

17  
May  
2019

# dnh brief



**NAMASTE**

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Dear Members and dear Friends of the GNHA,

At the turn of the year, a thick envelope arrived at our office. It contained a photo and good wishes from all the Tibetan seniors whom we support monthly with a small pension. At least once a year, a board member visits Tashiling, the Tibetan settlement in Pokhara. Heide Rolfs took this as an opportunity to learn more about the life story of two elderly Tibetans.

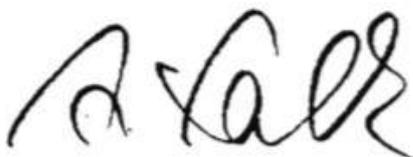
After only six months of planning and construction, we were able to inaugurate an important building as an annex to our MMB training centre in Badalgaon. It is always a cause for joy when, after months of construction work, a building is completed and inaugurated, and a celebration is then held with numerous speeches, singing and dancing. On my last trip I had the pleasure of officially opening our standard module with 2 classrooms, at 5 different places. Since I have a basic knowledge of the Nepalese language, and, as a foreigner, am always excused for any gross linguistic blunders anyway, I can be sure of the festival gathering devoting me a certain amount of attention. During my speeches I pulled my pocket inside out, thereby indicating that no further money was available for construction measures. This was always acknowledged with a great deal of laughter, which probably meant that they did not really believe me.

We are very proud that a highly esteemed member of ours, the doctor, Dr. med. Elke Mascher, was awarded the honorary prize in the ZDF Charity Show, "A Heart for Children". The beneficiaries of Elke's varied activities are mainly women in childbirth and their newborn babies in a remote clinic in western Nepal. This clinic is not a permanently supported GNHA project, but during the course of time, at the request of the clinic's management and due to Elke's recommendations, we have funded several smaller pieces of equipment. We should like to express our heartfelt congratulations to Elke on receiving this award which, thanks to the charity character of the clinic's TV programme, makes it possible to carry out measures there that are very close to Elke's heart-Late last autumn, we gave Chandra Kumar Shrestha, the coordinator of our educational work at the schools, the opportunity to visit Germany, take part in the bazaar, get to know local reform schools and present our school programme to various different audiences and committees. Here you can read his travel report.

I hope you enjoy this 17th edition of the "dnh brief" and that you remain faithful to us. Our commitment in Nepal is permanent. This autumn we shall be celebrating our help for Nepal with our 40th Anniversary. It will be taking place in the spacious ambience of Trelleborg when our bazaar is held. You can gain a foretaste of the premises by reading Karin Storckenmaier's Bazaar Report. So will you be there in the autumn?

In this happy expectation, I greet you warmly.

Yours,



Andreas Falk

## **Our Nepal bazaar has moved!**

*by Dr. Karin Storckenmaier*

Maybe the one or other of you might still remember the birth of the bazaar in a small, intricate basement room at the former company Busak & Luyken in the industrial area of Stuttgart-Vaihingen. In 2002, the move took place to the spacious company canteen, where a large sales area and a media room for lectures enabled a completely new bazaar concept, and a success story began. Our bazaar has become the most important GNHA activity in Germany, since the actual GNHA work takes place in faraway Nepal.

For quite some time, we had been worried about the fact that Trelleborg would be moving to where the company Busak & Luyken had been located over the last few years. A spacious new building was constructed in the direct vicinity of Stuttgart-Vaihingen railway station. Due to our long-standing relationship with the company, we were promised a continuation of our bazaar concept in the new premises.

Thankfully we accepted this offer, but quickly realised that this move would present a huge challenge for us. Everything is so brand new, trendy, very spacious yet without one large, "all-inclusive" room for the overall presentation of our goods; in short - completely different. A completely new concept had to be devised. There are corridors and meeting rooms that surround a large entrance hall and its generous staircase. There are pleasant canteen rooms directly adjacent to it, but still separate. Well knowing that we shall no longer be able to maintain the cosy bazaar atmosphere here that we were fond of, we have faced this task and believe we have mastered it with flying colours.

