trust has achieved huge success over the past 14 years, punching well above its weight in delivering health, development and hope to the communities of the Hidden Himalayas. An outstanding track record, particularly when you stop to consider it in the context of the Maoist troubles. That we managed to keep going, when so many others dropped away, is a tribute to everybody who has been involved in the work of the Nepal Trust. I thank you all on behalf of the Board. Looking forward there is a lot of change in the air. We face new, exciting and even daunting challenges. Although the fighting seems to be over, there remains much political instability. The side lining of the King has been a seismic change to the status quo and traditional order of life. It has unleashed new ambitions and new attitudes amongst the ordinary people of Nepal towards Western donors including the Nepal Trust.



We have to adapt and learn how to work within the new order. Today we are actively formulating plans for new programmes and projects in health care, education, community development, sanitation and electrification. We are developing and want to share with you a forward vision for the next five years. Some programme elements are presented in this issue of Namaste; others will be presented in future editions. Their successful delivery will however depend totally on your continued enthusiasm and support.

Back at base a key concern has been how to ensure the long term sustainability of the Nepal Trust. For too long the Trust has been totally dependent on the outstanding contributions and efforts of Jim and Liz and a small handful of others. We need to change this, but in a positive, constructive and inclusive way. A new board has now been formed with myself, Tony Robinson and Chris Rae joining as Chairman, Finance Director and Company Secretary. Janet Griffin has stepped down as a director but remains a member of our health advisory panel. We all thank her for a long and strong contribution. The other members of the board remain unchanged and committed to the long term future of the Nepal Trust.

One of our key challenges is to bring together the team and infrastructure to ensure the long term future of the Nepal Trust. Fundamentally our challenge is to increase the critical mass of the team: if we fail to do this we will always be over dependent on just a few key individuals. An increase in team size inevitably means an increase in budgets, an increase in fund raising and an increase in the number and range of activities that we undertake.

Quite some challenge, but we are already making progress and have made two new and key appointments.

In Nepal, Jeroen van den Bergh has joined us as assistant to Jim, responsible for the delivery of key programmes and the organisation of the trek teams. Back at base Alison Read is now working alongside Liz helping with administration and fund raising. Further change is planned. We are looking to relocate the UK headquarters from Lossiemouth to Edinburgh and are also looking to appoint a senior, full time head of administration and fund raising.

The broad strategy and plans might be agreed; but without the continued support of each and every friend and member of the Nepal Trust we will not succeed. We need to grow our membership and promote more widely the good work that we do. Please think about what you could do to help this drive and contact either Alison or any member of the Board with whatever good ideas you have.

Mike



*The Nepal Trust (Scotland), board and friends  
Back l-r: Jamie Hogg, Jim & Liz Donovan, Tony Robinson, Tony Sharpe, Rodger Thom, David Hurman, Donald and Anne Brown  
Front l-r: Chris Rae, Janet Griffin, Pat Sharpe, Alison Read, Pavla and Mike Love*



*Nepal Trust (Nepal)  
Left - Right: Manoj Sharma, Subash Chand (behind), Capt. Hari Limbu, Mr. Prasanna Shrestha, Mr. Rajesh Gurung, Mr. Pradhan, Ms. Shobha Rayamajhi, Dr. Arina Arjyal, Ms. Sunita Sharma, Mr. Gautam Man Shrestha, Mr. Kiran Poudel*

# Major Project Achievements 2006 - 2007

**Health Camp '06** - An international team of doctors, dentists, technicians, and nurses from six countries, including Nepal, ran a health camp at the district hospital in Simikot, Humla. Hundreds of surgical procedures were performed and a wide variety of health education services provided. See Jamie Hogg's report on page 6.



Village women dig foundations (OM)

**The Halji 5kw Micro Hydro Project (MHP)** - Due to transport delays and time and weather constraints this village electrification project had to be delayed last November but the work is almost completed now. The Halji project is sponsored by the Rotary Club of Misbourne Matins and Rotary Dist. 1090 and hosted by the Rotary Club of Lalitpur, Dist. 3290, Nepal.

**Trek To Electrify** - Ten intrepid trekkers hiked into the remote Limi valley to the village of Halji with the aim of working alongside locals on the Halji MHP (above). Tony Robinson (a trek participant) tells his story on page 7.

**Community Health Clinic** - In memory of the late Rotarian Mr. David J. McConnell, and with the support of the Rotary Club of Antrim, Dist. 1160, Northern Ireland, the Nepal Trust Buddha Community Health Clinic located on the upper Karnali river, was

renovated and supplied with much needed medicines and training for local health workers.

**Little Doctors Programme** - Ongoing health education projects for school children and teenagers continued in Simikot, Humla, teaching life skills, basic health concepts and hygiene. This programme has been widely acclaimed as the most effective way to spread the message of healthcare and sanitation into families where illiteracy rates run high, and as such improve the health of the wider community.

