



Himalayan Projects vzw

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Namaste honoured donors, sponsors & well-wishers,



This time, I would have preferred to write this newsletter: in a tiny everyday Mo: Mo restaurant along the road just outside of Hetauda in the hot south: the best so far in Nepal (Except for Nita's, my wife). And so the story begins about our achievements in 2018: projects that are almost finished, others adjusted and new ones started up. A job that could only be done with the help of volunteers such as the Kerun school projects and also Dr. Jan Dryhoel and numerous anonymous ones, in Nepal as well.

Together taking small steps towards an ideal world:

* A 6th tour with the **Bsure team**, conducted by **Jan Dryhoel**, is over with a first: a visit to another Belgian NGO that moves a lot of mountains, especially for street children and addicts. On to No. 7.

* In the mountain village of **Bhamikele**, the second floor has now been built and the school's interior and design can be started. * Just outside Pokhara we found an ambitious school that could use our help: the **Shree Ambika Secondary School** in Hyangja.

* The reconstruction of the school complex in **Chinnebas** is nearing its end phase: on April 26, 2019 there will be an official opening with a Flemish delegation and we will build an association building for low 'castes', the '**Dhalits**'.

* The **drinking water project** in **Jutpani** for "landless people" turned out to be not so healthy, so we placed a professional filter there.

* Furthermore, our **new nurse** in Chitre will be discussed, the establishment of our Nepalese NGO and many items from our own country.

Many greetings from the duty editor Paul Vande Moortel, chairman, as well as from Nita Buduja Pun, Hedwig Racquet and Eddy Goemans of the Kerun Schoolprojects and Dr. Jan Dryhoel (Bsure-team).



In this newsletter:

Health(y) by Bsure-team.



Keep on building in Bhakimle.



Our newest sponsorschool.



Finishing up in Chinnebas.



Pure drinking water in Jutpani.



And lots more:...

Our 6th medical tour around Nepal with the Bsüre-team.



After many days of preparation with, among other things to buy medicines, we start driving on roads with barely asphalted and mostly on breakdancing (mere figuratively?). So, 2500 km off-road but also treated not only 2500 patients, but also our shock suspension with fully loaded truck 'in the middle of nowhere', flat tires at nightfall in the middle of the jungle, flying off footrests and mudguards, broken front bumper, dented rear bumper and all wheel bars as at one time coming from 3800m up to 2800 m down without brakes: in 1st 'speed' 'Low Gear' (you try it). The 'highway's' in Nepal are literally high-altitude roads in any bad to worse condition.



This year there was also a first: for the first time we also helped another Belgian NGO with our camp in their projects in the east halfway towards Everest (barely a road and under construction, see photo): 9 hours before 150 km. Accompanied by Inge Bracke, a Belgian lady who has been working for the poor in Nepal for 30 years and is now a country manager for the "CPCS" or "Child Protection Centres and Services".

Their headquarters are in Kathmandu, but they also have family centres in Dolakha, a poor area near Jiri, the old departure point for Everest expeditions. We offered our help for a week in three of their centres. The first morning the children were already present at 8 am while we arrived at 10:30 am. All the while they had to wait for us without breakfast! The poor cuties and promptly handed out cookies to them.



Back in central Nepal, camps followed in our own permanent medical post and a number of new villages in the Myagdi district.

Finally, we went to Hetauda in the south for a three-day trip to the ethnic Tamangs.

In a month and a half we made a lot of patients happy and that's what it's all about. Also "congrats" for our ex-nurse Shanta Pun who is going back to study but has come to assist us free of charge pending the start of her course. Our new nurse Sashina Pun also eagerly helped or relieved her.



A big thank you to the Bsüre team and Inge Bracke and her team of supervisors and nurses for their transferable efforts and pleasant company from a tired but happy "driver handyman-supervisor-accountant-inspirer" on duty. Our farewell with a candle-light dinner was short but unforgettable.

Thanks also to all individual and other sponsors, such as the Septodont company, which sponsored the necessary dental anaesthetics. You can read more in the next report of our "Doctor Jan".



U 2 can
B a sponsor!



Dr. Jan Dryhoel reports:



On 27-9 I left for Nepal for my sixth mission.

Our first project was to support the Child Protection Center in Dolakha. We were able to do a very good job there, with the support of the local employees in a fantastic project. Repeated.

Transport from and to the locations does indeed remain a major problem, as shown above. Since we usually visit less accessible mountain villages, the roads to it are never evident. But private transport is becoming more and more preferable than expensive rented jeeps.