Our thanks go to the excellent organisers, especially to Claudia Kurz and Elke Schnauffer at our GNHA office, who, with the active support of Roland Mannschreck and Hilde Walter, meticulously planned the procedure, goods transport, space allocation and, in particular, countless protective and precautionary measures, so that we do not break anything in the new building. This resulted in a spacious bazaar that was generously distributed throughout numerous small rooms, with excellent possibilities for presenting the goods in a particularly harmonious, bright atmosphere with a colourfully decorated Nepal flair.

The feedback on the bazaar's "trendy" design, the catering service and the good accessibility was extremely positive. A state-of-the-art media room will enable us to continue presenting photographs of Nepal and provide informative lectures on the GNHA's work in Nepal.



Bazaar atmosphere at Trelleborg

As a special guest, we were able to welcome Chandra, our programme coordinator in Nepal, who informed us about the methodology of the MGML lessons at the elementary schools in his descriptive presentation which was supplemented by practical exercises, and was able to provide insights and convey understanding for the educational work of the GNHA in Nepal.

Only a few of the visitors missed the former bazaar atmosphere and wandered around the spacious room arrangement. However, nobody ever lost their way, and each visitor definitely found something suitable and was able to learn more about the GNHA's work.

A big thank you goes to the management of the Trelleborg company for their generous hospitality in their wonderful rooms and for their tolerant handling of minor injuries that inevitably occur at such a major event.



Brightly coloured goods at the Nepal Bazaar

All in all, It meant a tremendous amount of work trying to make everything look so easy and light-hearted. Our thanks go to all the bazaar's diligent co-organisers, and also to our loyal bazaar customers who support our GNHA work through their interest in Nepal and their generous purchases. Confirmed by positive feedback, we believe we have managed to give the bazaar a new, modern look.

### **The new Annex building in Badalgaon**

Another milestone has been set with the completion of the annex building at our Training Centre. We urgently needed a storage room and additional sleeping facilities for our staff and coaches. In addition, the building has a roofed, free space, where you can eat.

This annex building is innovative insofar as it was the first time that a two-story building was constructed using the environmentally-friendly, air-dried, interlocked bricks (Lego principle), and can thus serve as a model for stimulating imitation.

In general, the entire facility in Badalgaon, consisting of a school and a training centre, offers a multitude of possibilities for demonstrating innovative and adapted construction techniques. It is worth taking a look at these during your next visit to Nepal. The now completed training centre has been financed fully by funds from the MMB Foundation, as well as the installation of the new building and the grounds, including a retaining wall in the already well-proven earth-sack construction method. We are very, very grateful to the Foundation and are convinced that we have used the funds well and effectively.



MMB-Training Centre with new extension (left side)



Guests at the opening ceremony

## Family visit to the Tibeta settlement in Tashiling

by Heide Rolfs

After a break of 10 years, I travelled to Nepal again in March 2019 and was very glad that I had the opportunity, together with Andreas Falk, to visit the Tibetans in Pokhara, who are supported by the GNHA.

After a short flight from Kathmandu to Pokhara, we made our way straight to the Tibetan settlement, where we were already awaited with curiosity, and were greeted with countless katas. The welcome was very touching, and it was not just the many katas that gave us a special feeling of warmth in our hearts.

The Settlement Officer, Tsultrim Dorje, and the Accountant, Tenzin Kunga, had arranged for us to meet the families living in the settlement and accompanied us there; I thus had the opportunity to interview them, which was of great concern to me.

First of all we visited Karma Gyaltzen. He is 82 years old and was born in western Tibet near Kailash. He came from a nomad family and when he was 14, he fled with his mother from the Chinese. His father stayed behind and he never saw him again. His mother died tragically on the run. Karma came as far as Dolpo and earned his livelihood there as a servant and herdsman.

After his marriage and the birth of his two daughters, he came to the Tibetan camp at the age of 27, where he earned his living as a cook. After his divorce and remarriage another son and daughter were born. Today, the son who is now 22 years old lives nearby and we met the daughter who is now 15 years old - an open-minded, pretty girl.



Heide Rolfs and Andreas Falk visiting the Tibetans

The family lives in the camp in a combined livingroom/bedroom with a tiny kitchen. I was very impressed by the tidiness and the immaculate cleanliness we found there, which was probably due to his job as a cook.

When we visited the next family, the situation was quite different. Their dwelling had two separate rooms and although they were much larger, they were not so well looked after. A biting odour - due to illness - struck us.