**Lali MHP** - This project sponsored and financed by the Rotary Club of Maidenhead Thames and Dist. 1090, UK and the Rotary Club of Lalitpur, Dist. 3290, Nepal is now completed. This hydro scheme now provides electricity for 1700 people, and generates income for the villages. Page 4 has a report on the inauguration ceremony.

**Gothi Khola MHP** - After many years of set-backs and delays due to the Maoist insurgency which made it impossible for this major hydro scheme to go ahead, the initial surveys are now complete and local people have been able to commence the basic civil works. This project, the largest ever in Humla, will provide power and electricity for over 4000 people, see page 8 for a status report.

**Allan & Nesta Ferguson Trust** - Over the last four years, the Allan & Nesta Ferguson Trust has supported Humla Health and Education project. This grant has now come to an end and we would like to thank the Trust for this outstanding contribution.

## The Only Thing Certain is Change

by Jim Donovan, Executive Director

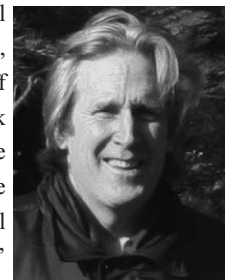
A busy season lies ahead for the Nepal Trust in a time of both unprecedented political and environmental change for the world's twelfth poorest country. The worst monsoon in years has brought terrible floods to Nepal where up to 750,000 people have been displaced, villages inundated, thousands of homes destroyed and an estimated 200 people killed. The main fears now concern food shortages, mud slides, contaminated water and the spread of disease.

The deluge has only intensified the people of Nepal's yearning to change the current year long ceasefire between the Government and the Maoists into a permanent peace. Also, after 264 years, Nepal's monarchy has been severely curtailed following massive protests and civil unrest directed against King Gyanendra, who seized control of the government in 2005 following the massacre of his brother King Birendra in 2001. Today the image of the 'God King' has been removed from Nepali currency, many of his powers stripped and assets seized.

Nepal is now engaged in intense political change that will one way or the other chart the country's future. Hopefully, November will see the first legitimate major elections for years re-establish a multi-party democracy. Nepal must emerge from the destructive and bloody years of insurgency to rebuild and attend to the country's core needs - good governance, health, education, energy, infrastructure, food security and the economy.

The Nepal Trust is changing too - we must, as the work is too

intense and large scale for such a small team. We have new Boards of Directors, both in the UK and in Nepal, and new staff joining in both countries. Our trek programme is growing stronger under the leadership of Jeroen van den Bergh (see page 7). Before the end of the year, we will run four more treks including a trustees' survey trek. The Trust will also conduct a



health camp, continue work on the long-delayed Ghoti Khola 50kW MHP (see page 8) and complete the Halji MHP in the Limi valley. Beyond this, we continue with our existing Little Doctors and other health education programmes; we will continue to staff and supply our existing health posts and we are actively working on a Development Café in Kathmandu to encourage like minded individuals to come together and to promote the trekking business. Once again I want to thank you all for your continued support and I ask you to please help the Nepal Trust as we transform, as we strive to fulfil our potential to support some of the world's poorest people in this time of unprecedented change in the forgotten valleys of the Nepalese Himalaya. Please contact us and get involved in good works that are making a true difference in people's lives!

Cheers, thank you! Jim

## Power to the People of Lali

Spring 2006 saw the completion of another successful micro hydro power project, this time in the Lali region, two days walk through the mountains from the Humla district headquarters of Simikot. The largest to date, the 21.5kW Lali micro hydro system is now fully operational providing energy to 240 households across four villages. The project was jointly funded by several international Rotary clubs, the main sponsor club being Maidenhead Thames, District 1090, led by the calm and capable Ian Pearson who persevered for over three years to see the project through.

It's difficult to conceive the scale of this development, the sheer enormity of the work involved to construct and install such a system in a mountainous area, with no roads, no communications, harsh weather conditions and the shadow of the Maoist insurgency still hanging over it. Every piece of equipment had to be transported manually by local men. Hundreds of journeys were made, each man walking for two days carrying up to 50kg of cement each. All the bridges in Humla were destroyed during the Maoist insurgency, so the only way to cross the raging



Karnali River is by ropeway or wire lines, not only slow but incredibly dangerous. Sadly one local man was killed and two were badly injured when a wire line snapped and they fell into the torrent. An estimated £1500 of equipment was also lost this way. Despite these hardships, the local community was determined to pull together and make the project work. Six kilometres of transmission cable were installed to reach the outlying

villages, the penstock pipe (channelling water to the powerhouse) is an incredible 72m long, lying down a sheer scree slope, held in place by concrete anchor bolts (see back page for an aerial diagram).

Liz Donovan, Nepal Trust director, performed the official switch on of the power at the inauguration ceremony; "It was an immense

honour to be asked to switch on the power for this major project. Nepal is a male dominated society and I was the only woman present, so it was a great privilege and a very special moment for me."