Returned via Kathmandu and Pokhara we left, with the necessary calamities on the "highway" via Beni to Fulbari where we could work for a whole week in a large school and excellent location. The 30 minute morning walk uphill from the guest house to the school compensated for the sometimes 10 hour long working days. It is difficult to disappoint throngs of waiting patients, who sometimes come from hours away.

Then we went to our well-known own aid station in Chitre. The road to it may have been a little better than last year, but it was still nightfall and cold when we got there. We first arranged the medical post, trained our new nurse and held a 5-day consultation. It is noticed that there is a certain amount of vacancy in the mountain villages, especially the youth go to school in the big cities and only come back during the days of leave.

Via Dhoba, where our ex-nurse Shanta lives, and where we were welcomed as guests of honor at the Dasshain festival, we drove back to Pokhara in the late evening. At their request, we promised to return for a medical camp within a few days.

After a few days of recovery, control and supplementation of the medicines and after a long mountain hike to the "Peace Stupa" we drove back via Beni to Artungha. In three days we treated 175 patients. It was again from early in the morning until late at night and then an hour back in a rickety local jeep to Beni.

From there it now went to Dhoba. A very beautiful authentic village in the Daulaghi region. There we stayed and ate at the premises, and in the medical post, with a beautiful view of the Annapurna South but with an icy wind in the afternoon, we also treated 150 patients. We were sorry to leave and disappoint a large number of patients. But we will definitely go back there.

Finally, our last post was in Hetauda, a full day's drive to the warm, densely populated south to reach a Tamang village where we could barely manage the influx of patients. Everywhere we go, people are so happy that there is still medical help that everyone goes to the medical post and wants to be treated. But our limited resources of both doctors and equipment mean that we always have to disappoint many people waiting.

After 6 weeks of intense work, and thanks to our local nurses, I was able to come back to Belgium. I hope some people reading this understand that both financial and volunteer help are more than welcome to chase the needed in the Himalaya's.

Until next time. Doctor Jan, Bsurre team.



Bhamikele, Myagdi: a second floor constructed.

State of affairs: a second year of construction has passed and a second building level has also passed. It is progressing smoothly here. After 3 hours of half-interrupted asphalt from Pokhara to Beni, the main town of Myagdi and then an hour and a half of heavy off-road this village.

However, the project has changed: a third building layer will probably not be built. A big sponsor: the Indian Embassy, which promised more than 150,000 euros in aid, was banned for their excessive counter claim. They wanted to designate the school with a giant sign as an Indian school without mentioning all other sponsors such as us and the Province of West Flanders and just as many hundreds of private donations from the local population as the Nepalese diaspora.

So it was decided to have a smaller scale of 2 floors with 20 classes, which is still quite good for this mountain village. On the roof there will be a covered play and event hall with storage and changing room as well as toilets to organize events for the local school, village and youth committees.

A nice detail in the design of this project: the school committee bought a concrete block press to press concrete blocks ourselves, so we gain in sustainability, local work and, above all, much less transport costs.



Pure drinking water in Jutpani guaranteed!



In the "Sweetwater" village in the Chitwan district in the south, the water supply is now running smoothly or better yet: solar panel roof.

After a year of testing, the water turned out to be not as healthy as first suspected. A lab analysis in Kathmandu told us that there was biological contamination and especially too much iron which is also detrimental to the laundry. Although there was initially no large budget available and an urgent large industrial filter had to be installed, we immediately proceeded to purchase and install it. Sufficient as well as drinkable water was ultimately the intention.



Fortunately, this unforeseen extra expense was sponsored by the Lions Club Meetjesland-Eeklo. For which extra "Daan-debhat" (thanks) is appropriate.

Again a new nurse hired for our medical post in Chitre.

After barely a year and a half working with us, Shanta Pun Magar is already gone again. With our blessing however: after all, she has decided to pursue a bachelor nursing diploma. We wish her the best of luck. Fortunately, she searched and found a replacement: 23-year-old Sashina Pun Magar from nearby Dana (for the experts; on the way to Muktinath/Mustang). She has less theoretical knowledge, but what a studious and motivated nurse. She does everything she can to do her job as well as possible and learns quickly and with the help of our doctor Jan. Hopefully she will stay for a while because it is never easy and uncertain to manage those transitions every time.

Here we held camp for a week and treated more than 250 patients. It was also festival season and that gave us the excuse to order "our" food, especially "Belgian Fries" in the New Dhaulagiri Guest House. The most delicious in Nepal. In the photos you can see the intense assistance of our new nurse star in Jan's cabinet, our Belgian fries menu at Dashain and the "toothache" queue.



