



AMERICAN HIMALAYAN FOUNDATION | MOVING FORWARD





❖ AHF's mission is to take care of people in the Himalaya who are in need and have no one else. refugees trying to survive in the 21st century without losing their culture. For all those who need



Girls at risk of being trafficked, orphaned or disabled children, destitute elders, displaced shelter and warmth, education, medical care, or to live without fear and hunger, we're there.



IN LOVING MEMORY

Richard C. Blum

July 31, 1935 - February 27, 2022

Richard Charles Blum, our founder, chairman and lodestar, is deeply missed. He was a visionary whose compassion and generosity were extraordinary. In the months since his passing, we are coming to terms with our loss and slowly beginning to shape the next chapter in AHF's history. On our recent trip to Nepal, we could feel his spirit soaring among the students, nuns, refugees, children in hospital, and deep in the monasteries where communities came to pray for a father figure they have lost.

AHF is Richard's legacy, and we are committed to continuing the work he began — helping those in need who have no one else. We hope you'll stay with us. There's still a lot to do.

— Erica and Norbu





A heart connection to Mustang

Richard loved Mustang and was powerfully drawn to it from his first visit. In a letter from the Raja and the Mustang community they wrote, “Over the years we have realized Richard is one of our own, born in a faraway land, only to come back and help his people living in a remote isolated kingdom.”



The Raja of Mustang and his family with Richard.





MUSTANG

THE KINGDOM OF LO

I am reminded every moment how lucky I am to get this opportunity to work in my homeland. Especially when I get to see the direct impact of our work — young children well-prepared to join school after attending our day care centers, patients being treated in clinics near home, school kids learning in their native language, aspiring teens studying together towards a better future in our Jomsom hostel. Loba families visiting their place of refuge, now restored in every form, with beautifully painted murals and many more monks and anis.

Since I joined AHF, this was the first year that all our projects in Mustang operated free of Covid setbacks. I am amazed we were able to complete the water reservoir construction



AHF's work to date: 14 day care centers, 7 health clinics, 65 teachers, 100+ restoration artists trained, and 49 public works projects — bridges, trails, irrigation, drainage.



in Thinkar village. Most people there are subsistence farmers. As I walked past the village, an older lady who knew my late grandfather told me how life-changing the

reservoir is. “Now we don’t need to sleep next to the irrigation canals on cold nights to irrigate farms anymore. There is going to be enough water for all.” Warmed my heart.

Thinking on all the hardships Lobas like my grandparents faced in this remote place, I am thankful AHF is bringing relief with developments like the reservoir, better health care, childcare, education, and much more. And to be part of it, serving my people in the most effective way.

— *Yanchen Dolkar,*
Mustang Program
Manager





HRDC LOVE HEALS

Walk through the front door of HRDC and you can feel the hospital buzzing, full of children, their parents, and hospital staff in the hallways, exam rooms, and wards. Some of the children are on crutches, others in wheelchairs or with plaster casts. But the feeling is upbeat and hopeful, and for good reason. This is the place where the Drs. Banskota and their medical team will, with skill and care, straighten twisted limbs, fix club feet, treat bad breaks and burns — all the mishaps that can befall a child.

For Nepal's poorest children, these mishaps can spell disaster. If their parents are struggling to feed them, affording medical care is hopeless, and the child suffers. But then they come to HRDC, where their physical and emotional wounds are healed, and their lives are completely transformed.

AHF and Dr. Ashok Banskota have a 34-year partnership, and in those three decades HRDC has grown under his leadership from a tiny clinic to a modern 100-bed children's orthopedic hospital. Now his son, Dr. Bibek Banskota, leads the team of compassionate and skilled doctors and nurses who care for these kids every day with the same dedication. Dr. Bibek says he knows the children they treat have regained hope and dignity

A child happily enroute to recovery. Wheelies, anyone?



when they start smiling.

Today, HRDC's community-based rehabilitation brings their trademark care and expertise to children in some of Nepal's most far-flung corners. Through 34 years and over 110,000 transformed young lives,

HRDC continues to be one of the most inspirational places you'll ever visit.



110,000 young patients healed at the Hospital and Rehabilitation Center for Disabled Children. These doctors rock, and we're proud to be their key partner.







