



Toit du Monde

REVUE DE L'ASSOCIATION ASSISTANCE MÉDICALE TOIT DU MONDE

EDITORIAL

Club of the 200 ones

Even if the annual budget of AMTM exceeds €500,000, after the distribution of the allocated amounts on the spot (sponsorships and donations for specific projects), today funds lack to maintain the heart of our action:

- The 4 medical and humanitarian annual missions

- The functioning of the head office

Both are essential to the quality of our work, the missions for a regular activity in Nepal and India, and people working at the headquarters to organize, optimize and develop our actions.

In order to secure AMTM permanency and to relieve the leaders' everyday, we had the idea of setting up the "Club of the 200 ones". That is at least 200 supporters necessary to maintain the financial stability of the Heart of the Association.

Do you want to join the Club? It's easy. Just subscribe at least €5 per week, that is €260 per year* (€1.70 per week after tax deduction, thus only €88 per year).

Together, with a certain but moderate effort, we can change AMTM everyday in favor of our friends of the Roof of the World.

Join the Club now!

Be part of the Heart of the association, receive your member card and your Club of the 200 ones letter.

Thank you in advance and welcome to the club!

* Form on request or
www.amtm.org/association/club-des-200.html

Laurent Charbonnier, Président

ON THE SPOT

Words by... *Brigitte le Cossec*

Doctor of pharmacy and humanitarian referent for 3 sites in Himachal Pradesh, northwest India, where 94 persons are sponsored. Every summer, she lives there during more than a month



"A fascinating human adventure"

"S"ince 1995, year after year, I've been living a fascinating human adventure. The specific characteristics of the region –geography, climate, harshness of the living conditions, journey time, sites at 1,200 m (Rewalsar) and 3,800 m (Spiti), rocky roads and trails with mountains passes at 3,900 m and 4,500 m...- require an atypical logistics suited to these special medical and humanitarian missions. Staying and living long enough in each site is a choice that allows me to be well up on the families pace of life, to learn their cultures and traditions, to assess the evolution of the living conditions –which, through sponsorships, allows an healthier housing, an healthier diet, regular medical care, an affectionate support with letters and photos of the sponsors, to have warm moments with the monks of Rewalsar, the nuns of the cave of Padmasambhava, the young people of Kungji in Spiti and above all to assess over the years the consistency of the operations in accordance with the local functioning.

The creation of medico-pharmaceutical partnerships (purchase of drugs at Mandi, primary and dental cares given by local and French caregivers from other associations) also ensure AMTM 3 axes. AMTM medical house in the process of finishing will allow from 2011 to give ne a mess treatments, which are so useful in this remote region of India, in aid of everybody.

I thank you on behalf of the 46 sponsored people in Rewalsar, the 48 in Spiti and the families having received a special attention, whom I could still meet this year."

INDIA. A position funded by AMTM for the Sisters of Cluny HIV house

From now on, the Sisters of Cluny HIV house has an "counselor" to manage health and social aspects with patients

Appointing right professionals at the right places by funding them through functioning donations is a necessity we mentioned in our previous revue and for which we appealed to your generosity. In consequence, since March 2009, there is a permanent counselor at the HIV house of Kalimpong in India the Sisters of Cluny set up to help AIDS patients who are more and more in this country. An essential position to be recognized by the World Health Organization (WHO) and also for patients. Indeed she follows-up health and social services for the patients. This job is essential in this centre of 20 beds where 70 to 80 persons are treated, mostly young people of 20 to 30 years



AMTM team during the mission of March 2010, with the members of the Sisters of Cluny HIV house

old, for the most in despair. Those who are 20 are often angry, others have nervous breakdown while others take drugs to forget. Educated by the State, the counselor help them to overcome all that. She explains their illness, their treatment and why they follow it. She is also there to link the patients with their families, to ensure psychological counseling

and help them to return home when they are getting better. Karine Humbert, an AMTM volunteer doctor who is behind the appointment of this position, deemed this work as essential as the nurse and the doctor ones. This corroborated the latest news from the HIV house where 7 patients died this year.

