



# Toit du monde

REVUE DE L'ASSOCIATION ASSISTANCE MÉDICALE TOIT DU MONDE

## EDITORIAL

### Humanitarian action and Macroeconomics

*As the President of AMTM, I was expecting to be concerned about many fields, but I must admit that I did not think that it would include macroeconomics.*

*Back from Nepal, I have two worries which affect all those who live there: inflation and exchange rates.*

*First inflation: it soars in Nepal and, according to economic forecasting, it should pass from 7.7% last year to 13.2% this year, taking into account that the increase of the price of basic foodstuffs exceeds this average...*

*The exchange rate also has an effect on the economy of the country. As a matter of fact, for many years, the continuous soar of the Euro has partially offset the inflation for us. At the time of the mission in October 2009, the exchange rate for 1 was rupees 108, in April 2010 it was only rupees 92 (that is -15%). When the two are combined, our aid is reduced accordingly. And, in a country as poor and disorganized as Nepal, the current economic situation makes needs even greater than before.*

*Maintaining, and even developing, our aid depends on your generosity and I know that you are already very approached for fundraisings. But through the efficient link that AMTM is, I hope from the bottom of my heart that, all together, we shall be able to continue to offer a better life to thousands people at the Roof of the World, starting by giving them the vital commodities: having enough to eat...*

**Laurent Charbonnier, President**

## ON THE SPOT

Words by... *Eric and Kunsang Russenberger*



Taking delivery of medicines at AMTM House and interviews of the children by Eric and Kunsang..

### A constant work in Nepal and India

*Eric Russenberger and his wife Kunsang are our local correspondents on the spot for over 10 years. Connoisseurs of the region, they accomplish essential jobs required for a smooth running of the sites AMTM supports.*

« **W**e live in AMTM House since its opening and we receive all those who want to meet us. It's where we regularly organize medical consultations. We also regularly go to the sites to check that everything is going all right, teach basic hygiene training or monitoring construction work. It's a constant work which does not leave a lot of time for anything else, but which is exciting. In addition we are in charge of the upstream preparation of the missions: always quite turbulent periods. We must find interpreters for the doctors and the sponsorship team, rent buses but also recently interview the sponsored persons, photograph them and measure the size and weights of some of them. It takes more or less time depending on the sites and the number of children, and it may happen that we sleep on the spot during a week, as in Nyingma Palyul monastery in Pharping, 30 km far from Kathmandu, where more than 270 children leave. It's finally an advantage because it quickly creates a relationship of trust with everybody. Then, when the team arrives, it's always quite intense. Fifteen over busy days for everybody. And once the mission is finished, we still have work to do. We still have to buy blankets, towels, shoes and other items the mission has financed, not forget to divide between the different sites the remaining stock of drugs, also plan the campaigns to renew the vaccination and surgery. A whole program! »

# The need for medical follow-up in our sites

*The resurgence of tuberculosis and the need to follow some patients have persuaded us to hire a medical staff on the spot. A follow-up which is already bearing fruit and will probably be expanded in the near future.*

**I**t's difficult to make sure that the patients regularly take the right dosage of medicine our doctors prescribed, and it is almost impossible to adjust their treatments between two missions. In view of the virulence of some infectious diseases in Nepal and around, we have therefore decided to organize a medical follow-up throughout the year. Thus, a general practitioner comes a day per month to our AMTM House in Kathmandu and Kunsang Russenberger, our local correspondent on the spot, tells the patients when he will be there and makes the appointments. This doctor we pay gives consultations, prescriptions and drugs for free.

*"The patients seem very satisfied*



Inauguration of the clinic in front of Gonjang monastery in Gangtok, in Sikkim, last March, in the presence of Dr. Copeau and the whole team.

*with this follow-up, Eric Russenberger says, and it is likely that the go-ahead for this general practitioner to come over more often will be given during our mission next October".* For the same reasons, a nurse is regularly on duty in our site of Dolpo, where a resurgence of tuberculosis is disturbing.

As to Gonjang monastery at Gangtok in Sikkim, the many cases of tuberculosis and parasitic diseases there are there persuaded us to open a clinic in 2009. Initiated by Dr. Bossinot in charge of AMTM medical team, we have

given €1,500 to buy equipment, drugs and also there, it is likely that we recruit a nurse to do the medical follow-up.

