

KAM FOR SUD

Kasturi Mirga Forum for Sustainable Development

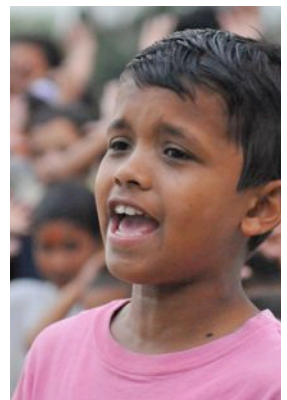
Sede legale c/o Avv. Antonio Galli, Corso Elvezia 16, CH-6900 Lugano, Svizzera
Kam For Sud Bazaar Via F. Rusca 2, CH-6600 Locarno, Svizzera +41.(0)91.2200364
Coordinamento progetti Silvia Lafranchi Pittet, CH-6670 Avegno, Svizzera
+41.(0)91.6309708 www.kamforsud.org info@kamforsud.org

Activity report 2012

"THE SECRET OF SINGING ...

... is found between the vibrations of the singers heart and the throb of the listener's heartbeat" [Khalil Gibran]

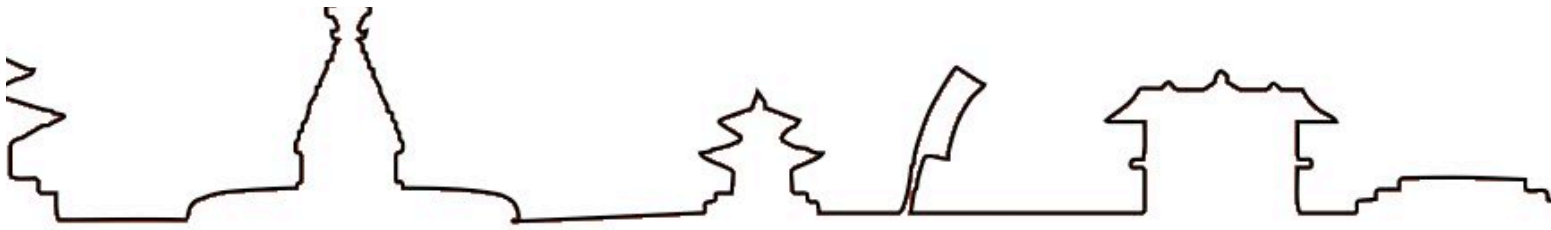
This year, the children of the farm-orphanage in Tathali let their voices vibrate passionately on several occasions: first in practice with the musician Ursina Kappenberger, then during small, public concerts. The musical training initiated over previous years proceeded apace, not only as a result of contributions by Swiss musicians: to everyone's delight, a Nepali music teacher has started working with the children every Saturday.



In the pedagogical domain, the three couples of parents were given the opportunity to follow an intensive seminar with Anna Lafranchi, family consultant. Anna stayed at the farm-orphanage for two weeks, during which she and the parents dealt with a number of topics relating to the education, growth, and development of the children. Meeting daily, the parents freely raised and addressed important and personal questions, in a process which enabled the small community of adults to reflect on delicate topics, and, ultimately, which led everyone to feel reinforced in his or her own role.

Daniel Bernet, engineer and civilist, elaborated a strategy to improve the water supply to the three family houses. The plan, at its core, involves a more parsimonious use of the available water resources and the digging of a second well in the near future, when the number of children will have reached maximum.





THE PROJECTS IN SAIPU

The projects in the village of Saipu proceeded as planned, with the consolidation of various activities. In the schooling domain, three new teachers -Andreas Marberger, Fabio Torriani, and Simon Meier- continued working with Nepali teachers on didactic techniques. In the meantime, Daniel Bernet, engineer, elaborated a maintenance plan for the three hydroelectric micro-power plants, in collaboration with local persons in charge. Anna Christe and Jérémie Blaser, both physicians, continued working to train local medical staff for the health post. Together with local, district-level authorities, strategies and priorities for future development were established: a small maternity ward will be open in 2013. On the first photo, from left to right: Anna Christe, the staff of the health post in Saipu Rameshwor, Jay Prakash and Indira, their president Mukunda Paudel, the president of Kam For Sud Nepal D.D. Pradhananga, and Dr. Gian Antonio Romano.



In light of Patrick Grassi's positive experience using acupuncture as a complementary medical practice in 2011, and on request of the population of Saipu, Emanuel Haab, acupuncturist, worked at the health post in order to determine possible sustainable solutions regarding the introduction of this therapeutic method. Beyond the immediate satisfaction of patients, the introduction of a new technique only makes sense if it is inscribed in a long-term plan, so that it may function in the future without the presence of volunteers or civilists sent by Kam For Sud. The experiment is still in progress; Emanuel Haab will stay in Saipu until the spring of 2013, where he will work mostly with groups of patients affected by chronic pain, and where he will equally study means of revaluing local, traditional therapies.