Electricity is a positive advancement on a number of levels. Harnessing the power of the mountain streams means clean, renewable energy is available locally; people are no longer reliant on expensive and hazardous fuels being transported into the area. Every household has been issued with energy-saving lightbulbs, meaning that activities can continue safely after sunset

without danger to health from smoky woodfires and dim oil lamps. Longer working hours ultimately leads to social transformation as students can study longer and people can work after dusk. During the day the energy is used to power oil expellers and grinding machines, a source of income for the village which will cover the maintenance of the project, which also secures food for the winter and saves costly trips to the main towns.

The Nepal Trust and the villagers of Lali would like to thank Ian Pearson and the Maidenhead Thames Rotary Club, Rotary International and the Rotary Clubs of Lalitpur, Nepal, Saint-Nom la Breteche, France, Hengelo-Driene, Holland and Steinfurt, Germany for making this incredible venture possible. Further information including maps and project reports is available from the Maidenhead Thames RC website.



*Liz Donovan and Lali community members outside the powerhouse. The plaque on the wall acknowledges the sponsoring Rotary Clubs*

## The Development Fund, Norway Partners of the Nepal Trust

The Nepal Trust is pleased to introduce Olav Myrholt, the Nepal Project Coordinator for The Development Fund, a Norwegian NGO. Funded mainly by Norwegian tax funds, The Development Fund's primary interest is agriculture, but their integrated approach incorporates sectors ranging from electricity generation schemes to eco-tourism, with the aim of raising the standard of living and strengthening communities throughout Humla. With many common interests and mutual goals, the Development Fund are ideal partners for the Nepal Trust and the two organisations have been working increasingly closely for the last two years providing aid to the Humla region. Following ongoing discussions with Jim Donovan and the board, The Nepal Trust now figures prominently in the Development Fund's 5-year workplan for Humla.

In a letter to the board, earlier this year, Olav wrote "I am aware of the capacity of the staff and strength the name Nepal Trust carries. The implementation we saw in Lali MHP was a case in point, where our funds were effectively put into use by Nepal Trust, and shortcomings were rectified by combined efforts of NT staff, community efforts and political pressure. The monitoring was excellent and we have seen good results."

This observation was obtained when accompanying Liz Donovan on the trek to Lali MHP (above). "Nepal Trust gave me this chance opportunity, and we have found a natural partnership. It was a good opportunity for the Development Fund to get acquainted with the environment and the social conditions of the upper reaches of the Karnali River and the most remote part of Nepal. I think some of my strongest memories from this trip to Humla are the impressions of the human conditions. There is more suffering and wasted lives here than most other places in Nepal." The full text of Olav's in-depth trip report is reproduced on [www.nepaltrust.org](http://www.nepaltrust.org).





## Wharfedale District Scouts and Rotary International - Creating a better world

As Chairman of his local Scout Fellowship, and President of the Ilkley Wharfedale Rotary Club, Gary Williams is a busy man. This August sees the culmination of a year's hard fundraising from both organisations, when Gary and his wife Liz lead a group of twelve scouts into the Limi Valley on a one month trek to install fifty solar panels in Til village.

In 2004, Gary's daughter Becky and her husband Dave Bradley spent several months in Humla surveying the area for the Nepal Trust; so when Gary was looking for an appropriate way to mark the 100th year of the scouting movement he contacted Jim Donovan to see if he could follow up on his daughter's work. Although the initial plan was to trek and install a ready financed project, Jim challenged Gary to not only raise funds for the trek, but to raise enough money to supply the solar panels as well, a total of nearly £50,000. Thus began 'one helluva year'!

The Scouts threw themselves into fundraising, holding barn dances, snail racing nights and packing supermarket bags, amongst other things. Ilkley Wharfedale Rotary Club donated £8,000 with significant help from their lead sponsor NG Bailey which was multiplied through Rotary International's matching grant scheme to provide the bulk of the funding.

The trek team consists of twelve members of the scouting movement, mostly Network Scouts (ages 18-25). Everyone has their own reason for wanting to participate in this challenge, several of the team are about to go onto university to study subjects ranging from medicine to ecology, and this trip will give them a unique insight into a very different way of life. As every scout knows, it's important to 'be prepared', and the team have put in plenty of training, even hiking to a mountain hostel in the extreme conditions of January weather. The Rotary Club of Mount Everest will act as host club for the team while in Nepal, once again proving that Rotary International are consistent supporters of the Nepal Trust; as Gary says 'without Rotary, none of this would be possible'. The people of Til village would surely agree.



## Water - the most precious resource



Roy Cameron, a biologist and water management consultant, will be joining the Wharfedale district scouts on their trek, but while the scouts are busy with the electrification project, Roy will be meeting with local teachers, government officials and community leaders to discuss the potential implementation of an educational and environmental programme which he has successfully pioneered in neighbouring Bhutan.

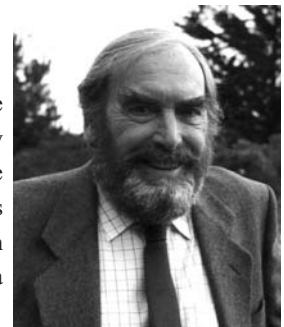
'Watershed Action Through Education and Research' (WATER) is a programme aimed at schools and adult literacy groups, which combines regular school education with hands-on action research. The school and community are encouraged to work together to research local issues affecting water

quality and access, then decide what needs to be done and to take action to improve things. In Nepal, Roy will be partnering with the Centre for Environment Education, CEEN.

