



AMERICAN HIMALAYAN FOUNDATION | 40 Years: Still Rockin' It



40 Years of AHF

AHF takes care of people in the Himalaya who are in need and have no one else. We do it by building trust and partnerships with communities. By helping people build for a future that still honors their heritage. By opening doors to education and health care. By caring for the most vulnerable, and, at the same time, working to change the circumstances that weigh down their lives.



1981

A group of scruffy climbers establish **AHF** to give back to the people and land they love.



1983

A great partnership with **Sir Edmund Hillary** and the Sherpas begins in the Khumbu.



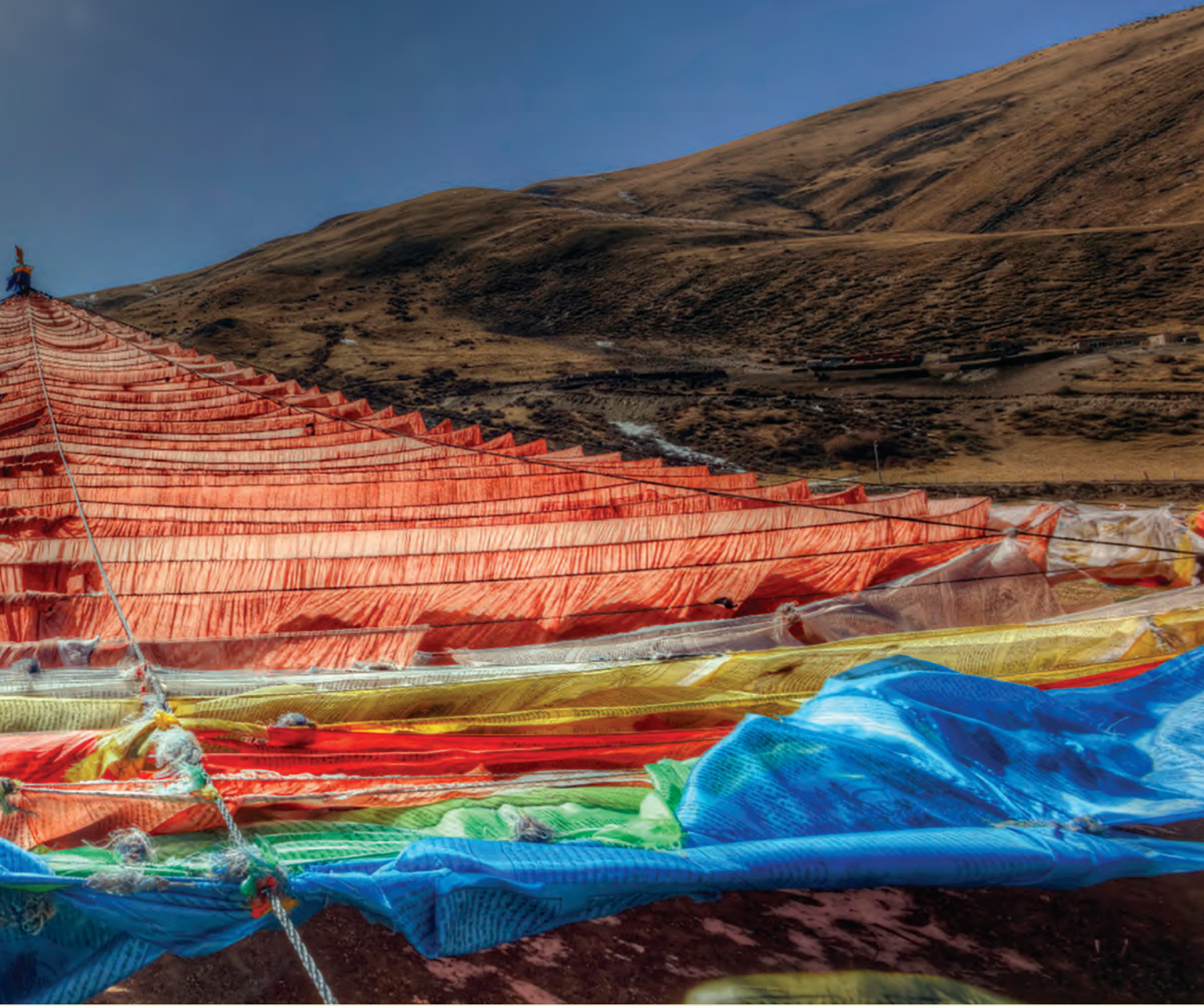
1988

A meeting with Dr. Banskota begins **HRDC**: The Hospital and Rehabilitation Center for Disabled Children.



