



# HIMALAYAN CONNECTIONS

## Newsletter of Western Colorado Friends of the Himalayas

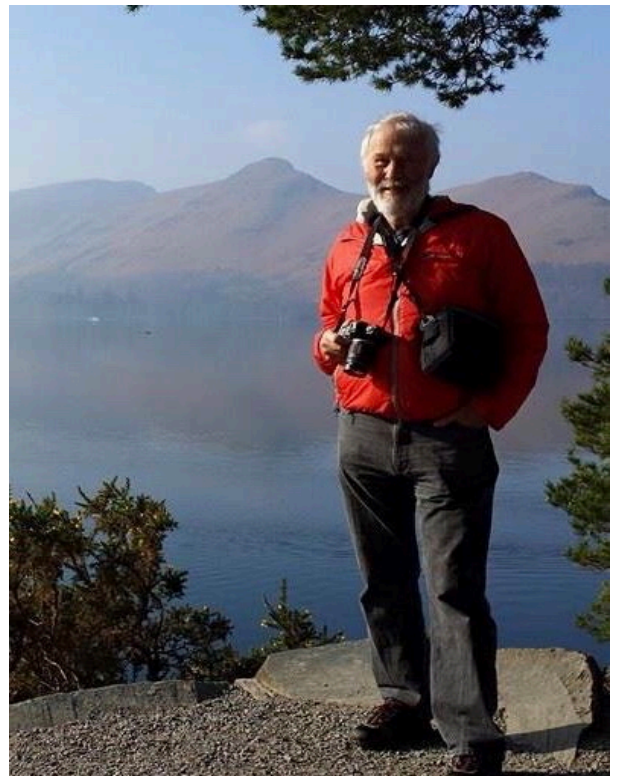
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### SIR CHRIS BONINGTON COMING TO MONTROSE

Sir Chris Bonington, world renowned mountaineer, will be in Montrose at the Pavilion on Friday, May 4, at 7:00 pm for an exciting program on “My Life and Times.” “He is considered to be the greatest mountaineer alive,” according to his friend, Kelvin Kent, WCFH board member.

“This is a wonderful opportunity to meet and hear some incredible adventures from a man who has been knighted by Queen Elizabeth for his contributions to mountaineering,” said Val Burnell, WCFH President. “We are excited to sponsor this family program as our first fundraiser of 2018.”

Bonington started climbing at age 16 in 1951. He made the first British ascent of the North Wall of the Eiger and led the first ascent of the notorious south face of Annapurna. He made 19 expeditions to the Himalayas and four to Mt. Everest and numerous other climbs all over... (Continued on page 2)



### BLACK CANYON'S “WAY OF THE ANCIENTS”

Sir Chris Bonington, Terry Burnell, Paul Ross, and Richard McHardy, climbed a new route in the Black Canyon in May 2001. Worried that these “old” men, ages 55-67, would have difficulty climbing this seven-pitch variation to Cimarron Slabs, park rangers were reassured to see them emerge from the depths of the canyon and learned these “old” men were some of the finest British climbers and mountaineers. Ross honored the climbers by naming this new route--“The Way of the Ancients.” The climb was facilitated by Kelvin Kent.



*Proud recipients of the 2018 Scholarships are four girls and one boy attending Khumjung school in Nepal. WCFH continues to sponsor this educational project.*

(Bonington program continued)

the world. He is the author of 20 books, has appeared as principal guest at Mountain Film Festivals, on TV, and at multiple events in many countries.

Autographed copies of Bonington's most recent book, "Ascent," will be on sale for \$25.00 before and after the event.

Tickets for this event are \$20 and are available in early April at The Great Outdoors Company in Montrose; Ouray Mountain Sports in Ouray and Jagged Edge in Telluride. Tickets will also be available at the door. For more information contact Kelvin Kent at (kelvinbeckykent@gmail.com), 970-209-1395 or Val Burnell at 275-3671.



### **Successful Completion of Phase II of Village Health Project**

The Western Colorado Friends of the Himalayas is pleased to report the successful completion of the second phase of a project in the village of Chhulemu. Construction of the village's first showers and new toilets provided at the school, for the children, was aided by financial contributions from Altrusa International of Montrose. Thank you to all the members of WCFH and Altrusa Club for helping to fund these important projects and thank you to Furba Sherpa for his expertise in organizing and supervising the construction. The total cost of these facilities was \$7,000.



### **Rototiller Project Expanded**

WCFH funded the purchase of a gasoline-powered rototiller for the village of Khumjung, in 2016, which dramatically helped in preparing fields for planting the potato crops and in loosening the soil for Fall harvesting. The rototiller reduced the waiting time and eliminated the ages old and laborious method of plowing with oxen and wooden plow.

The government was so impressed with this project that it established a grant program for other villages to receive rototillers. Khumjung received an additional machine and Khunde, a neighboring village, received its first rototiller. A youth group in each village supervises the use of its rototiller. Recently young men from both villages received training in taking the machine apart and putting it back together to be able to make repairs. Those completing the training received certificates.

### **WCFH aids Child Rescue Projects**

With a generous donation from a concerned contributor, WCFH was able to donate to two child rescue projects in Nepal. \$1500 was contributed to Child Rescue Nepal for their efforts in rescuing children from trafficking. \$100 went to the Stop Girl Trafficking program through the American Himalayan Foundation.

Human trafficking is the third largest illegal industry in the world, just behind guns and drugs. These rescue programs provide placement in safe environments and education. If you would like to contribute to child rescue programs through WCFH, just mark your donations for CHILD RESCUE.