In the future, water will become ever more important to world economies and the Nepal Trust hopes to work with Roy and CEEN to empower local communities to effectively manage this precious resource and enable them to plan for a sustainable future. Roy is also actively promoting the 'WATER' program in Aberdeenshire where he lives with his family. For the Nepal Trust this opens up a wealth of possibilities for schools in Humla to share their experiences with schools in Scotland. If you would like your school to participate in such a program, please contact us.

## A Year to Celebrate!

Earlier this year Alan Jacobsen, Nepal Trust founder and very dear friend celebrated his 85th birthday. Since the start of our organisation in 1993 Alan has been the soul of the Nepal Trust. For many years he was actively involved in all the planning and decision making, and later when his health became fragile, Alan took on the role of mentor and advisor, always there for us and willing to listen no matter what. In times of challenge Alan's calming presence and reassuring words of advice help to pick up a flagging spirit, and he is always happy to join in celebrating successful projects. Thank you Alan for being a source of inspiration and for always keeping a positive vision for the work of the Nepal Trust! Happy Birthday!



## Support the Nepal Trust every time you shop with Amazon!

Amazon.co.uk will donate the equivalent of at least 5% of your spend to us if you shop via our dedicated link. Go to [www.nepaltrust.org](http://www.nepaltrust.org) and follow the link at the bottom of the page. Or you can change your Amazon bookmark to: <http://www.amazon.co.uk/?%5Fencoding=UTF8&tag=theneptru-21> Retail therapy never felt better!

 [amazon.co.uk](http://amazon.co.uk)

# Health Camp 2006

by Dr Jamie Hogg



Dr Jamie Hogg examines a patient

In October 2006, the Nepal Trust hosted a general health camp in Simikot hospital, a major event for the local community. More than seven thousand people came from Humla and surrounding districts.

Some brought medical conditions that they had stoically endured for years, some came in the last stages of their terminal illness, and others simply wanted advice about their spots! The sense of occasion was enhanced by the large team of Western volunteers who had come to support the surgical team from Nepalganj Medical College, the Nepal Trust staff and the local district health staff. The preparation had been intense and the expectations were high on day one despite the political uncertainties that remained at that time from the legacy of the insurgency in the district.

Some of the staff had been through all this before and some more than once. Janet Griffin knew exactly what to expect and went to work as soon as she arrived. I suspect that most of the rest of us were less prepared and it took the cohort of GPs, from Nepal and outside, a few days to get the measure of the crowds and to be able to make a stab at diagnosing and investigating the myriad of problems that people brought us. Sunita and her fellow interpreters kept the mood as light as they could in a medical outpatient room besieged by patients and endless queues. Only once did we have to pack up the stethoscopes and stand outside in the flower meadows until the crowd had settled.

Despite the poor state of the hospital infrastructure patient flows

would have been the envy of many an NHS institution. Almost 1,000 scans and a similar number of x-rays were carried out. Patients could be cross referred to surgery and were wait-listed for the same afternoon or the following morning.

More than 220 operations were carried out. The gynaecology department was also very busy and was able to carry out their own scans as the patients were assessed. Patients could also be referred to Roy Reece for immediate dental work; there was a paediatrician and an optician.



The waiting room

The days were hectic and long but rounded off with some real relaxation around the dinner table and after a dram or two the terrace rocked to drumming and singing, dancing and chatting late into the night. We were not the only ones to celebrate as so many local people had come down into Simikot that their drumming and singing carried on until dawn as families reunited and relaxed.

All in all the health camp was a new and unique experience for me as it was for many of the volunteers. There were a few difficult moments but the teams co-operated well and the aims of the camp were achieved in the main.

I am now working in Kathmandu and hear feedback from various sources. There is great interest from Nepalese doctors, nurses and paramedical staff here to volunteer for future camps. This seems a vote of confidence in what was achieved and an interest in what could be done in the future.



Queues form outside

## Our thanks to Janet Griffin

In 1995, Nurse Janet Griffin and her husband Ken, an engineer, answered a small advertisement to join a 'Trek to Build'. Little did they know where this enquiry would lead them. Participating in the building of the first Nepal Trust health post, setting it up for clinics to be held and helping to train a local health worker all ensured that Janet's course was set and her long-term relationship with the Nepal Trust firmly cemented. Since then Janet has been travelling to Nepal on an almost yearly basis - she has helped set up four other health posts and spent a considerable amount of time training and supervising the local health workers. During the major health camps that were held in Simikot hospital (in '04 and '06), Janet was instrumental in all the preparation work necessary to take care of thousands of people. She worked tirelessly throughout the camps in her nursing faculty and attended to all post-operative care.