1995

AHF earns its stripes by joining forces with **Fund for the Tiger**.



1997
STOP Girl Trafficking starts with Dr. Aruna Uprety's vision — to prevent girls from being trafficked.



1998
Cultural restoration work in the kingdom of **Mustang**. Luigi Fieni joins the team.



2000
The **Osher Scholars** funds college for poor Himalayan students. Game changer!



2004
AHF begins work with remote Tibetan settlements **Miao and Tezu** in northeast India.



2008
Himalayan Enterprise Fund offers a path to self-sufficiency for refugees.



2014

The deadly Everest avalanche. AHF's **Sherpa Family Fund** educates the children left behind.



2015

The Nepal earthquake. Immediate crisis relief and rebuilding and repair of 70 structures.



2018

AHF supports **Khunde Hospital** for healthcare in the Khumbu.



2020-2021

Covid Crisis Response. Lots of it.

Dear Friends,

Growing up, I was fascinated by Sir Edmund Hillary and Tenzing Norgay's ascent of Everest, and so I was curious to go to the Himalaya. Nepal was less traveled then — when I enquired about it, the travel agency said they were sorry, but the person at the Africa desk was out.

But I did get there and, like so many others, I first went for the mountains and kept coming back for the people. I had never met anyone as tough, and as generous of heart, as the Sherpas. On one of my early trips, I met Ed Hillary on the trail, and my childhood hero became a good friend.

In 1981, after an expedition to the Kangshung face of Everest, a group of friends and I got organized about our desire to help the Sherpas and founded AHF. We've had wonderful partners from the beginning, starting with Hillary's Himalayan Trust. Then a trip to Dharamsala to see His Holiness the Dalai Lama led to funding education for young Tibetan refugees.

As Ed said, "you have to walk the villages." So, we did. We listened to the community; they knew what they needed. And we found local rockstars with the vision and drive to make change, and backed them. It worked, and still does.

The other reason AHF works is you. You are the engine and the heart of all we do, and we are grateful for you every day. Please, stick with us. We still have a lot of good that needs doing.

Best personal regards,



Richard C. Blum
Chairman

COVER PHOTO: NILGIRI PEAK TOWERS ABOVE THE THAK KHOLA VALLEY, NORTH OF ANNAPURNA IN NEPAL BY GORDON WILTSIE AT ALPENIMAGE



4 STOP Girl Trafficking



Dr. Aruna Uprety lights up when she's talking in front of a classroom full of girls and their parents. She wants them to know, in their bones, the terrible danger to girls of being trafficked into lives of abuse and despair, and how it can be prevented. In a word, education.

You can see the parents lean in as they listen. After she does a call and response with the girls about the importance of staying in school and not marrying early, the whole audience breaks into applause.

In some ways, Aruna's work is easier now. In the beginning, 25 years ago, she had to go door to door to persuade parents to let their daughters go to school. Now, 25 years later, those first 54 girls have become 12,000 in 500 schools across Nepal every year. And they are following in the footsteps of 16,000 girls before them who were once at risk and, because of STOP Girl Trafficking, have graduated as confident young women.



A new first: an SGT graduate has been accepted into a prestigious medical school, with a full scholarship!

with schoolwork and be mentors and confidants. Alum groups also host literacy classes for women in their villages, support each other, and fight for women's rights.

Schools work as a safety net, connecting each girl to people who care, who notice if she stops showing up, and will step in if trouble does arise. More and more, those stepping in are SGT graduates, alums.

Alums have become Friday teachers and hold special classes just for SGT girls to help

They need to fight; dark practices still linger. Trafficking girls is very profitable, and the pandemic has made life even harder for those living on the rough edge of poverty. But Aruna's army of educated young women can fight back.

That is the power of education and STOP Girl Trafficking. Little girls living in poor and broken homes, once considered a burden or a curse, transform into young women full of hope who are changing Nepal for the better.





*Education teaches girls about the world, their own worth,
and how to speak up for themselves and others.*

HRDC love heals



It started small, an almost chance meeting with a young Nepali surgeon, recently returned from an orthopedic residency in the US, at his clinic. He had a modest request (an autoclave) and a bold vision: good medical care for all children with physical disabilities in Nepal. So began our partnership.

Since that first autoclave 30 years ago, AHF has been a steadfast partner to the Hospital and Rehabilitation Center for Disabled Children. We helped build their 100-bed hospital and support their vital surgical and rehab work year after year.

