



HIMALAYAN CONNECTIONS

Newsletter of Western Colorado Friends of the Himalayas

www.himalayanfriends.com

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From the President...

Greetings Dear Friends,

The board members of WCFH join me in extending heartfelt thanks for your continued support of our projects that impact the world.

In 2022 our efforts focused on the needs of disadvantaged children in poorly served communities. We offer ongoing support for Child Rescue Nepal, whose vital work includes the complex and diligent planning that culminates in the rescue of impoverished boys and girls trafficked into slave labor and worse.

We were privileged to connect with the Children's Hospital and Rehabilitation Center in Banepa, where dedicated staff are providing a chance for a normal life to children afflicted with extremely severe disabilities and deformities and we furnished funds to remove several juvenile patients off the long surgical waiting list.

We also provided educational materials, sports equipment and supplies for renovation and refurbishment of classrooms for the Parahu School, newly established in a poverty stricken region of Terai in Southern Nepal for children of disadvantaged families. Thank you, Montrose Altrusa Club, for partnering with us and ensuring the success of this project.

We continue to support families and communities with no alternative source of hope and help, but we cannot do it without your caring compassion. May we count on you to help build a better world? Namaste and Tashi Delek.

In love and friendship—Val Burnell



THANK YOU

Mountain Medicine and Sherpa Culture in Nepal—Saturday, February 18

Dr. Nima Namgyal Sherpa, founder and director of the greatly respected Himalayan Medics, will present a special slide program on Saturday, February 18, at 7:00 pm in the Chipeta Room of the Ute Indian Museum.

Dr. Nima has summited Everest and other peaks in the Khumbu region of his family's traditional Sherpa home. He has also climbed Mt. Denali in Alaska. His

expertise and high-altitude experiences enable his mission of saving lives.

Dr. Nima also serves as a volunteer doctor for search and rescue missions. He educates and trains women in the villages as first-responders, a project he began after the earthquake disaster in Nepal and continues to teach mountain medics at his center.

WCFH has supported Dr. Nima's work by providing vital supplies, CPR mannikins and U.S. made first-responder training supplies, in addition to funds for rescue equipment and rebuilding tools.

The program is family-friendly and there is no admission charge. Donations will be accepted for Dr. Nima's Himalayan Medics fund. Chai and refreshments will be served. A short Annual Meeting will also be held.



(More Himalayan Medics photos on page 4)



**PARAHU (Let's Learn) LEARNING CENTER
Janakpur, Terai Region, Nepal**

The Friends of the Himalayas and the Montrose Altrusa Club recently completed a joint project in Janakpur in the southern-most Terai region of Nepal, supporting the establishment of the Parahu (Let's Learn) Learning Center. These funds helped build and decorate classrooms and workshops for educating and training underprivileged children and youth. We provided scholastic supplies, sports equipment, musical instruments and a variety of art materials.

**DISABLED ADULT LIVING CENTER
Kathmandu, Nepal**

A private shelter established to offer free housing and care for 26 disabled and handicapped adults who are abandoned by family members or suffered social disparity in their community. Their only source of funds comes from the sale of handmade crafts which are now banned from street sales. WCFH arranged the voluntary transportation of these items with friends traveling from Kathmandu to Montrose. The crafts are sold and 100% of proceeds sent to the shelter. They have been able to replace the roof and their water tank, purchase bulk food and vital medical supplies. During a recent trip Ang Danu Sherpa delivered heavy, colorful, warm blankets for each resident.



Residents of the Disabled Center receive warm blankets from WCFH, personally delivered by WCFH Vice-President, Ang Danu Sherpa, before winter set in.



Danu Sherpa, Tenjing Sherpa and Kandu Sherpa showcasing Handmade Crafts.

HANDMADE CRAFTS AVAILABLE

A colorful selection of popular handmade crafts are available for purchase at the WCFH programs and at local craft shows in Montrose. These are meticulously made by the handicapped residents at the Disabled Adult Center in Kathmandu, which is supported by WCFH through sales of their crafts. All donations go directly to the Center.

These handmade crafts will be available at the Cabin Fever Craft Show, Feb. 24-26, at Friendship Hall, 1001 N. Second St, Montrose.



A young boy before and after surgery giving him a new and normal life.

CHILDREN’S HOSPITAL AND REHABILITATION CENTER

The Hospital and Rehabilitation Center for Disabled Children in Banepa provides skilled surgical procedures to give severely handicapped children a positive chance at a normal life, free of charge. Long term patients receive supplementary education and onsite facilities manufacture essential prosthetics.



The Hospital and Rehabilitation center in Banepa, Nepal has a long waiting list.



Sherpa and Nepali friends perform a short music and dancing program at Culture Fest.

FIRST CULTURE FEST IN MONTROSE

Sherpa and Nepali residents of Montrose, sponsored by WCFH, presented a showcase of their culture and heritage with a display of unique items and crafts at the first Cultural Festival in Montrose. A short musical program of traditional music on classical instruments and a cultural exhibition of dancing and singing was enjoyed by all.

The Culture Fest was co-sponsored by the Ute Indian Museum and the Hispanic Affairs Project and supported by WCFH.

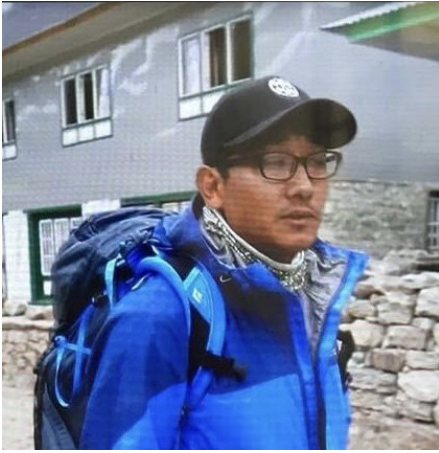


A Peace Pole commemorating Bill Duckworth, co-founder of WCFH with his wife Nora, (above) was dedicated in his honor at the Montrose Botanical Gardens in the presence of friends from five different countries.



Terry Burnell, Kelvin Kent, Ang Danu Sherpa, (back row) and Arlyn Macdonald, Val Burnell, and Nima Sherpa, attended the Bill Duckworth Peace Pole dedication at the Montrose Botanical Gardens.

Thank you for your support in making a difference in the world.



Dr. Nima Namgyal Sherpa

Born and raised, living and working, in the shadow of the great Himalayan mountains, Dr. Nima Namgyal Sherpa found his calling. An accomplished summiteer of Everest and other great peaks and Denali in Alaska, he is acutely aware of the beauty and the dangers of life in those harsh conditions. After the deadly avalanches of 2014 and devastating earthquake of 2015 he responded to the essential necessities for preserving lives, founding The Himalayan Medics and training first responders. WCFH were first to provide funds to aid grieving families of Sherpa avalanche victims and furnish supplies and equipment for Dr. Nima in the form of CPR mannequins and medical accessories, tools for demolishing and rebuilding and safety items. He included first aid instruction for women in remote villages and wrote guidelines for protocol in regard to helicopter safety procedures in the field.



PEACE AWARD WINNERS—2022



Ricardo and Karen Perez, Paul Paladino, and Dr. Joe Adranga pose with members of the WCFH Board at the Peace Dinner, after receiving their 2022 Peace Medals.



Dr. Gayle Frazzetta receives the 2022 Peace Award from WCFH President, Val Burnell.