The last one was 22 years old and most of them have children who are infected. Uneasy for those who stay, whom the Sisters of Cluny call People who are experiencing living death.

Good to know for the donor, the cost of donations is similar to that of a sponsorship: €25 per month tax-deductible (i.e. €8 after deduction)

A C T I O N S

■ Thanks to you, AMTM continues its operations on the spot through **humanitarian and medical missions**: 13 people went to Kathmandu, Nepal in October 2010. Donations have been given in several sites:

- Nyingma Palyul: €3,000 (balance for the building of the kitchen); €500 (water tanks); €600 (mattresses and blankets)
- Ulrgyen Do Ngak Chöling: €620 (beds)
- Snowland Ranag School: €250 (pillows and toilet accessories)

■ Thanks to our partnership **with the NGO Hamap**, we shall be able to fund up to €40,000 the work on the water supply system for 6 villages in the region of Suruk, Northern India, with the construction of a 11 km long pipeline. This project initiated by the Sisters of Cluny will supply running water in a region where 16,000 inhabitants live

C U L T U R E - É D U C A T I O N

« Les aventures d'une grenouille népalaise »

The Adventures of a Nepali Frog

Bhaktaprasad is a fearless little *bhyaguto* ("frog" in Nepali). She decided to start a long journey across her country, Nepal. From the gorge of Chobar going past the Pokhara Valley to Dolpo, her exciting adventures lead us to meet a lively Nepal where culture and tradition are compatible. Kanak Mani Dixit has written a

cheerful, humorous and mischievous tale, which was first published in a Nepali newspaper, *Rising Nepal*, before becoming a publication translated in several languages. The opportunity for young people to discover the often little-known way of life in this place of South Asia. You can buy this book, published by Rato Bangala Kitab, an

independent publishing service of Rato Bangala school, in the Valley of Kathmandu, in our online shop and this way being "in two ways" helpful. It don't go spoiling the pleasure of a reading full of unexpected discoveries... French-Nepali glossary. Black and white illustrations. shop.amtm.org: €9



Sponsors urgently wanted!

About fifty children of Tibetan refugees have been left at the gates of 3 inaccessible Himalayan monasteries where monks live below the poverty line. This time again, your help will be essential.

We call them Tsum monasteries, by the name of this remote region of Nepal where they have been built on the mountainside at a giddy height of 4,500 m, and which can be reached only after ten days of an exhausting journey on foot. Monks and nuns live there, very near the Tibetan border, in material conditions of extreme harshness, below the poverty line, particularly in winter when the temperature drops dizzily. For 20 years, Lama Sherab Tendar entertained the idea of building a monastery in the valley of Kathmandu to improve their lot, so that those from Tsum can spend winter in the warm. By dint of tenacity, Od Sal Chöling opened its doors at Godharavi 5 years ago and the monastery houses



Lama Sherab Tendar, founder of Od Sal Chöling Monastery.

not only the nuns and monks from Tsum, but also about fifty children that impoverished Tibetan families leave at the gates of their Himalayan monasteries. For 4 years, AMTM has succeeded in releasing €1,500 to €2,000 every year to meet these chil-

dren's needs. It makes it possible to feed them and to give them toiletries. But urgency demands to make this aid lasting, and the sponsorship of ten monks who each supervise ten children seems to us the most appropriate solution.

For some children come and go, sometimes picked up by their parents. This way, the sponsors will be able to follow their "sponsored monks" and the detail of their action.