The father and son team of Dr. Ashok and Dr. Bibek Banskota are beyond inspiring. Dr. Ashok Banskota built HRDC from the ground up with his uncompromising belief in providing quality care for poor disabled children, and his son Bibek has stepped in and seamlessly amplified his father's vision. Together they have transformed the lives of 100,000 children.

Their dedication to living up to their motto “enabling abilities” for kids is legendary. From correcting poorly healed fractures to straightening club feet, they give every child their best, regardless of the family's ability to pay. Care is designed to heal the whole child, from surgery to physical therapy and beyond — there is even a school onsite for recovering patients.



An early view of the hospital and some young patients on the mend, and happy to be there.



When getting children to the hospital was a barrier, HRDC teams began going to the patients, with satellite clinics, outreach camps, and staff sometimes arriving by motorcycle.

A visit to HRDC is truly humbling. Being in the presence of the Drs. Banskota is a lesson in compassionate care and motivation, followed with the right actions. And if you visit the hospital on Wednesday around lunch time, never turn down an invitation for the best dal bhat from the hospital kitchen, vegetables courtesy of their new organic garden.





49 The Kingdom of Lo



Our Chairman Richard is, at heart, an explorer. He was long fascinated by the forbidden Kingdom of Mustang and became the first westerner with permission to travel there. What he found in 1992 was a spectacular desert landscape and people struggling. But his first meeting with the King of Mustang sparked a cultural renaissance.

Mustang is different today. It's no longer the land that time forgot. The gates to the kingdom were flung open by the Nepal government in 1992, and the 15th century kingdom has met the 21st century world in a rush. Now there are roads and jeeps and electricity, and packaged noodles. But the king's first request to AHF was prescient, to begin by restoring the soul of Mustang — the ancient, crumbling Buddhist temples. It was not quite what we expected, but we listen carefully to communities and respond to their priorities and needs.



The king was wise. There's always a tension, a pull



towards the shiny and modern. But seeing the neglected temples returned to their magnificence and the monastic schools thrive and tend to spiritual needs has given the Lobas, the people of Mustang, a renewed pride in their own culture and heritage.



As the temples came back to life, we worked with our local partners on the secular side of the cultural revival: daycares and schools, health posts and infrastructure. There have been many changes in the formerly forbidden kingdom, but we are hopeful. It is such a unique and beautiful place.



4 Caring



Kindness can mean the world to someone in need with nowhere else to turn. And caring for people who are in need and have nowhere else to turn — putting some distance between them and hunger or despair or abuse, that has been at the heart of what we do since day one.

Their circumstances may be complicated, but their needs are simple — food, shelter, care, love.

They are penniless elders who have struggled for decades to build lives in foreign lands or hold onto their culture and traditions at home. They are so volubly grateful for the simple comforts of a quiet home and warm meals as they settle into their twilight years, no longer alone.

They are children with disabilities who need extra, often specialized, care that their families can't afford, or even understand. At Navjyoti and Ngoenga Schools, these children learn, grow, and thrive with the loving expertise and dedication of the teachers and staff.

They are children, orphaned, abandoned, or fleeing abuse, who find shelter and opportunity in homes, schools, and special programs designed to help them stay safe, heal emotional wounds, and build futures they had not dared dream of.

The need for kindness extends beyond humans to other sentient beings. That's why we feed and care for the street dogs of Kathmandu. Even majestic tigers need protection from poachers and understanding from local villagers to have a hope of survival,



so we're there for them too.

By offering help to those who truly have no one else — the marginalized and overlooked who fall through the wide cracks in a system indifferent to them — you can replace loneliness and desperation with comfort, dignity, and hope. Things that all of us need.

“Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.”



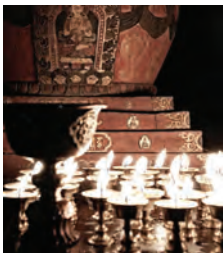


A caregiver at Ngoenga School helps a little one with physical therapy exercises to increase their mobility and quality of life. It's so easy to lift their spirits.



We take care of nuns and monks in the Himalaya, and they take care of all sentient beings.

4 Keep the faith



For many Himalayan people, their Buddhist faith anchors both their lives and identity. From birth to death, they rely on nunneries and monasteries for blessings, spiritual guidance, and solace in hard times. For those who are stateless or refugees, they are also an essential link to their culture and traditions.



Walk through the gates of Kunsang Choling and you can feel the calm as the road noises drop away. The nuns come to greet you in a rush of red robes, with wide smiles and hands pressed together in namaste, offering khata and tea.