SGT prevents girls from being trafficked into slavery or child marriage by keeping them in school. There they are safe to learn, protected from predators, and encouraged by a network of alums, extra teachers, and visibility in their villages. They gain confidence as they learn about themselves and the world, and they can finally smile.



STOP GIRL TRAFFICKING

12,500 at-risk girls go to 500 schools across Nepal every year. 28,000 are in or have been through SGT. Alum groups are springing up and help their younger "sisters" should the need arise. Dr. Aruna Uprety and her organization, RHEST, work everywhere in Nepal where there's still trafficking.



Sarita's Story

Sarita was 8 years old, in grade two, when I first met her outside the rundown shack where she lived with her impoverished grandmother and younger brother. Her

parents had abandoned her in a brick kiln. Sarita scarcely spoke in school, but she was a bright, spunky girl. She had begun to open up after becoming part of STOP Girl Trafficking. "She has potential, given some care and nurturing," her teacher told me.

But she did not get care or nurturing. Her grandfather abused her and beat both children so badly that they finally fled 80 miles, somehow, to Kathmandu, hoping to find refuge with an aunt. This aunt was in bad health and couldn't keep them. But she cared about them and, aware of Sarita's schooling, called SGT for help.

The staff was looking for a good home for them last spring when I happened to be in their office. We called Childhaven, a children's home run by wonderful, dedicated people I have known most of my life. They said, "Of course."

This trip, we stopped by to see Sarita after school. She is 11 now, taller, and she smiled and looked less wary. Her brother, now eight, was still sometimes "naughty" but had made friends.

Love heals. We often say that about HRDC, but it was true here for these two children who finally found, with some help, safety and home. Sometimes it takes a village.



My first meeting with Sarita stayed with me. Seeing her finally safe and back in school was a lovely moment for us both.



Dr. Aruna Uprety, SGT's visionary founder, doing what she loves — protecting and educating girls. It only takes \$100 a year to keep a girl safe from terrible harm.



A WALK IN THE KHUMBU

“Our generation will never forget this,” said Lhakpa Tenzing Sherpa. He was expressing his gratitude for the five months of food relief AHF provided during the pandemic for families across the Khumbu.

Walking through the villages on my recent trip, we listened as people overwhelmed us with their appreciation, in community gatherings in Thame and all the villagers of Kunde, Khumjung, Pangboche, and Phortse who came to meet us at Khumjung Monastery. We didn't expect it, and it was very emotional.

Visiting the AHF-rebuilt monks quarters and the beautiful Thame hostel that houses 24 children so they can attend school, and watching Dr. Mingma Kanchi and her all-Sherpa staff at Kunde Hospital gently tend to a stream of patients, I could feel that things are getting better. This is a welcome change. And yak drivers and lodge owners are happily welcoming trekkers back.

With an eye on the upcoming 70th Everest anniversary celebrations next May, I think it will be a time to celebrate the many things the Khumbu has to offer.

— *Norbu Tenzing*



Peter Hillary, Kancha's son Tsering Penjo, and me enjoying a moment together in our families' favorite place.



Dr. Mingma has an easy laugh and a knack for making her patients at ease. She was born in Kunde Hospital where her father was a health worker. Now she gets to deliver the children who are born there.

She joined Kunde in 2016 and, in 2021, took over from Dr. Kami Temba, her mentor and Kunde's first Sherpa doctor. 80% of her patients are Sherpas. What keeps her up at night? Deliveries, fall injuries and trauma. But she's up to it.

“You gave us everything but the chili!” joked one of the women at our surprise celebration in thanks for AHF's Covid food relief.







KEEPING THE FAITH

The raucous Kathmandu traffic fades as you step through the gates of Keydong Nunnery. It's quiet for just a moment and then the little nuns come running into the courtyard, laughing, holding tiny bouquets for the visitors. It's a charming greeting. The abbot and elder nuns follow, more restrained but with a warm welcome.

