



29th of January 2024

Newsletter no 1, 2024 KMCH Support Group

The first newsletter for 2024 contains information regarding our plans for the spring 2024. The letter also contains a report from photographer Jonathan Stenvall's visit in November 2023 to the KMCH Hostel in Humla, a brief report from a health camp in Yalwang, Humla and lastly we summarize the year 2023 in Nepal

Visit to Humla

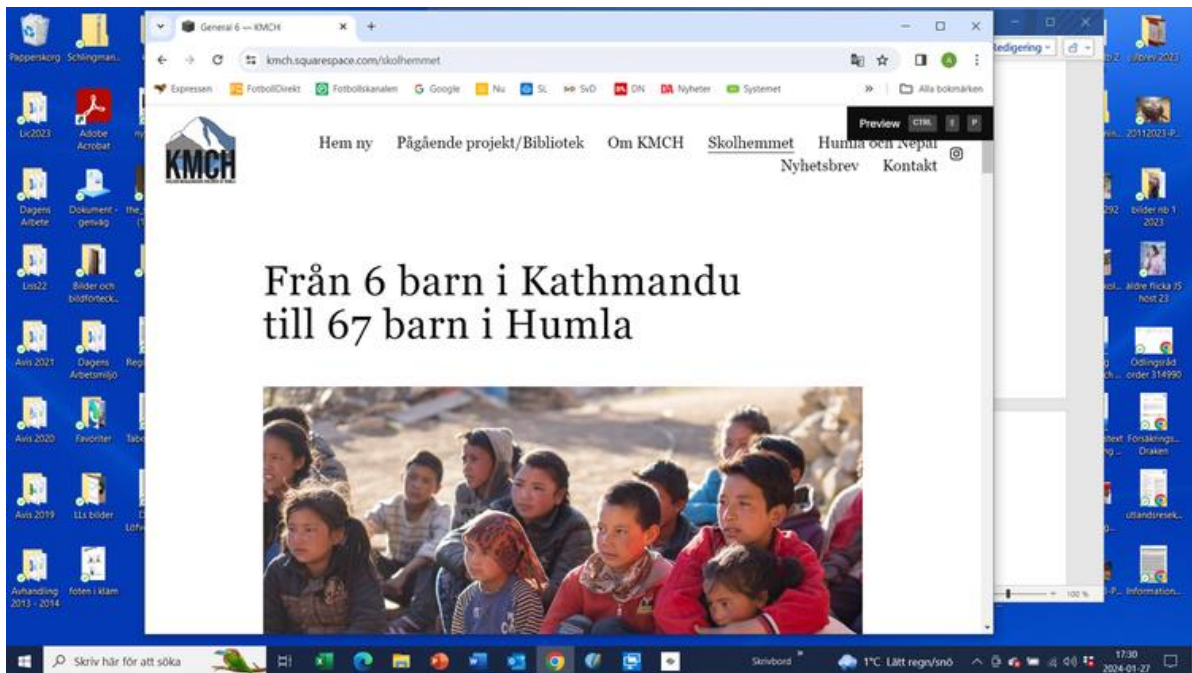
In April, Pär Nord, Italo Pilotti and Lallo Pallin together with others will make the long journey to Humla. They will inter alia deliver children's books to the library we intend to build near the Hostel, The Hans Alm Library.

We intend to continuously deliver reports from this journey. Keep a look out at our social media, such as Facebook, Instagram and LinkedIn and please help us spread the information!

हान्स आल्म पुस्तकालय Hans Alm Library

New Website

Soon we will launch KMCH's new website. We will let you know when it is completed and will be able to follow our work from the website as well. A small sample:



KMCH Support Group's Annual Meeting – Save the Date

This year's annual meeting will be held at Ekebyhov's Castle on Saturday 9th March at 14.00. The official invitation will be sent later.

Do not forget to pay the membership fee so you will be allowed to vote. Please note that the membership fee is 200 SEK per member per year. Pay by Swish 123 412 51 91 or BankGiro 5604-4019 (for international payments please see details on our website). Please add member's fee, your name and e-mail when you make the payment.

Any Suggestions?

Do you have suggestions how we can improve our work for our schoolhostel in Humla, or do you want to work more actively to help us find more sponsors/members? Get in touch! We are depended on our members and all your ideas and suggestions are welcome, whether small or grand. The difficult times we are in make existence hard for smaller non-profit organizations, the more we are, the better opportunities do we have to guarantee current the level of support also in the long run. KMCH started 17 years ago, and we aim at supporting the Humla children for many more years to come.

Talking about KMCH

This autumn KMCH gave three different lectures about the schoolhostel and Humla. On 11 November Ekebyhov Castle was almost full house. Besides the lecture, B&E contributed with music as well as Andreas Nilsson who played the accordion. At PRO Ekerö about 30 members attended another lecture a few days later. At Jämshögs Folkhögskola in Blekinge around 130 participants came to listen. We played Gustav Nord's film from Humla and we answered a lot of questions. Did you know that the food in Humla is mainly vegetarian, as the population is Buddhist and they do not hunt or fish?

Reunion at Hostel

This autumn photographer Jonathan Stenvall was back to Humla. His amazing photos are available at KMCH website as well as in social media.