We need 11 sponsors. We found 3. The ideal thing would be that at the moment of our next mission to Kathmandu by March, we could give Lama Sherab Tendar the money from eight other sponsorships. We remind you a sponsor agrees to pay €25 per month during at least one year and that this amount makes it possible to feed ten children. Thank you to contact us and to help them: contact@amtm.org

PORTRAIT

Sylvie Gosselin, AMTM financial director

We don't see her in our sites and not very much in this journal and yet the role of Sylvie Gosselin is essential since she is... the treasurer! Drawing up budgets for the missions, keeping accounts, drawing up the closing balance sheet and the annual report of a NGO are no small tasks. She devotes half of her time to AMTM. "My commitment was progressive and my role has been defined over the time. When I was young, I wanted to become a

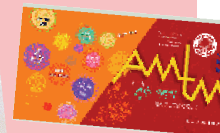
humanitarian doctor, but circumstances decided otherwise and I became... an accountant! But I still had the idea of making myself useful and helpful and I was looking for a charity in which I could be useful. In 1995, I became a member of AMTM, thinking one day I would also go to Asia for a mission. In reality and very soon, I understood that I was more useful at the head office and when our previous treasurer left in 2007, I naturally took her duties."



Meanwhile, Sylvie sponsored three young children in great difficulty and she gave up her job of accountant: she admits she discovered oriental philosophy through the association and she became a therapist for relaxation. To relax her patients, she introduces them to... mandalas drawing. She assures these two activities are ideally complementary.

ACTUALITE

■ A beautiful calendar 2011 for €7 and new greeting cards were designed by the communication agency Strategik & Numerik for free. (shop.amtm.org or at the association head office).



■ And do not forget our Christmas fête on December 5 at Unesco!

Facebook is kind-hearted and the network mobilizes to help us

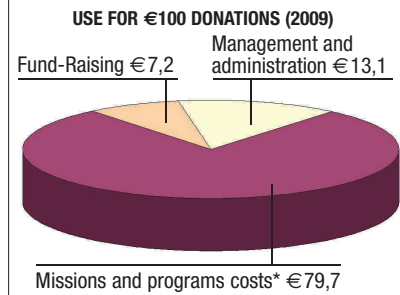


Through Facebook, a fan of Il Divo gave us the last "collector" bottle of the marriage of Romina Power with Al Bano, two very famous singers of the 80s: video promotion by Sébastien Izambard himself, soon on e-bay!

«**A**MTM joined Facebook for some two winters, says Virginie Condette, Public Relations Manager for this operation, and everyday we are surprised by the reactivity of the sites and the curiosity we arouse all over the world". And so, since last spring, the fans of Sébastien Izambard, of the band Il Divo, organize all kinds of events of which we reap the fruits: in Ireland, the winner of a raffle won a painting by a talented local painter and AMTM collected

€1,500. In Austria, the singers fan club opened a secondhand shop and collected €500. Another fan club came in France to give us \$1,000 collected in California. From Latvia, Brazil and everywhere, we receive clothing for children of Nepal... "We now have more than 650 members on Facebook, from 15 countries, and the number is constantly growing" delightedly explains Virginie, who organizes these snowball operations.

KEY - N U M B E R S



- > AMTM budget for 2009 **€545,000**
- > number of donors **4,000**
- > number of sponsorships **1,000**
- > number of volunteers **120**
- > visits on the Internet site **2,000/month**
- > sponsorship monthly cost **€25**
(€8,5 after tax deduction allowance in France)
- > annual subscription **€35**

*Including a reserve for future projects.

THEY NHELP US

- Thank you to **Europe 1** radio that broadcast 12 commercials when we were in Nepal for our latest mission, during the week end of October 30, explaining our action on the spot. A noble gesture of solidarity and an excellent ad for the association.
- Thank you to the **newspaper L'Equipe** which gave us a quarter page in its issue of November 9th. A beautiful space to publicize the association and our actions
- We have just signed a partnership with **centpourcentiphone.com**, website of online sales of Iphone and Ipad accessories, which has not hesitated to help us and pay us back 5% of the proceeds of the sale! Visit this site soon...

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

Name : First Name :

Adress :

Zip code : City : Country

E-mail :

I wish to help AMTM and I make a donation :

30 €

50 €

100 €

ww other :€

You can also use secured online donation at www.amtm.org/en