There were also relaxing and fun moments as for example with Didi (Ram Maya Buduja Pun and Nita's oldest sister who indulged in Dr. Jan to almost undergo his own treatments (the executioner!). A jealous chairman got to massage the overworked nurse's. No panic, all under the very watchful eyes of just about the entire village.



Nearby: ons very first primary schoolt in Chitre.

It seems a bit quiet in our first project, which started in 1997 and has been open since 1999. Unfortunately, we cannot stop the emptying in the villages: especially through the modern media and reinforced by the past civil war and earthquake, many young families choose the city and especially the abroad. Fewer children, now barely 8, but we will continue to work for these "laggards" because they especially need our support. So our 3 teachers stay on the job to give all children further free education, even with a lot less children.

That is why we are expanding with a new school sought and found: see below.



Our latest project: the Shree Ambika Secondary School in Hyangja.

As already reported in our previous newsletter, we now also pay special attention to this school, which is the first government school in Nepal to be allowed to carry the "British Council Award" for three years. This may seem strange to us, but this is an international British government agency that has special - mostly ex-colonial - ties in several countries. This challenge to win from 19 other private schools makes it unique. And that is why she also deserves our extra help to further strengthen their quality education. After all, the school was rebuilt with local sponsorship after the earthquake and we do not have to start from scratch here.

What started as a primary school in bamboo in 1967 has now grown into a full-fledged secondary school. It is an English medium, which means that it is taught in English. The textbooks are thus of a better quality than the local ones. A head teacher, 19 teachers and 5 other staff the school for 290 children. As a result of the positive improvements, already 320 registrations for the New Year that will start here in mid-April. Crucial is the school committee, which meets intensely and is ambitious.

We can only encourage and therefore effectively support their ambition and request for us to build a Computer Engineering Program for secondary school in order to lift the school to a national competitive level. So work for 2019, with pleasure. The plan is also to send volunteer teachers here. We hope for a fruitful cooperation.

In anticipation of the search for funds for a computer class, we have already taken care of the nursery classes. For example, on the cold cement floor where the pre-schoolers sat barefoot and played, we laid a foam layer with Belgian carpet on top. They know that better than our fries, which to our continued frustration are called "French Fries"! To keep all this clean and tidy, we immediately bought a vacuum cleaner and a whole pile of pillows so that these little ones can take a nap even during the long school days.

Our big water-project in earthquake epicentre.

In Siling, meanwhile, we were allowed to officially open the first working phase of the water project. Finally, Nita, our secretary and my wife once came to see the fruits of our years of work. Waited by the singing (boys) and dancing (girls) of the local youth club, a nice afternoon followed with a lot of speeches but also a delicious meal cooked by the mother committee. It is striking that there are still many youth and young families here.

Four villages now have filtered spring water all year round. The capacity is large enough to help three more villages. For this we already have subsidies but again some obstacles to overcome. For example, the ready-made construction site is endangered due to road extensions. Given the total unpredictability of the government, we must therefore wait; as Nepalese do!



Chinnebas school complex nearly finished:

While Marco Saaltink, Dutch volunteer teacher, has been teaching here for 10 months now, we are gradually finishing construction work. The dilapidated classes in the central area were demolished. In the vacancy, two new classes were established with a large covered hall in between. This is for dual use: indoor play area, which is especially indispensable in the rainy season, and event hall for both the school and the village. After 4 hours off-road we were received warmly. The plan for spring water supply (90m up and 160m far) was also discussed and budgeted.



Na 4 uur rijden een mooi zicht.



De Hal in het centrale gedeelte.



Aardbevingsbestendig.

Message from KERUN SCHOOLPROJECTS npo

As you can read in the report by Paul Vande Moortel (chairman of the Himalayan Projects vzw), we are just a few days away from the apotheosis and the grand opening of the Chinnebas school (26/04/19).

Although it has been since 2016 that we ourselves were on site, time has not stood still. We have not programmed major activities in the last year, which has not hindered construction progress. And this thanks to the permanent donations of many loyal sympathizers.

We would like to look back at what has been achieved in 20 years under the name "KERUN". In the hamlet of "Bagun" of the village of Kerun in Solu-Kumbu (hence the working name) three shabby classes were replaced by seven better buildings, the playground was enlarged and a small sanitary block was built.