There are more young nuns there this year, about three dozen young girls with their infectious smiles and red robes. The abbot explained that the pandemic hit the Himalayan Buddhist communities very hard and, as work dried up in the lockdowns, parents struggled to feed their children. Some,



Several dozen new nuns were also part of the kata greeting line at another nunnery we visited, again all smiles. Abbot Lama Gondup reminded us that he first opened Kunsang Choling as a refuge for five girls fleeing a famine in the far west. Like Keydong, they offer a secular as well as a Buddhist

desperate, came to the nunnery with a plea to have their girls enrolled, and he could not refuse a parent willing to part with their child so she could be sheltered and educated.



education and had set up special classes for the new arrivals.

Monastic institutions have always been bastions of faith and connection for Nepal's Buddhist communities, who come to them for prayers and rituals for birth and death, wellbeing and good fortune. In the pandemic, they also offered a kind solution to parents' desperation and love.



More young girls were welcomed into nunneries this year as poor families struggled to feed their daughters.



CARING AND KINDNESS

For people with nowhere to turn, a little caring goes a long way. Their situations may be complicated, but their needs are simple: food, shelter, safety, love. We ease them back from the brink and steady their lives so they have some peace and a little distance from desperation.



Orphaned and homeless children find a safe haven, education to build a real future, and people who truly care about them. And



Thank you for being there for them. With these acts of kindness, you make the world a better, kinder place for those in need.



joy in being with other kids.

Navjyoti and Ngoenga Schools help disabled children live their best lives. You can feel so much love in the tenderness and skill of the caregivers and see how it helps the students flourish.

For weary elders, worn down, alone and destitute from decades of manual labor and fighting to hold onto their culture, we offer the simple gifts of a warm home, food, and companionship. They tell us, tear-

fully, that they pray for you every morning for giving them this kindness and refuge.

Other sentient beings need kindness too. So, every day, rain or shine, two amazing young women prepare food and load up their backpacks to feed 150 starving street dogs. The dogs, so used to cruelty from people, feel their compassion and have grown to trust them.



Meet Charu Pradhan, AHF's new Nepal Country Director

She's been with AHF 20 years and says, "I want to ensure every bit of your generosity is well utilized and directed to transforming the lives of people in Nepal." She delights in bringing smiles and opportunities to people in need in her beautiful country of diverse culture, tradition, and nature. And she believes that, "a fulfilled life means having compassion and kindness towards all." Congratulations Charu, and well said!





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A note from AHF's new Chair

Dear friends,

I am thrilled and honored to be board chair of this extraordinary organization, which has transformed the lives of hundreds of thousands of people in one of the world's neediest regions. I first got involved with the American Himalayan Foundation shortly after the 1996 Mt. Everest disaster as a way to repay some of my personal debt to the kind, courageous Sherpas who did so much to assist me and other survivors of that calamity.

My involvement deepened over the 26 years that followed as I learned more about the remarkable work AHF does beyond providing education and health care to Sherpas. I am especially impressed with the STOP Girl Trafficking program, which identifies girls throughout Nepal who are at high risk of being trafficked to brothels, enrolling them in school, and then ensuring they remain in school to keep them safe. It has proven to be a spectacularly effective program.

Working in Nepal is never simple or easy, but I'm looking forward to collaborating with AHF President Erica Stone, Vice President Norbu Tenzing, their exceptionally talented staff, and my fellow directors to meet the challenges we encounter in the years ahead.

Kind regards,

Jon Krakauer
Chairman





You can make a real difference in someone's life. Please, make a gift.

Paws to care?

\$50 pack it in to feed 20 dogs for a month.

STOP Girl Trafficking

\$100 keeps a girl in school and safe from harm for a year. **\$1,000** takes her safely to graduation.

One step at a time

\$200 gives a child life-transforming surgery from Dr. Banskota. They will thank you with every step.

TLC

\$300 feeds a special needs child at Ngoenga School for a whole year. **\$375** gives a child cherished mobility with a wheelchair.

Respect your elders

\$1,000 (that's correct) for a full year of care and nourishment for an elderly refugee.

It makes nun sense

\$30 a month gives a nun food, shelter, and education. And she'll pray for your wellbeing.

Year of the Tiger

Send what you can to keep tigers safe from poachers. They need us now.



AMERICAN HIMALAYAN FOUNDATION

909 Montgomery Street, Suite 400
San Francisco, California 94133
(415) 288-7245
www.himalayan-foundation.org