Apart from her work in Nepal, Janet has also been helping greatly with our ongoing fundraising efforts, giving countless talks to Rotary Clubs, women's and church groups, and arranging many other fundraising events.

Thank you Janet for your selfless contributions, you are a hero in our books!



## Are you medically qualified?

Could you take your skills to one of the remotest areas in the world, to bring relief from suffering to children and adults who may never have seen a doctor before? Could you work with only basic facilities, several days away from the nearest hospital? Could you make a difference? Will you make a difference?

If you would like to join Jamie, Janet and the team on a future health camp, please contact us now, giving brief details of your expertise and we will be happy to discuss upcoming opportunities.

# Trek to Build a Micro Hydro Project, Halji, Limi Valley

by Tony Robinson

It ended and began in Simikot. The end to which I refer was the long journey from London which terminated in a shudder of brakes as the old 12 seater Dornier ground to a halt inches from the end of what in Humla passes for a runway. It began the following morning when fresh from meeting fellow trekkers the night before, we climbed the short pass out of Simikot and then down 2,000 feet into the Karnali valley. We were exhilarated to be on our way to Halji in the Limi valley to help with the Nepal Trust's latest project, to light the village with micro hydroelectric power, funded by Rotary.



The group en-route to the Limi Valley, at the Nara La Pass. Turn to page 10 to read about Carin Eilerts de Haan (centre) in the London Marathon.

The deep blue green of the Karnali River, Nepal's longest, was to be our constant companion over four days twisting, turning and climbing steadily, providing a comparatively easy route towards the 15,000 foot Nara La pass which would take us to the edge of Tibet. Underused muscles creaked and groaned into action and lungs sucked in the thin air as we gradually and safely acclimatised to activity at 12,000 feet.

The Nara La pass tested us severely, but we all made it to Hilsa on the border of Tibet. What a godforsaken place! Here we met the Maoists whose only interest in us was to extract \$100 for right of passage.

Two more days, another pass and we reached the beautiful village of Til in the Limi valley. Thence to Halji with its impressive Buddhist temple, partly restored by the Nepal Trust. Around it medieval buildings clustered together for protection, animals occupying the ground floor, above them a hayloft and finally the family at the top. Cooking and heat are provided by a rudimentary cast iron stove, which fills the house with smoke. Possessions are limited to a basic kitchen dresser and two wide benches, which doubled as beds. The people of Limi were the highlight of the trek. Happy and smiling, welcoming and entertaining, they are living proof that happiness is not dependent upon possessions.

The micro hydro project was progressing well but would not be finished until the spring. A covering of snow on our tents reminded us of the onset of winter and we reluctantly said our goodbyes. The four day trek back was much more strenuous and the 16,500 foot Nyalu pass with two feet of snow in drifts was a real test.

What an experience, challenging but rewarding. I would recommend it to anybody who is reasonably fit and has a sense of adventure.



Tony Robinson and Mike Lakey inspect the micro hydro plant.

## Ethical Tourism



Jeroen van den Bergh joined the Nepal Trust in February 2007 and is responsible for managing the trek programme. Jeroen has an MSc in Leisure, Tourism and Environment. Born in India, raised in Holland, Jeroen has travelled extensively throughout India and Nepal. He is keen to develop ecotourism in Humla, but only if it can be sensitively coupled with sustainable development.

He explains "The concept of 'ecotourism' relates to an environmentally responsible tourism that provides direct benefits to natural areas and to the economic welfare of locals, promoting conservation and sustainable development. However, the term is often misused as tour operators make a 'brand' out of 'eco', leading to cynicism and accusations of inappropriate western modernisation. We believe that tourism development can only succeed if the needs and wishes of the local people are respected and accounted for, as such we work closely with the host populations and with our visitors to ensure that locals are not oppressed, that their daily life is not disturbed unnecessarily and their dignity remains intact."

Unlike many other industries, the Nepal Trust believes that tourism can turn the geographical remoteness and rugged landscape of Humla - the very things that normally hinder development in Nepal's remotest districts - into economic assets for its native inhabitants. For more information, please contact us or visit our website.

## Join Us!



There are four further treks planned for 2007, and we are currently compiling the trek schedule for next year. If you want to see for yourself how your gift directly impacts those in most need, come with us and we will show you. We regularly run 'Trek to Make a Difference' where you have the opportunity to actively participate

on a community project, such as repairing a monastery or refurbishing a health post. You will work side by side with local people, helping



them to help themselves. No special skills are required, only a moderate level of fitness and a willingness to pitch in.

## Gothi Khola 50kW Micro Hydro Project

The Ghoti Khola micro hydro project will be the largest ever completed in Humla, a 50kW electric generator (more than twice the size of Lali micro hydro), bringing energy to 4,500 people across three villages. Ghoti is a remote and troubled area that was very much affected by Nepal's long and destructive insurgency. There are many difficult political and socio-economic issues in this extremely impoverished area of South Humla, hence work on this village electrification initiative has been delayed from its initial start date of 2002.

