



# Toit du Monde

REVUE DE L'ASSOCIATION ASSISTANCE MÉDICALE TOIT DU MONDE

## EDITORIAL

### This time, it's done !

After we had found a first house which we could not go into (the owner refused the renovation work, no way to connect an Internet line etc.), the mission of April 2008 has opened the AMTM-Nepal House in the district of Bishalnagar (north-east of Kathmandu). While carrying out the usual mission (which you could follow daily on [www.amtm.org](http://www.amtm.org)), we had to prepare this place which we were waiting for a long time: redo the paintings, connect a batteries-system (there are 6 hours electricity cuts each day), buy the furniture and, in Nepal, each of these tasks requires a lot of time. With these preparations, the 16 members of the team could work there during the last day to receive the independent godchildren and install the pharmacy. With this permanent representation, our local team can now grow. Our usual pharmacy translator, Tseten, will join us from next July. She will manage the stock, conduct the basic hygiene trainings and assist Kunsang, the wife of our local correspondent, Eric Russenberger. Thus the team will now consist in three members. I am very pleased with this development because our missions are effective but we are in Nepal only four weeks per year. Medical, development, sponsorships: for all the persons we take care of, it is now essential to organize, with your support, a team on the spot who works in the same spirit, with the same values throughout the year...

**Laurent Charbonnier, Président**

## ON THE SPOT

Words by... Tibetan refugees

### Having regard to Tibet from Nepal



Young Nepali wear pro-Tibet T-shirts.

For a few years, we had somewhat forgotten Tibet. At least the media did not talk about it since the “sinization” of the country appeared to go well. And now, taking advantage of the next Olympic games, this sacrificed community has decided to be heard. The riots on March 10, their violent repression, the solidarity of the international community, everyone has followed these facts as they were relayed by the worldwide media.

During our recent visit to Nepal in May, we noted that this protest movement of an oppressed people was followed with hope and passion in the monasteries that we help. When communications are almost impossible between the two countries, Tibetan monks manage to send photos to Nepal to give news, slipping past China's guards. The information are sent from Tibet to Nepal through mysterious ways or via Internet (on the site [phayul.com](http://phayul.com)) and they are not optimistic: police harassment, monks arrests, internment in secret places, Chinese policemen disguised as monks to infiltrate the reluctant community is the current daily life of the country.

As a sign of solidarity and despite a government hostile to their cause, the Tibetan in exile organize hunger strikes, prayers and silent marches. Many monks and nuns of our sites wear a black scarf as a mark of protest but they all heard about this encouraging news: when we thought the Tibetans were secularized, it seems that the repression has strengthened their religious faith and the confidence in the Dalai Lama.

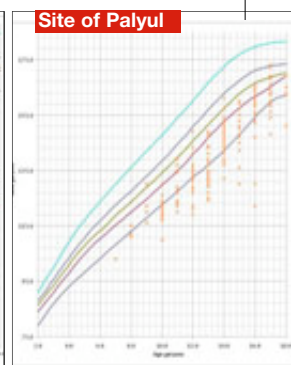
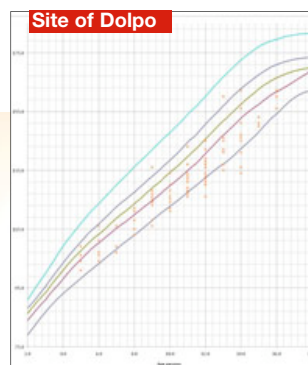
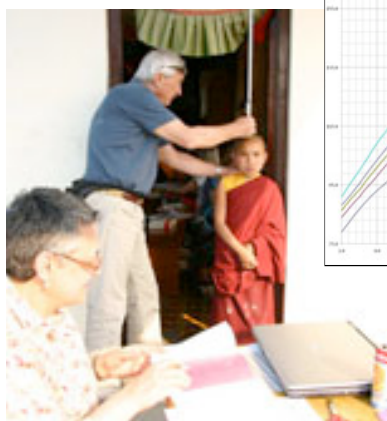
# Weighty tools

*Watching the teen-agers growth in weight and size, making sure that the food program is well balanced in our sites...*

*With two measuring tools, we shall be able to reduce many dysfunctions.*

The doctors and nutritionists in charge of our sites have wished reliable tools to watch the size and weight of the persons AMTM takes care of. This is now done with measurement graphs Jean-Pierre Martin has made from data of the World Organization of Health (WHO).

“WHO has compiled statistics for each part of the globe, Jean-Pierre Martin, our Humanitarian Deputy Director, explains. They make it possible to note quite simply whether someone, depending on his/her age, life and birth geographic location, is in a reasonable average of weight and size... or not”.