Funds are currently being raised by WCFH to furnish an additional shower building, for the adults, that is more central to the village which is spread over a large area.

WCFH is dedicated to these hygiene projects to provide basic living facilities for the people in this remote village. If you would like to contribute to this project, mark your donation- Village Health Project.

### **Flood Relief Assistance to Southern Nepal**

Unusual flooding in Southern Nepal in 2017 brought disaster not only to people, but also to animals in the flooding after the monsoon season in November of last year. WCFH was able to contribute to flood relief through Bishnu Chaudhary's local fundraising program and also through Heifer International. Heifer International provided many of the animals to families in the region to help them become self-sufficient. After the flooding, Heifer International has been replacing lost animals and helping restore pens and fields.





Dr. Nima Namgyal



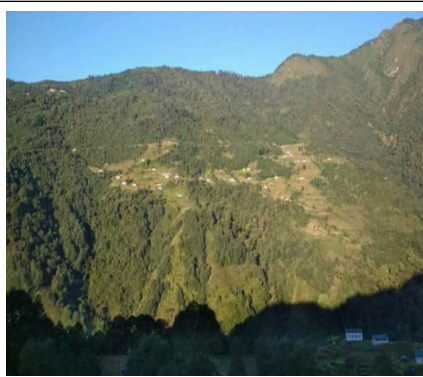
## HIMALAYAN MEDICS MAKING A DIFFERENCE IN NEPAL

Dr. Nima Namgyal Sherpa, Everest Base Camp doctor, founded the Himalayan Medics in Nepal in the aftermath of the devastating earthquakes, avalanches and landslides in recent times. Dr. Nima recognized the vital need for training first responders, search and rescue teams, and fellow Sherpa leaders, in lifesaving medical procedures in the event of such disasters, as well as for accidents and emergencies that occur daily.

He and his team are educating and training women and men in the remote rural villages of Nepal, where no doctors or clinics are close by, to treat and stabilize casualties in order to save limbs and lives until transportation to the nearest hospital is available. They also train children in simple safety measures they can follow in emergencies.

In Kathmandu, the Himalayan Medics have established the first Outdoor Adventure Center where expedition teams, trekking companies, and individuals receive the best first responder and first aid training in collaboration with NOLS USA wilderness medicine courses. The Center has its own climbing wall, team sport facilities and provides adventure play-days for kindergarten and first grade children.

The Western Colorado Friends of the Himalayas are proud to have been part of providing the Himalayan Medics with their initial resources which included ten CPR mannequins, and 2 professional grade artificial injury simulation kits for teaching first aid and stabilization techniques in realistic scenarios. Funds were also provided for hard hats, gloves, ladders, first aid kits, stretchers, and tools for safe demolition and rebuilding in the post-earthquake months.



### NEW ADULT SHOWER NEEDED IN VILLAGE

Funds for Phase III of the Village Health Project, a new adult shower in the village of Chhulumu, are now being raised by WCFH to construct an additional facility that is more central to the village. The village is spread over a large area. (see photo)

The children's shower was located at the school to more efficiently serve the needs of the children.

WCFH is dedicated to these hygiene projects to provide basic



Danika Gilbert receives a WCFH Peace Medal from Board Members Kelvin Kent, Val Burnell and Ang Danu Sherpa in 2017.

## DANIKA GILBERT SHARES HER ADVENTURES CLIMBING MOUNTAINS WITH YOUNG AFGHAN WOMEN

Members and friends recently enjoyed a stunning and informative program about Ascend and its programs in Afghanistan during a presentation by Danika Gilbert in the Chipeta Room at the Ute Indian Museum. She shared slides of the young women and told of the difficulties in gaining permission from village chiefs and the girls' fathers to take the girls climbing. The Ascend program also includes education for the girls and many graduates of the program become employed and are assets to their families. A follow-up program will be presented this summer.



Welcome to baby Eikichi, born in November 2017, to proud parents Pasang Lhamu Sherpa Akita and Tora Akita. Pasang was the winner of the National Geographic's Adventurer of the Year Award and WCFH's first Peace Medal. Both were awarded in recognition of her achievements in women's mountaineering and her humanitarian endeavors with her husband Tora in the aftermath of the devastating earthquake in their native Nepal. Congratulations from all your Colorado Friends!



## GET YOUR TICKETS EARLY FOR "MY LIFE AND TIMES" WITH SIR CHRIS BONINGTON MAY 4, 7:00 PM AT THE MONTROSE PAVILION.

*It's time to renew your membership in the Western Colorado Friends of the Himalayas to help support its continuing educational programs and the new 2018 projects. Checks may be sent to Western Colorado Friends of the Himalayas, P.O. Box 2022, Montrose, CO 81402-2022. Your gift makes a difference!*

Individual—\$25      Family—\$35  
Students/Srs.—\$20      Business—\$50

Corporate—\$100 plus

All monies donated to WCFH go directly to projects. The Board members donate their time and energy to these humanitarian projects.

Congratulations to Prajwol Chaudhary for signing on to play soccer with Colorado Mesa University in his freshman year, 2018-2019.

Best wishes to Palistha Tuladhar, sophomore, and Raunak Tuladhar, freshman, who are attending Colorado Mesa University.

Best wishes to Tshering Sherpa, who is a freshman at the University of Colorado Denver.

Best wishes to Phurba Sherpa, who will be graduating from the University of Colorado Denver in the spring of 2019 with degrees in physics and math.

### Coming Events this Summer:

- Film Night with Danika Gilbert