This nunnery is a sanctuary, where the nuns study dharma and secular subjects and tend their organic garden. It's serene, humming with life and the sounds of prayers, chanting, and sometimes laughter. But the devotional lives of the nuns here also prepare them to tend the sangha, the community.

AHF met Lama Gondup, the abbot, after he had emerged from an 18 year retreat and started a small refuge for girls who had been abandoned during a famine in west Nepal. Two decades later, the Kunsang Choling nuns, 58 of them now, are known for their scholarship, beautiful mandala paintings, and performing rituals and prayers for all who need them.



Go to school



AHF's very first partners in education were Sir Edmund Hillary and His Holiness the Dalai Lama. Both visionaries believed that quality education was the most effective way to keep traditions alive. And we've followed their lead. This year, 13,500 students are learning and growing, from preschool to premed.

Every child needs an education to better navigate life in the 21st century. For refugees, village girls, low caste children, it's crucial. Learning opens horizons to opportunities their parents never had and clears a path for these children to build their own dreams — and live them.

How can you give these children the best chance to succeed? This is where we do our homework to identify and help fill gaps in the education system as it is. The closest school too far away? We build and fund hostels to give children from remote areas the chance to study. Students need lunch? Add a school kitchen. Families can't afford books, uniforms, or school fees? We're there. Teachers who honor their students' culture and traditions need support? We got that. Super important.

The result: Children who might otherwise fall through the cracks go to school. They study hard, their parents are grateful, and the children earn a seat at the table in this modern world. Then they break the vicious cycle of poverty.



The Osher Scholars

Himalayan students who yearn for college but cannot afford it can become Osher Scholars for help with tuition and expenses. We have had 350 Osher Scholars now, with 86 in university this year. Many of them have become leaders in their communities. During the pandemic, Osher nursing graduates volunteered on the front lines. Others brought food to Covid patients, still others offered support to frail elders living alone. The spirit of giving back runs deep in these Osher alums, and we are so proud of them.



Teeth and Their Care

As the part of the human, the students will be able to

Objectives

- identify the structure of teeth
- understand the function of teeth
- take care of their teeth

Head to Head

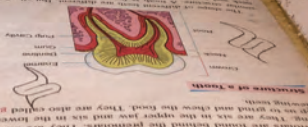
Check - Answer

Structure of a Tooth

Children are found behind the front teeth. They are also found and called crushing teeth. They help us to crush the food. They are also called crushing teeth.

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4 Pandemic update



We've kept people going with over 6,000,000 meals. Your kindness and support made all the difference. Really.

Covid hit Nepal very hard. Thanks to you, we were able to help our local partners from Mustang to Khumbu to Karnataka with what they needed to keep people alive: awareness campaigns, setting up isolation centers, equipping clinics with oxygen concentrators and PPE, funding a youth response team to assist patients isolating at home, and scrounging for scarce hospital beds. And, when the opportunity arose, funding vaccine drives for over 2,000 Tibetans in India. We hope the storm is passing, but if not, we will be there again, thanks to you.

40 years of AHF

The reason AHF works is you. You are the heart and the engine, and we are grateful for you every day. Please, make a gift. Together, we still have a lot of good that needs doing.

Who let the dogs out?

\$50 feeds 3 hungry street dogs for a year.

Think outside the box

\$75 helps a student go beyond rote learning to critical and creative thinking skills.

STOP Girl Trafficking

\$100 keeps an at-risk girl safe in school for a year.

Food for the soul

\$125 lets 3 nuns pray for all sentient beings for a month.

Transformative change

\$200 gives a child a new life with surgery at HRDC by the Drs. Banskota.

Young at heart

\$250 cares for an elder for a year. And gives you their gratitude for shelter and warmth.

Living with courage

\$300 nourishes a special needs child at Ngoenga School for a year.

or **\$1,900** for a filtration system to give the students and staff at Ngoenga clean drinking water for many years.

High altitude Sherpa care

\$1,500 keeps Khunde hospital (12,600 ft) running and seeing patients for a week.



PHOTOS: LUIGI FIENI, BRUCE MOORE, MATTHIEU RICARD, NORBU TENZING, TSEDO, BRIAN WEIRUM, TSERING RHITAR, ERICA STONE, GAURAV TAMANG, AND COURTESY OF OUR PARTNERS
COVER: NILGIRI PEAK TOWERS ABOVE THE THAK KHOLA VALLEY, NORTH OF ANNAPURNA IN NEPAL BY GORDON WILTSIE DESIGN: ALLYSON APPEN, STUDIO A2



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