The monks have added €200 to bring the premises into compliance with the law. "We have given there 80 consultations during our latest mission, Dr. Copeau says, and we are very satisfied with the result"

## A C T I O N S

■ **Thanks to you**, AMTM continues its activities on the spot with **medical and humanitarian missions**:

7 people went in **India** in March 2010, at Kalimpong. Donations have been given in different sites:

- Sisters of Cluny: €1,000 (drugs); €2,000 (annual surgery); €1,100 (contribution to the position of manager in the treatment unit of AIDS patients)
- Zangdhok Palri: €1,000(surgery).
- Gonjang, in Sikkim: €500 (clinic equipment).

14 people also went to **Nepal** in April 2010:

- Buddha Academy : €2,100 (purchase of 50 metal beds for the children).
- Od Sal Chöling : €2,000 (food, hygiene items).
- Tso Gyal Ge Phel Jong : €1,500 (repairing of the building roof).
- Palyul : €2,400 (2nd phase of the work for the new kitchen).

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

### Learn Tibetan

Some of our members and sympathizers sometimes ask us where and how they could learn Tibetan. Here are some ideas and... an example of one of our members lived.



**H**is script, which has been invented in the seventh century by Songsten Gampo, King of Tibet at that time, has two forms: literary and spoken. We must know the first one if we want to read classic religious texts, and the second one is essential to communicate with Tibetans today. According to Hélène Cornu, a member of our

association, its learning is quite difficult as: "Not only do we have to learn the meaning and design of the ideograms, but we also have to get knowledge of the structure of the sentences which are constructed in reverse. When I studied it at Langues Orientales (Oriental Languages) in Paris, we were 45 students at the beginning of the year,

then 15 at Christmas time and only 5 or 6 to take the first year exam. However, we all have passed it since we had a wonderful teacher, Dagpo Rimpoche!". Nowadays, the only reliable place where this complex language is taught is still the Langues Orientales Institute in Paris, but some websites intend to teach it. It will certainly not be that easy!

# Functioning donations

*You want to aid a school for a long time but you do not want to sponsor a child...*

*Functioning donations are made for you.*

It's all right to sponsor a child or a structure. But, in the same spirit, why not call for funds for jobs as English teacher, nurse, doctor or cleaning lady, which are as essential to the good functioning of schools as the other ones. According to the humanitarian team which has just set up this system, it's, in any case, a good way to appoint competent professionals in the right places while ensuring a long lasting follow-up. "Until now, when all these people we financed were not competent, the headmaster did not dare to replace them and this



was very damaging to the children" explains Sabine Charbonnier, who is in charge of AMTM humanitarian team. "While with a regular functioning donation we shall be able to provide the services of good standard people who will not want to leave us because they will be salaried employees. Another plus, this



Salina Tamang, in 1st grade of nursing auxiliary, is starting out at Buddha Academy. Above, an English lesson at the nunnery.

will make the budget administration easier". Only advantages, also for AMTM which will no longer be responsible for finding a budget every year to pay these services. For the donor, the cost is similar to the sponsorship one: €25 per month, that is €8.5 after tax deduction in France. Takers: [contact@amtm.org](mailto:contact@amtm.org)

## PORTRAIT

### Kyungtrul Rimpoche

**Kyungtrul has already lived several lives. That does not prevent him from having both feet in reality and to manage two monasteries, one in Nepal and the other in Mustang.**



From a Westerner's point of view, Kyungtrul's destiny is unusual. At the age of 25, this man who surprises by his unpretentiousness and his modernity shares his time between Lo Ghe Gar monastery in Mustang, which he leaves in winter with the ten young monks who live there to go to Rigzin Phodrang one, in Pharping, which he has taken in charge for two years after his father, Ralo Rimpoche, a great exorcist, too old to continue to deal with it. From his birth in Taiwan, the baby draws attention, a large light

having illuminated the hospital, according to witnesses. A sign of what he will become later, when he was recognized by the greatest Tibetan masters as the reincarnation of one of the 25 disciples of Padmasambhava, founder of Tibetan Buddhism during the eighth century. Since then, in his different lives he tells with many details, he has met 19 masters, has been a Tertön (treasures discoverer) then a renowned master in Kham, and has taught in Bhutan and Lhasa. But let's return to his

latest live, already quite busy. A life of study with great masters like Penor, Chatral or Khyentse who led his enthronement ceremony in two monasteries when he was only six years old. In 2000, Chatral asked him to go on a retreat of 3 years, 3 months and 3 days. The teen-ager felt so good he did not want to leave. But Chatral urged him to take care of others. This is what he has been doing since, with the greatest unpretentiousness, with his wife and daughter around him. This does not stop him from his favorite activity: meditation.