On the left, the diagram shows that the children (represented by points) are in the average. On the contrary, the diagram on the right shows that most of the children are stunted in their growth

For our sites in Nepal, we have taken North India WHO data as references. These measurement tools are already or will be applied to all the persons we take care of, but they are of course particularly significant and important for our 10/15 year old growing-agers.

A first evaluation which was done two months ago enabled the humanitarians to note that 40% of the children were in significant weight and size deficiency in three of our sites, including

Palyul in Nepal, “Meticulously checking this site food purchases, we have then established that they were receiving only 1,400 calories per day when 1,000 additional ones are necessary for a proper growth, Jean-Pierre Martin says. I was thus able to draw an ideal food plan from each food nutritional and caloric value and to establish well-balanced meals. In two months, the teen-agers who were in deficiency have already gained 3 to 5 kilos!”

## A C T I O N S

■ **Mission in India** from March 23 to April 6, 2008: In Kalimpong, 9 persons visited the sites of Zangdhok Palri, Jangsar, Dechen Chöling, Sisters of Cluny St-Roch health center and went to Sikkim, on the site of Gonjang.

■ **AMTM first vaccination campaign against Hepatitis B** was held in India, the local doctors being in charge of the second injection. Medicines and clothing have also been given to the Sisters of Cluny. Total cost: €1,900

■ **Our call for € 13,000 funds to solve an urgent malnutrition problem was heard.** Thanks to your generosity, we have thus obtained the amount of ... €48,120! A big thank you to Virginie and Dominique Bernascon. First, €13,000 were assigned to the urgent food program (see p.3). With the remaining sum, we intend to launch an agricultural cooperative.

## C U L T U R E - E D U C A T I O N

### Sacred dances

In India, 105 monks live in the monastery of Jangsar, in Kalimpong, on the borders of Himalaya, Bhutan and Tibet. At their head, Lama Kunzang Dorjee, excellent administrator, perfectly at ease between modernity and tradition on which he watches over. This exceptional monastery, closed to the Bhutan royal family, was built at the 18th century. It is the guardian of a rich collection of masks and costumes yet regularly used for the sacred

dances, very complex and symbolic rituals which govern life according to Nyimgmapas' solar-lunar calendar. This tradition is very important in Tibetan Buddhism in which monasteries are the guardians of culture: fine arts, painting, metals craft, literature and erudition. Years of studies and retreats are necessary to learn these dances then shared with an audience. Every centimeter of cloth and every object bears a specific religious



symbol that Lama Kunzang teaches to the monks. Then, some of those whose artistic talents were noticed are responsible for the care of these very codified treasures which are carefully kept in a room of the temple.

# First and foremost, prevention

*The actions AMTM conducted in Nepal to raise awareness on hygiene were very successful with the young monks of the monasteries*

To create educational materials to teach the basic hygiene rules was the mission a small group of AMTM volunteers had determined few months ago. The idea was to take preventive actions in the monasteries-schools the association supports where the doctors noted important health problems and where nothing was taught to children, unlike other sites where hygiene is part of the normal school curriculum.

A first awareness took place in Samye Memorial Institute in front of fifty children aged from 8 to 15.

"It's like the movie!" one of the enthusiastic participants said,

In Samye Memorial Institute, the presentation of the posters is very successful.



thus reflecting with words the feeling of his mates, who were all very attentive during the half-hour training. A great success due to the know-how of the volunteers in charge of this mission, but also to the three meaningful posters Lucie Bousquet, a voluntary graphic designer, made according to the doctors' indications. These latest chose to focus the prevention message on the regular hand washing and teeth

brushing, a good way to fight against germs that thrive in water, air and dust. The experiment was repeated at Nyingmapa Wishfulfilling Institute, at the Nunnery and posters have also been given to Buddha Academy. For the coming months, it is also scheduled to create new posters, to train AMTM volunteers and the local persons in charge of health to awareness actions. Tseten, who has just been hired as local infirmary head, will do it in Kathmandu. Thus the "good speech" should convince many people and children's health should get better. A long-drawn-out job.

## PORTRAIT

### Marc Gille, AMTM director of operations

Since October 2007, Marc Gille joined AMTM. A key position, the first full-time job, to organize the administrative tasks, coordinate the operations of volunteers and maintain a basic service.