It is now eight years since the original project conception and local expectations are high. During that time, civil war broke out and the area was badly affected. Villages were evacuated, men were recruited to fight and development work ceased. Then last year, after years of disruption, peace was restored. Slowly people moved back to the area, many of whom had been relocated to villages which had already received electricity, so the desire for the micro hydro project was more intense than ever.

The project is now jointly funded by Rotary International in Britain & Ireland (RIBI) and AEPC / DANIDA - the Government's rural electrification programme, and by the local villages involved. Nepal Trust engineers visited the site in April to finalise the surveys on the long awaited project, local people have begun the basic civil work, and political situation allowing, we should be on track for completion next summer.

Sustainability, durability and reliability are key to the success of the project. Equally important is the involvement of the local people, embracing the 'sweat-equity' ethic which the Nepal Trust insists on within all community projects. Ownership of tasks such as collecting material and providing labour empowers people to work towards a common goal. Hence we see the importance of micro hydro to local economies, and how it can encourage investment across all sectors; education, health, environment and tourism. This is truly a special project for people who want to make a difference in the lonely, beautiful, hidden Himalayas.



### Can you help?

We urgently want to hear from qualified water, civil and electrical engineers who could advise or assist in this and other projects. If you are interested, please contact us and we will put you in touch with the project director.

## Ambulance arrives in Nepal

You may remember the story of John Shackleton's bid to take a fully equipped ambulance to Surkhet Hospital in mid-West Nepal. Well, we are delighted to announce that after a long and complex journey beset with all sorts of interesting bureaucratic wrangling, John, his co-driver Alan Richardson and the ambulance arrived safely in Nepal in March this year. A ceremony was held to mark the handover, at which the Superintendent of the hospital thanked Mr Shackleton and the Nepal Trust for the ambulance which will serve the Surkhet area. Congratulations John and thank-you!



## Support the Nepal Trust every time you search the web!



The Nepal Trust is now listed on everyclick.com a search engine that gives 50% of its revenue to charity. Using everyclick.com as your search engine does not cost you or us any money, but every time you use it you raise money for the Nepal Trust, with each search raising an average of 2p. Just go to <http://www.everyclick.com/uk/thenepaltrust> You can then click on the links in the top right hand corner to either set it as your home page or add it to your favourites. Please start raising money for us whenever you search the web

## Join Us! Friends and Members Needed!

We are unique in Humla, our thirteen year track record of delivering solid achievements means that we are the only Non-Government Organisation (NGO) to have earned the respect and credibility to work in this difficult area. But, as Mike and Jim explained, the pressure is on; politically, economically and environmentally. We are only able to continue our work through the generosity of our supporters. Knowing that you will continue to be there will help us plan for the long term, raise our profile and enable us to secure further funding. Please consider committing to a regular donation, there is a form on the inside back cover.

To this end, we have revised our membership scheme. Give just £2 per month/£25 per year or more to become a 'Friend' of the Nepal Trust, £10 per month/£120 per year will qualify as a 'Member'. Friends and Members will receive Namaste, other regular communications and updates, Members will also have the opportunity to meet with the Board and their representatives at exclusive events around the country.

We remain aware of the need to be responsible stewards of your donations, and so, after carefully examining our costs, future copies of Namaste will only be sent to registered Friends and Members of the Trust, requests from other readers will incur a cover charge. If you would like to receive regular news by email, please sign up to our online mailing list at [www.nepaltrust.org](http://www.nepaltrust.org)



## Calling All Heroes!

Some truly amazing people support the Nepal Trust! People of all ages, from all walks of life, are doing what they can to improve the lives of men, women and children in the 'Hidden Himalayas'. Below are just a few examples of our real life heroes. Read their stories and be inspired to create one of your own. Maybe you'll feature in the next Namaste?

### A Runaway Success!



Carin Eilerts de Haan ran the 2007 Flora London Marathon in aid of the Nepal Trust after participating in the 2006 Trek to Build Halji Micro hydro Project (see page 7). To date she has raised over £1400, which with Gift Aid will reach over £1750.

It was Carin's fourth marathon, having run London twice before and also Rotterdam, steadily improving her time. This year the conditions were tough, with a record number of entrants and temperatures above 20°C. Many runners suffered in the heat, but Carin made sure she drank lots of water to keep hydrated, and got plenty of encouragement from her husband and daughter en-route. Although she'd been hoping to break the elusive four hour barrier, her final time of 4:06 meant she was placed 10th in her age group, an incredible achievement! Carin has already signed up for the Berlin marathon in September. At 61, she says you're never too old to have fun!

**LATEST NEWS - Marathon places available!** The Nepal Trust has secured a limited number of assured entries for the Edinburgh Marathon (25th May 2008). If you would like to enter and raise money for us, either as a single runner, or as a relay team of five, please contact us, [admin@nepaltrust.org](mailto:admin@nepaltrust.org). Hurry, this is the UK's second largest marathon, places will get snapped up!