Given the difficult accessibility of this location, we have left the further management of the school to the local school committee and entered into a cooperation agreement with Himalayan Projects to refocus the remaining fund and our enthusiasm. The cooperation offered several advantages: local contacts, knowledge, experience and a tax certificate for the sponsors for their contributions.

We were assigned a school in the central district of Syangja. Originally we were responsible for the renovation of five worn out classes. A new sanitary block was first created to make way for four new classes. These have a strong concrete skeleton and are highly earthquake resistant. An older building was replaced by a "computer class" and eventually the five classes were demolished and an open polyval spring hall was erected with a classroom at either end.

We would like to emphasize once again that this has only been possible thanks to the ongoing sponsorship of many and the occasional donations of many others in various activities.

We intend to continue. We sit down with Himalayan Projects to set a line for the coming years. We hope you stay behind us.

Get. Hedwig Racquet and Eddy Goemans of the Kerun Schoolprojects association.

Important: When you make a donation please mention "Kerun Schoolprojects".



More in Chinnebas: A community house for the Dhalit low caste community.

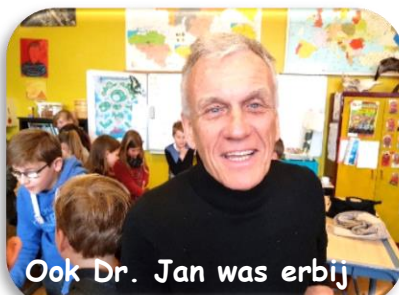
Thanks to a grant from the City of Bruges, we can also build our own club room for this underlay. There was a lot of local political tug-of-war about this controversial project. In order to guarantee the safety of the building and the "Dhalit's", we looked for and found another location on the school grounds. Construction has started with a delay, but hopefully this will be finished before our next visit in April. And so the disadvantaged also get better and fairer opportunities.

And what about our local programs in Belgium?

As usual, we like to report first about the permanent school actions of various schools that make an effort year after year to support our projects. Not only to raise funds but also to educate but also to raise awareness. This through our educational program with numerous workshops and educational material. Via this link: <http://himalayanprojects.brugseverenigeningen.be/ActiesinBelgi/Educatiefenactiematerial> you will get a complete overview of our offer. And so in 2018 we visited the Sint-Rembertschool in Torhout, the GBS De Mozaïek in Roosbeek-Boutersem, the VBS De Leeuw in Zedelgem and the GBS in Sleidinge and Sint-Michiels. Their continued solidarity is crucial to our continued long term to Nepal.



Over Nepal in Sleidinge



Ook Dr. Jan was erbij



Karim bordspel tot slot.



Onze infostand



Nita in her shop



Nita maakt heerlijke mo:mo's

Met onze info- of eetstand waren we er ook bij in Leuven op de jaarlijkse Noord-Zuid feest, op het Feest in 't Park in Brugge, aan de Casino van Middelkerke en op de Oxfam Geschenkenbeurs in de Brugse Stadshallen.

Help from the Lions Club Meetjesland.

After a presentation of our activities and projects, the Lions Club Vlaamse Valleien gave us a nice allowance to support our projects. Afterwards they organized a movie night with snacks and drinks in the Kinopolis in Ghent with the Belgian film "Girl". A sold-out room yielded a large sum that goes entirely to our projects. Thanks to all members and supporters of this Lions Club for their solidarity and commitment. What's more: a board member of Lions Club Meetjesland and retired GP from Knesselare has promised to help at the "Bsure Medical Camp Nepal" at the end of this year. Our 7th campaign is now insured.



Nieuws van onze andere joint-ventures: Bezoek hun website voor nieuws.

- Nepali Child npo; they collect funds for a orphan house in Balaju, Kathmandu (zie: www.fcwc.be).
- In addition to mainly sponsoring schoolchildren, Aasha Project has helped after the earthquake in rebuilding houses and providing microfinance. For specific information and their own extensive newsletter, we would like to refer to their own website www.project-aasha.webnode.nl.



What is planned for 2019:

In Nepal:

- Solemn opening of the meeting hall in Chinnebas with stage and classroom / dressing room and storage space.
- Construction of spring water supply for the school in Chinnebas
- Also in Chinnebas: Construction and opening of the association building for low castes, the Dhalits
- We are continuing to build the secondary school of Bhamikele, Myagdi district, especially the interior finishing and furnishing will also be discussed. An opening party is also planned.
- In the Shree Ambika Secondary School in Hyangja, we set up a computer class and send teachers there.
- Dr. Jan is coming for a 7th time for a free medical tour with the Bsurre team, where we will also strengthen some project sites of the CPCS of Kathmandu and serve some new locations.
- We visit the primary school, youth club and medical aid station in Chitre.
- In Siling we hope to start the extension of the water project for three subsequent villages.
- We also supervise students and step into the breach for those in need with our Study and Emergency Fund.