THE DAY CARE CENTRE FOR STREET CHILDREN IN KATHMANDU



The project providing education and care for 50 street children in Kathmandu also grew stronger and continued to carry out its activities without any problem. This year, in addition to the special programmes held on Friday afternoons (sports competition, artistic and literary programmes, dance, etc.), a particularly extraordinary event for the children was the presence at the centre, for one month, of eight young people from Ticino, all students at the "Specialised School for Health-Related and Social Professions" (scuola specializzata per le professioni sanitarie e sociali, SSPSS). Indeed, Jessica Ferrari, Shanty Henderson, Michelle Huhn, Andrea Marzi, Verena Moranda, Ida Muttoni, Joëlle Rigamonti, and Soraya Romanski completed a one-month internship in

Kathmandu with Kam For Sud. These young people and their teachers, Katia Papa and Antonella Trabattoni, prepared themselves with a serious attitude and went through the experience with strong, open spirits and a great capacity to give and receive. Meeting each other was enriching for both parties. The Nepali children fully enjoyed the new, instructive and fun activities offered by the students. They even went trekking in the mountains of their own, magnificent country, whose capital's polluted streets were, until then, the only setting they knew. They enjoyed uncontaminated natural environments and the adventure of setting out for a trip together with 45 people. The eight students from Ticino, meanwhile, opened their hearts and minds to a completely new reality, materially poor but rich in its humanity.





After Nepal, everything is doubt. But, at the same time, nothing is more certain than that. [...] It's beautiful to simply feel alive, without any luxury or material goods, with only the richness of the soul. You feel well, with a new tree within yourself, covered in flowers and fruits. [...] From now on, I will be even more careful not to lose what is essential in life, because I know what it means to have it in my hands, pure, naked and simple. Only bodies and life. But it's all I'd ever want. For ever. (Verena)

This month has been so intense and strong that it is practically impossible to express the emotions that arose from it. [...] I have learnt a lot, and I have brought a lot back home. (Ida)

Coming back to Ticino, I partly had to readjust to our everyday habits, because after an experience like that you can't come back and not be changed: you notice behaviours, ways of reasoning, words that people say more than before; and many things now can bother me. (Joëlle)

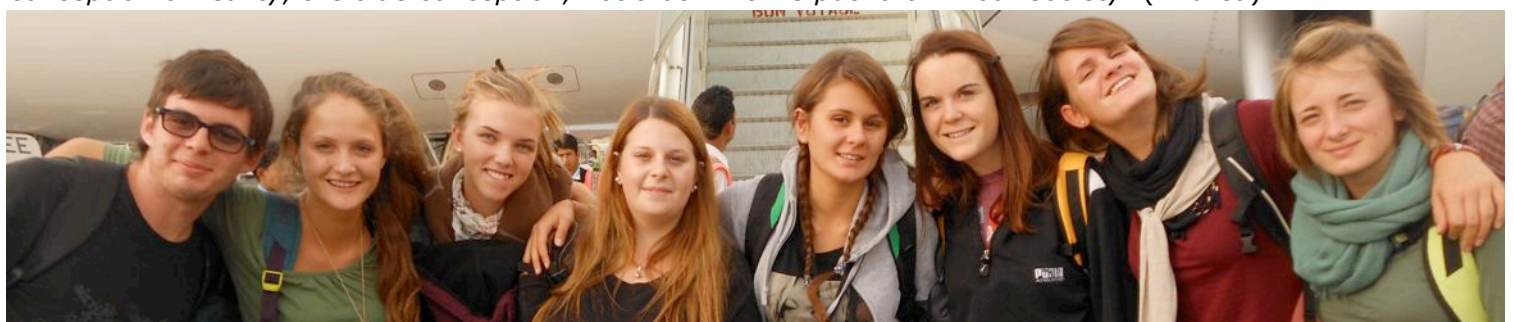
Before leaving, they had told me about poverty, the kind in which you don't even have enough money to eat. Before leaving, I had only imagined it, but it was only upon seeing it up close that it opened my eyes [...] When you see it, you become angry against yourself, and you think back to many of your own behaviours, which you now find stupid. And while you are doing that, a child less fortunate than you smiles to you and gives you a flower. You stay there, enchanted... You don't feel compassion, but you admire them, you admire the strength that they have, the kind which makes them live every day with a smile. And it's precisely that smile which infects you and that teaches you more than a person with an infinite list of diplomas ever could. (Michelle)