It was serendipity that Marc Gille, 46 years old, became AMTM Director of operations. As a matter of fact, nothing predestined this man who spent 20 years of his life at Barclays, where he went up grades to become head of the amicable recovery department, to join the small humanitarian world. Indeed, he had experience in associations, but not a lot. Yet,

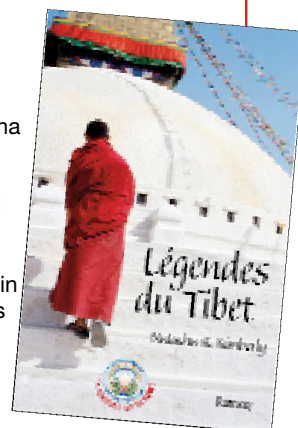
when Laurent Charbonnier, whom he knew for a long time, offered to leave his world to join AMTM, he did not hesitate to take the plunge. A turning point which allowed him to give a meaning to his life and that he does not regret. "I had to make a choice between job stability and something I perceived as much more exciting and humanely rich, he says. And

today, after nine very busy months, including a first mission to Nepal, I know why I work". His position: to run the office with Laurent, oiling the wheels of this beautiful machine, where most of the tasks is done by devoted volunteers.

## ACTUALITE

### A promising partnership.

Ramsay Editions publish a book written by Natacha R. Kimberly "Légendes du Tibet" a beautiful collection of Tibetan tales (in french) available in 2,500 bookstores (including Fnac and Virgin) at €17. €1 will be donated to AMTM for each purchased book. A book to read and to offer... unlimitedly!



# La Nunnery is inaugurated

In Kathmandu, the new Nunnery built thanks to your donations is almost finished. The nuns will move in there for good in August.

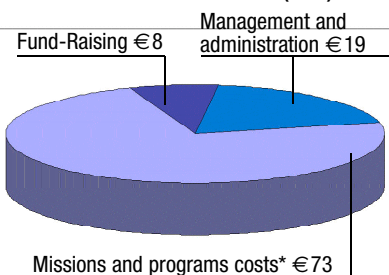


It's done! During the latest mission, the members of AMTM team had the pleasure of inaugurating, with great pomp and many songs and dances, the Nunnery, of which the building has been entirely funded by AMTM. The biggest project ever funded by AMTM (€100,000), of which the work, started in February 2007, should be completed in August 2008. The U-shaped two storied building has three classrooms, an infirmary, food storage rooms, bath rooms, showers and 25 bedrooms. This to provide shelter for good to the 45 nuns of Kunsang Chöling Nunnery, a house for 8 to 30 years old poor young girls and women who do not have access to

school. For several years, they were living under the threat of an eviction, in very precarious conditions, in a damaged and cramped place in an unhealthy area. The new house is big enough to extend the community and to view the future with confidence. "The prospect of having space and peace of mind make the nuns happy, Marie Tousse, in charge of this site, says. They will at last live quietly their life of nun in decent conditions. Thank you to all our donors who have given more than €42,500 for this building. I also have a touched thought for Ms M.-P. Poullin whose generous legacy made it possible to complete the financing of this great adventure.

## KEY - N U M B E R S

USE FOR €100 DONATIONS (2007)



- > AMTM budget for 2008 **€515 000**
- > number of donors **3,900**
- > number of sponsorships **950**
- > number of volunteers **1 2 0**
- > visits on the Internet site **300 per day**
- > sponsorship monthly cost **€25**  
(€8,5 after tax deduction allowance in France)
- > annual subscription **€35**

\*Including a reserve for future projects.

## THEY HELP US

- Thank you to **Sébastien Izambard**, singer of Il Divo, whose show shoe auction on [www.ebay.com](http://www.ebay.com) brought in €6,890.
- Always active, **La Celebrazione, Il Divo English fans club**, collected more than €3,560 donations and two crates of toys for AMTM. We thank them very much.
- An example to follow: in Monaco, **Murielle Arcis**, a long-standing AMTM godmother, presented the association to the women club created by **Virginie Bertrand**, of Jacob Safra bank. Thanks to this efficient pair, in one single day, 6 children are sponsored by new godmothers!
- Thank you to **Sophie Davoine and Solange Jauffret** for the sale of pashminas they organized for the second time in aid of the association. It brought in €1,500 for our actions.

## CONTRIBUTE TO OUR AID

Cut and send this donation form to :

**Assistance Médicale Toit du Monde** 81, avenue du Maréchal Joffre - 92000 Nanterre - France  
Phone : 33 1 47 24 78 59 - Fax : 33 1 47 24 78 07 - E-mail : [contact@amtm.org](mailto:contact@amtm.org)

Name : ..... First Name : .....

Address : .....

Zip code : ..... City : ..... Country .....

E-mail : .....

I wish to help AMTM and I make a donation :

30 €     50 €     100 €     other : .....€

You can also use secured online donation at [www.amtm.org/en](http://www.amtm.org/en)