### Pedalling to Land's End

In June, Duncan Pate, an estate agent from Farnham, joined long-time Nepal Trust supporter Alan Wynde, on a marathon cycle trip from Farnham to Land's End.

Alan had already tackled the gruelling route once before, raising £3,000 in 2003. Four years later memories of saddle sore had vanished and he and the team completed the 303miles in just five days! "We covered approximately a county per day, usually 65 to 70 miles. Friday was particularly good value for our sponsors as we cycled across Devon soaking wet from the unseasonal downpours!"

All that hard work was worth it, to date Alan and Duncan have raised an incredible £4,000 for the Nepal Trust! Duncan was our first supporter to register with Justgiving.com, an online fundraising website, which enabled him to collect donations and sponsorship online. Justgiving reclaims Gift Aid automatically and pays the donations directly to us at the end of every week. It's easy to use and the site is 100% secure.



Duncan says 'Justgiving has enabled me to get sponsorship from Germany and America, which I could not have got otherwise. I even got a donation from a complete stranger!' He's also noticed that donating online with a credit or debit card encourages generosity; with average gifts being more than double that pledged on a paper form. Plus he doesn't have to worry about collecting all the cash himself! It's not too late to make a donation, go to [www.justgiving.com/DuncanPate](http://www.justgiving.com/DuncanPate)

Or to create your own fundraising page, go to [www.justgiving.com/nepaltrust](http://www.justgiving.com/nepaltrust)



*Duncan and Alan prepare to get on their bikes*

### Edinburgh to Everest Cycle Challenge



Many of our supporters have visited Nepal, but it's a fairly safe bet that none of them ever travelled there by bicycle. Until now...

Four friends from Edinburgh are about to embark on the ride of their lives, cycling from Edinburgh to Everest Base Camp to raise money for The Nepal Trust. Ailsa and Simone (pictured), Shamus and Olivia hope to cover an incredible 11,000km in just three months, using a relay system with one person cycling and a support vehicle carrying the other team members and essential kit.

As junior medics they were keen to raise money to equip a health post in Humla. With the help of friends, family, and sponsorship raised through their Justgiving website, they're already well on the way to their original £5,000 target, but they need your support to crash through that target and beyond!

Help the team on their way - sponsor them at: [www.justgiving.com/edinburghtoeverest](http://www.justgiving.com/edinburghtoeverest)

Find out more about their trip on the Edinburgh to Everest website: [www.edinburghtoeverest.com](http://www.edinburghtoeverest.com)



## Partnering with Rotary International

by Rodger Thom, International Chairman, Rotary District 1020

Rotary has been a major contributor and supporter of the Nepal Trust since 1998 when they were chosen by the then President of Rotary in Great Britain and Ireland (RIBI), Neill Hill, as his preferred charity for that year. Rotary is an international organisation whose motto is 'Service Above Self'. This fits in well with the needs of the Nepal Trust which has benefited much from Rotary over the years, not just financially but also in service. There have been a number of treks organised for Rotary Clubs and Rotarians to assist in the region by helping to build medical stations and install micro hydro electric systems.

I myself attended a trek to install a micro hydro plant in 2001, and saw at first hand the results of Rotary funds and the profound impact they can have on these remote communities. I was impressed by the close relationship that the Nepal Trust has built with the people of the Limi Valley, and by the cost-effective solutions they have successfully implemented over the years. As an International Chairman and past Club President, I encourage all fellow Rotarians to join me in supporting the vital work of the Nepal Trust.



*"Individual effort when well directed can accomplish much, but the greatest good must necessarily come from the combined efforts of many men. Individual effort may be turned to individual needs, but combined effort should be dedicated to the service of mankind. The power of combined effort knows no limitation."*

Paul P Harris, Rotary Founder, Message to the Atlanta Convention, 1917

(courtesy of "Rotary Global History Fellowship")

## Acknowledgement and Thanks to Rotary International for 06/07

The Nepal Trust is very grateful for the continued support of individual Rotarians, Rotary Clubs, Districts and the Rotary Foundation. You are a wonderful organisation - big hearts and lots of enthusiasm!

**Ghoti Khola Micro Hydro** - Districts 1160, 1010, RC Cheltenham Cleeve Vale (D.1100), Sturminster Newton (D.1110) with Matching Grant - groundwork has finally started after long delays due to the political situation in Nepal.

**Lali Micro Hydro** - RC Maidenhead Thames (D.1090) Rotary District 1090, RC St Nom La Bretech (France), RC Hengelo Driene (Holland), RC Steinfurt (Germany) - completed

**Health Post Upgrade/Equipment** - RC Thorpe Bay (D.1240)- completed

**Health Camp support** - RC Wells and Avalon (D. 1200) - courtesy of the famous Boules Tournament!

**Health Post repairs/refurbishment/equipment** - RC Antrim (D.1160) in memory of the late David J McConnell - almost completed

**Halji Micro Hydro** - RC Misbourne Matins (D.1090) - completed

**Til Solar Project** - RC Ilkley Wharfedale (D.1040) - in preparation - estimated completion Sept 07



Rotarians trekking with the Nepal Trust

### Contributions of £500 or more towards the ongoing projects in health, education and renewable energy have been made by the Rotary Clubs of:

Sedgemoor, Crawbrook & Hawkhurst, St Albans, Wells, Avalon, Royal Leamington Spa, Warwick Avon, Farnborough, Trent Bridge, Misbourn Matins, Kilmarnock, Farnham Weyside, Jordans & District.