I find it difficult to lay the ink down, to write how I feel after such an enriching experience. It was only a month, but a month full of emotions, a month which enabled me to learn and to teach, a month which changed me. [...] All the moments spent in Nepal are very precious for me. Sometimes, I have the impression that a part of me has stayed over there. In that welcoming atmosphere, I found a second family. (Shanty)

I would leave again tomorrow if I could. The thing that struck me most is their happiness in life: although they have really nothing, they do everything so that you will feel well and comfortable, and they will always do it with a smile. For a while now, I will not see the children of the Centre. But I can say with confidence that I will feel them forever in my heart! (Jessica)

From my diary in Nepal: "All the words that come to mind seem too trivial or reductive to describe the sadness and the feeling of injustice that I carry within me. It's like a force that disrupts the heart and forces your eyes to watch. After the houses in disrepair, smaller than a toilet, in which a bed barely fits but in which you know that four people live together, you see your children observing you from this misery. [...] After a child welcomes you to the place he lives (house?) with a paper flower for you, and you start to feel a sense of guilt, and you catch yourself crying because you cannot do anything else, and with extreme shame you think about how you live and about how you don't know your own luck! It's well known, I knew it even before leaving, but now I feel it, I feel it on my skin and in feel it inside, there, in the intimacy of my own consciousness. I think of our houses, of our ways of having fun in the evening, of our families and our schools, and I ask myself how I can summon the courage to accept this flower, a flower that contains a profound meaning, a meaning which once found, you cannot let go of: the value of things." (Soraya)

I have never lived anything more intense than this month, and to review it without forgetting anything is practically impossible [...] After what I have done I do not feel like a tourist in Nepal any more; I feel I am one of them, one of their brothers, because that's how they call themselves, brother and sister, a large family, which like a hammer has destructed the stone that surrounded my heart, a heart which was scared, sacred of making a mistake, scared of not being up to such an endeavour, scared of being different, scared of not accepting, not wanting to see, to believe, to fight. A heart which was taken with absolute sensitivity by the hands of those people, a heart which has been pampered, breastfed, educated like a newborn baby that sees the light for the first time [...] This is what this unique and fantastic experience gave me: a new conception of reality, the true conception, not that which is put forth in our society. (Andrea)





SPONSORSHIP PROGRAM

With CHF 30.- per month we make it possible for a child to go to school. With CHF 90.- per month we enable a child without a family to live at the farm-orphanage in Tathali. This kind of expenditure might not change our lives, but for those children it changes everything! Our heartfelt thanks to the people who have discretely made it possible to achieve small miracles. For any information call 091.7434386, or email aaguggisberg@hotmail.com.

CLIMATE CHANGE IN UPPER MUSTANG: MOVING DOWN OR NOT?

Climate change is clearly noticeable in the Himalaya. It generates major problems in some regions, particularly as regards water regimes and water availability. Some villages of upper Mustang in particular confront a serious decrease in the quantity of water available during the dry season, and an increased risk of landslides during the monsoon. This has led three villages to contemplate migrating towards a more easily irrigable and more secure zone. Given how complex and delicate the consequences of transferring an entire community can be, a careful evaluation is warranted before any such operation is carried out. Kam For Sud, in collaboration with the SUPSI's Institute for Earth Sciences, the "Lo Mustang Foundation" as a local partner, and the "Fondation Assistance Internationale", has conducted an in depth study with the objective of identifying the most appropriate and sustainable strategy to face the present climate challenge in upper Mustang. The group of experts evaluated the feasibility and costs of various alternatives which could solve geological and water-related problems, conducted a socio-economic analysis, and spoke with all concerned families about the necessity of a potential delocalisation and about the chances of it being carried out successfully. In conclusion, it is very likely that two villages will progressively be moved downstream, while the third will be able to remain in its current location after improving conditions locally.



THREE CANDLES FOR THE KAM FOR SUD BAZAAR

Thanks to the passion and commitment of the group that manages it, the Kam For Sud bazaar in via F. Rusca 2, Locarno, concluded its third year of activity with optimal results, supporting the work of the association in important ways. This was only possible thanks to the dedication and perseverance of the voluntary staff, whose members bring their own contribution in turns. At the Kam For Sud bazaar, you will find Nepali art and craft that has been carefully chosen and displayed by Aurora Guggisberg, as well as information, films, and a direct contact with the people involved in the association. The bazaar is much more than just a shop!

WOULD YOU LIKE TO PARTICIPATE IN OUR ACTIVITIES?

Each of your donations is always received with immense gratitude, and is used entirely for the implementation of projects in Nepal. If you would like to participate in our common work more concretely, we will gladly welcome you among the members of Kam For Sud! By contributing a yearly fee of CHF100.-, you will become part of the vital core of the association which makes it possible for project management to take place seriously and professionally. More information, including the yearly balance sheet of the association, is available at www.kamforsud.org.