“After one extra day of waiting in Nepalgunj we finally arrived Simikot. It was a pleasant reunion to see the village and the mountains that I had dreamt of so many times since my previous visit in 2019. We were received by Lakpha, brother of founder Chembal Lama, who guided us for almost two weeks. The days were relatively warm, and the sun shone on us the entire visit, the snow that had fallen a few days before our arrival were nowhere to be seen. Our track took us steep down into the valley and the cultural landscape of tiny villages and settlements.

The most evident difference from the previous visit was the road; an uneven, partly very steep and slim road meandering its way through upper Humla. On the road we met jeeps, buses and trucks transporting both people and goods between Simikot and Hilsa at the Tibetan border.

After several days of walking, we got food poisoned in Yari leaving us in a rather poor condition. We decided therefore to try to catch a vehicle to hike back to the hostel. Lakpha helped us find a small truck that drove us back in two hours, that saved us from two days of tough hiking. We arrived to the KMCH hostel and stayed there to recover and take part of everyday life.

The hostel looked the same as last time, but now it was possible to have a warm shower in a little shed on the ancillary land. We enjoyed all our experiences, all the people we met and foremost the children; they were both curious and welcoming. We played with the children, practiced our foreign language skills and tried to make our own momos (i.e. filled dumplings).

I hope to soon be able to return to Humla!

Jonathan Stenvall



Health Camp in Humla



I november 2023 höll organisationen Ek Ek Paila ett efterlängtat och mycket välbehövligt hälsobesök i Humla, bland annat i Yalwang (där barnen går i skolan, 15 minuters promenad från byn Yangar där vårt skolhem ligger). Där genomförde man bland annat ögonoperationer och hälsobesök. Även den svenska ideella organisationen Gatubarn i Nepal var med i detta fantastiska arbete, Sjuksköterskorna Sonam Dolma, som nu arbetar i Chala, In November 2023, Ek Ek Paila, a Nepalese non-profit NGO, had organized a much needed and longed for health camp in Humla, inter alia in Yalwang (where the KMCH children go to school, a village 15 minutes' walk from the hostel). Eyeoperations and health check-ups were performed. The Swedish organization Gatubarn i Nepal had participated in the amazing preparatory work that enabled the camp. The nurses/health workers Sonam Dolma (working in Chala) and Chhiring, responsible for health-projects of Gatubarn i Nepal, were both active. They worked intensively together with the rest of the team to enable this camp in Yalwang, the main village in Namkha, upper Humla.

A team of 34 specialists from Ek Ek Paila, including medical specialists on eye, ear, nose, throat, liver, orthopedist, gynecologists and dermatologists, flew to distant Humla. Almost 1 500 patients wandered far from remote villages to receive health care. Numerous cataracts were operated, many received treatment for Hepatitis B, ear operations were performed, orthopedists diagnosed many cases of osteoarthritis and arthritis. Many skin diseases and severe infections were also treated.

(Translation from text received from Gatubarn i Nepal and pictures from Ek Ek Paila.)



The nurse Sonam Dolma takes the blood pressure on one of the close to 1 500 persons who visited the health camp.

Continued migrations and better waste disposal treatment

How was year 2023 in Nepal? Well, if Nepalese TV were to summarise the year, as Swedish TV does, it may tell these stories.

Dahal continued his third period as Prime Minister. The two ruling parties, Dahal's Maoist Party and Deuba's conservative Congress are two ideologically differing parties. In a year, Dahal has committed to hand over the role as prime minister to **Deuba**.

The great migration movement continues, it is caused by unemployment and poverty especially in rural areas that make thousands of people seek work, often dangerous work, abroad. More than 15% of Nepal's population work abroad. Most of them men 20-40 years old. For better or worse, migration affects almost everyone in Nepal. Many works in the Gulf States. Several

hundreds have however also enlisted to the Russian army. So far, more than ten Nepalese men have died in the Russian war of invasion in Ukraine.

In the earthquake around Jagarkot around 150 persons died. Numerous houses were destroyed and even three months after the disaster, many are still living in tents.

Nepali Times has described 2023 as the worst year in the history of Nepal when it comes to scandals. A free press has contributed to reveal many crimes, and some perpetrators were convicted to prison, but far from all.

800 Nepalese were deceived into applying for US Visa by pretending to be Bhutanese refugees.

One Minister was sentenced to prison for the fraud, but many other at high positions got away.

The Mayor of Kathmandu, **Balen**, attempted to reach a few of his election promises:

- Kathmandu were to become a greener city, with better air and cleaner streets, and
- 300 new sanitation workers (50% men, 50% women) would keep streets and market squares clean. Dangerous electrical wiring was to be dismantled and trees planted.





The Mayor Balen is an unusual figure in Nepalese politics. He came from nowhere, without being backed up by the existing political establishment and won a huge victory. A clear sign that the population is looking for something else than the old, corrupt, gang.

In 2008 the Parliament voted to remove the monarchy and turn Nepal into a democratic federal and secular republic. The monarch at the time, Gyanendra, left the Royal Palace. Since then, he has kept a low profile in Nepal. During 2023 Gyanendra has been participating in meetings and demonstrations requesting reinstating the monarchy. There is a growing support for monarchy in Nepal. This development is mainly supported by parties at the far right, parties that want to once again make Nepal into a Hindu kingdom.

Italo Pilotto

Greetings from the Board of

KMCH Support Group

by

Pernilla and Ann



[KMCH, c/o Norrby, Drakenbergsgatan 39, S-117 41 Stockholm, Sweden](#)

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