There have been many more Clubs that have given donations below £500 to help keep the projects going, but as space is tight we cannot list them all. Many thanks for staying with us! Once again we would also like to thank the International Service Committee of RIBI, the Rotary Foundation and the loyal Rotary Clubs of Lalitpur and Mount Everest in Nepal.

# Appreciation And Thanks To All Our Kind Supporters

During 05/06 and up to July 07 we have had single gifts of £500 or more from the following individuals: Isobel Towers (legacy), Agnes Burt (legacy), Edwin Dunlop, Mrs I. Owen, Mike & Pavla Love, James Hart Dyke, Mrs Hicks, Margaret Slack, Chris Rae.

Over the same period, we received gifts/grants of £500 or more from the following trusts and companies: The Allan & Nesta Ferguson Charitable Trust, UNESCO, Mike Metters Appeal, Nepal Trust Austria, The Ryklow Charitable Trust, The Prince of Wales's Charitable Foundation, The Paget Trust, The Paul Charitable Trust, The Souter Charitable Trust, The Stonewall Park Charitable Trust, The Bury Walker Trust, The Rhododendron Trust, Jo Hambro Capital Management Group, Posthouse Printing, Aesculapius Lodge.



On behalf of the people of 'The Hidden Himalayas', thank-you!

For their enthusiastic fundraising efforts we would like to thank: Carin Eilerts de Haan, Duncan Pate, Alan Wynde, Janet Griffin, Alison Read, Roy Reece, Ailsa Stott, Simone Gribble, Olivia Berry and Shamus Whyte, plus of course all the people who supported them in their activities.

Another fundraiser, the raffle, was a great success thanks to many of you that bought or sold tickets!

For other support and contributions: Tony and Sandra Cook, Winnie Mackintosh, Isabel Smith, Angela Ewing, Sandra Milne, and of course all the staff, directors and trustees of the Nepal Trust UK and Nepal.

To all the Medical Volunteers during the 06 Health Camp: once again a special thank you for putting yourself out there and giving so much, while helping to relieve the pain and suffering of so many.

There are a great number of people who are donating smaller amounts on a regular basis, which is absolutely crucial for the continued work of the Nepal Trust. Unfortunately we cannot list you all by name but you can be assured that your contributions, financially or otherwise, are always fully appreciated.

## THANK YOU AND PLEASE CONTINUE TO HELP!

## Support Form

Please return this form to:

The Nepal Trust, FREEPOST RRLE-LBYA-HAKG  
4 Marina Quay, Lossiemouth, Moray IV31 6TJ

*You do not have to use a stamp, however if you do it would save the Trust the cost.*

Alternatively, you can donate online at [www.nepaltrust.org](http://www.nepaltrust.org) Gift aid and standing order forms are also available online.

- Become a Member**  
Donate at least £10 per month/£120 per year to become a member. In return, you will receive Namaste, our yearly magazine, and exclusive invites to member only events. (Please return this form to us, and also complete the standing order form below.)
- Become a Friend**  
As little as £2 per month or £25 per year will make an ongoing difference. You will receive Namaste and other regular communications updating you on our work. (Please return this form to us, and also 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 taxpayer and would like the Nepal Trust to reclaim the tax on my donation.
- I am interested in leaving a **legacy** to the Nepal Trust. Please send details.
- I am interested in joining a '**Trek to Build**' or other treks. Please send further information.

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_ Tel: \_\_\_\_\_

I have set up a standing order for £\_\_\_\_\_ per \*month/quarter/year (\*please indicate) with effect from \_\_\_/\_\_\_/\_\_\_

----- If setting up a standing order, please send this portion to your bank or building society: -----

### Bank Standing Order Mandate

Your Bank Name: \_\_\_\_\_

Bank Address: \_\_\_\_\_

Your Account No: \_\_\_\_\_ Sort Code: \_\_\_\_\_

Please pay to: Bank of Scotland, 102 High Street, Forres, Moray IV36 1PA, Scotland

For the Account of: The Nepal Trust - Account No: 00107833 Sort Code: 80-06-81

The sum of £\_\_\_\_\_ and the same sum on the same day in each \*month/quarter/year (\*indicate)

Date of first payment: \_\_\_\_\_ Signed: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

# PHOTO ALBUM



Crowds gather at health camp



Signpost to clinic

Pipes arrive for MHP, Halji



Jang Hospitality (OM)



Father and child wait at health camp

Aerial view showing Lali MHP installation.



Children in Limi (OM)



Boys at Halji Gompa



Halji Village



Horses and trekkers at Nara Lagna Pass (OM)



Mountain at sunrise

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