In Belgium:

- This year we have the school promotions in our permanent schools in Zedelgem, Torhout, Sleidinge, Sint-Michiels and Roosbeek-Boutersem and our stand with a food stand at the Leuven Wereldfeest on 8 June at De Bruul and an information stand at the Feest in 't Park in the Minnewater in Bruges on June 29. We have information stands and sales stands at Dunia in Koksijde (13/7), Couleur aan Zee in Middelkerke (14/7) and the Oxfam Gift Fair in the Brugse Hallen (Market) in mid-December. All welcome here for a chat and a bite.

Special thanks to:

Kerun society from Grimbergen, 'De Mozaïek' school from Roosbeek-Boutersem, 'Sint-Rembert' school from Torhout, schools 'De Leeuw' from Zedelgem and Sint-Michiels, sport-club 'Rap & Vrank' from Evergem, Lions Clubs 'De Vlaamse Valleien' & 'Meetjesland', Septodont Ltd., Cities of Beernem, Bruges and the Provincie of West-Flanders.



Hoe uw steun dit alles mogelijk maakt:

Please support us further with a donation on BE14 3800 1081 6783 (BIC: BEBRUBEBB) for which Belgians will receive a tax certificate from 40 euros per year. And this as follows:

- Sponsoring us on a regular basis - preferably monthly - is the best way to support our operations, as we can then make an annual forecast and guarantee the regular operation of our school and medical projects. Many people choose 15 euros per month, another amount is also possible.
- A one-time donation helps us make up for our fixed operating costs and purchase extras. For example, for € 0.25 we can hand out a toothbrush with paste to the children during our free medical camps.
- **Benefits and fundraising:** Do you want to organize something with your school, association or friends, acquaintances or work colleagues? Maybe your employer can also invest? We have a lot of didactic and decoration material. A Nepalese meal and / or workshops are possible. You can view and / or download our educational folder on the himalayanprojects.org website. This income is used for additional investments and the purchase of educational and medical equipment. Also to feed our **Emergency Fund** for urgent aid and **Study Fund** for higher advanced studies.
- Make us heir or write us in a **duo legacy**, contact us for detailed info or see our website.
- Why don't you become a **volunteer**? In Nepal we have a great need for **doctors, dentists** and **nurses**. Teachers are of course also welcome. Please: "Make yourself heard."



If you are already a sponsor, you can help us further by promoting word of mouth, because we do not spend your sponsor money on paid advertising. Leaflets, newsletters available on request.

Meer info: www.facebook.com/HimalayanProjectsVZW

After this lengthy report and many words of thanks, we have an urgent appeal to our sponsors to continue to support us. Due to the heavy inflation there (average 8 to 11%), it is more and more difficult for us to pay our fixed operating costs over there: just think of the schools and medical camps and aid post, as well as the Study and Emergency Fund. Please note: our general management costs in Belgium are barely 1.50% and we are proud of that. Therefore, a general appeal to our loyal sponsors, in butcher-shop's language: "Can it be a little more?"

Afsluiter:



After wading through many rivers we still have thanks, thanks, thanks! So a first thanks to all our sponsors, individual or groups, schools and institutions. We won't get anywhere without your support. Sure.

Thanks also to all volunteers in Belgium, the Netherlands and Great Britain where we mention: **Hedwig Racquet** and **Eddy Goemans** of the **Kerun Schoolprojects** from Grimbergen/Tielt-Winge and **Dr. Jan Dryhoel**, **Project Aasha npo** and **Nepali Child npo**, not to forget the leadership and staff of the **CPCS** in Kathmandu.

A final thank you then to some Nepalese: our ex-nurse **Shanta Pun**, our new **Sashina Pun**, social worker **Prakash Poudel** from Beni and **Deepak Pun** in our headquarters in Pun House and **Dev Shrestha** in Pokhara.

Special thanks to our secretary **Nita Buduja Pun** and sister **Nar Kumari Pun**.

And last but not least, we wish you and your family good health and good luck.

And, don't forget: together we make "Ripples in an ocean of mountains".

Namasté (good day), the Bsured team!

Doing good also feels good.



Never forget: 25 april 2015.