## MISCELLANEOUS

### ■ Creation of a Projects Committee.

More and more appeals for aid are sent to AMTM. They are of all kinds and amounts: opening of sponsorships in a site, more than €100,000 for the construction of buildings in a school, purchase of blankets for some hundreds of euro, replacement of broken beds, supplying of clothing for the new kids, purchase of water because of a malfunctioning supply, etc.

We therefore have decided to create a committee with 2 representatives of each sector (medical, humanitarian management and sponsorship), with a president who leads it but does not vote.

This composition highlights the complementarity of the three axes of AMTM activities.

The role of the committee being to give a justifiable opinion on each project, each sector may therefore give its. AMTM has always been in an efficiency and equity approach, and this new expertise will strengthen this feature.

# Cheer to... Lara's songs

Lara Fabian is really a wonderful, generous and loyal patron. For four years now, she gets involved for us every time she can. Guest on Frédéric Lopez's

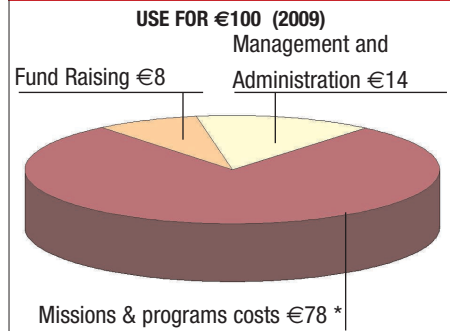


*N'oubliez pas les paroles* (Remember the lyrics) Nagui's program of which that day the earnings were donated to

three associations. Lara chose AMTM and with her partner Eric Laugerias, they allowed us to collect €25,000. 4.6 million people watched this program. At the time of these two events, the number of visitors of our website exploded and we received sponsorship applications. Thank you very much to her.

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## KEY NUMBERS



- > AMTM budget for 2010 **€545 000**
- > Number of donors **4 000**
- > Number of sponsorships **1000**
- > Number of volunteers **120**
- > Visits on the website **2000 / month**
- > Sponsorship monthly cost **€25**  
(€8,5 after tax deduction allowance inf France)
- > Annual subscription **€35**

\*and provision for future projects.

# Increasingly motivated fans!

Sébastien Izambard, our patron since 2005, multiplies initiatives to help our association. The most recent ones: two online videos on Facebook and YouTube. The first one, New Year's greetings to his fans in French and English in early January 2010 was viewed 4,000 times. In the second one, he encourages his fans to keep up with AMTM mission in April in Nepal on our website [www.amtm.org](http://www.amtm.org). It was viewed more than 3,600 times.

As a result, his fans have an increasing desire to help us. So thank you Sébastien!



## THEY HELP US

- Thank you to all who contributed to our call for funds for **surgery: €23 375** will be used to respond to vital requests for 3 years.
- A big thank you to all the managers of **Du Pareil au Même** stores who give us clothing for the children of our schools.
- Congratulations to **Bay Area Divas, in California**. These fans of Il Divo raised \$2 500 for the association, among others, during an auction sale.

Sébastien Izambard visiting our premises in Nanterre last February.

## CONTRIBUTE TO OUR AID

Cut and send this donation form to:  
**Assistance Médicale Toit du Monde** 81, avenue du Maréchal Joffre - 92000 Nanterre - France  
 Tél. : +33 1 47 24 78 59 - Fax : +33 1 47 24 78 07 - E-mail : [contact@amtm.org](mailto:contact@amtm.org) - [www.amtm.org](http://www.amtm.org)

Name: ..... First name: .....  
 Address: .....  
 Zip code: ..... Town: ..... Country: .....  
 E-mail: .....

I WISH TO HELP AMTM AND I MAKE A DONATION:

- €30       €50       €100       Other : €.....

I CAN ALSO USE SECURED ONLINE DONATION AT [www.amtm.org/en](http://www.amtm.org/en)