This family also suffers hardship. The Tibetan lady, Thinley Dickyl is now 80 years old and has been looking after her paralysed husband for 22 years. And as if that were not enough, he suffers from the effects of a stroke, incontinence, high blood pressure and diabetes.

In 1957, she and her sister and mother had to flee from Tibet from the Chinese and leave everything behind, even their herd of animals. The father had already died at that time.

For 20 years Thinley lived in Orissa (Odisha) in India. She married at the age of 35 and had four children, a son and three daughters. Both her son and one of her daughters died of tuberculosis.

Through her relations and due to the climate, Thinley came to the Tibetan camp in Pokhara and earned her living as a maid in a Nepalese household.

The life stories of these two families still have an effect on me today.

The visit to the Tibetan settlement was very emotional and I had to suppress my tears. The Tibetans touch my heart each time I see them, and I am deeply touched by their affection and the warmth they give.



Heide Rolfs visits Karma Gyaltzen

## My trip to Germany

By Chandra Kumar Shrestha

My name is Chandra Kumar Shrestha and I am the coordinator of the school programme MGML of the GNHA. At the invitation of the GNHA, I had the opportunity to visit Germany for the first time.

The purpose of my visit was to meet the board members and friends of the GNHA at the annual Nepal Bazaar, to present the MGML methodology to various target groups, and to meet members of partner organisations working with the GNHA. In addition, I was to visit different types of schools in order to see how the children are taught there. I was also to be given the opportunity to visit some sights in Germany.

After having already discussed the procedure in advance with Andreas Falk, I went to the GNHA office in the morning after my arrival, in order to prepare myself - with the support of Brigitte Menrad - for an intensive, two-day coaching for providing a good presentation of our MGML programme to different audiences. Very soon I had the opportunity to implement what I had learned, first, at the PH Vorarlberg (Vorarlberg University of Education) in Austria, then at the Nepal Bazaar in Stuttgart and finally at various different partner organisations, such as the Child Aid Network.

At the PH Vorarlberg in Bregenz, Prof. Dr. Ulrike Lichtinger organised an event for introducing our MGML methodology that we practice in Nepal, and for discussing the content. A total of 26 students, professors and teachers participated in this event. Students in the teaching profession gained a practical insight into the MGML methodology and had a great deal of fun practicing it.

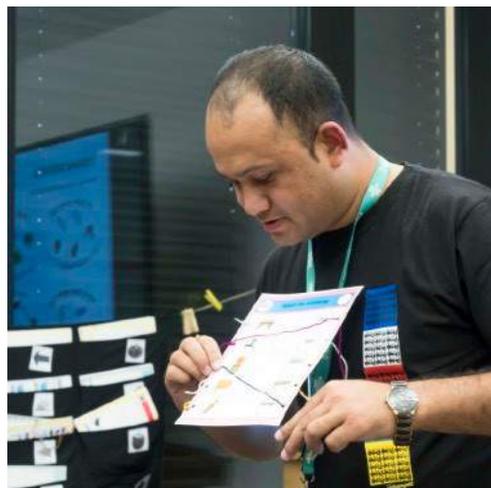


Chandra Shrestha explains the MGML methodology to an interested audience

During the Nepal Bazaar, I introduced our MGML methodology using examples applied at village schools. Once again, I was able to motivate the audience to participate actively with me in a few small exercises. Through this practical and active participation, one gets a quicker insight into the way work is done at our schools in Nepal. And in this way, a presentation becomes much more enjoyable.

The next presentation took place during a meeting with Child Aid Network in Königstein. There, together with Andreas Falk, I informed them about the MGML methodology and the curriculum for village schools in Nepal. Subsequently, Child Aid Network might possibly envisage a later collaboration with the GNHA at the schools they sponsor.

In Aachen I met Bärbel Binding and Rainer Dietrich from Nepalhilfe Aachen and the Kindermissionswerk ("Die Sternsinger"). Aachen has supported our school projects for many years and the "Sternsinger" were extremely generous in rebuilding the schools destroyed by the earthquake.



Chandra Shrestha explains MGML methodology at the Nepal Bazaar

During my trip through Germany, I had the opportunity of getting to know different educational models. For this purpose, I visited the Free School (Freie Schule) Lindau (FSL), the Dalton Elementary School in Mühlhausen and the Jena-Plan School in Weimar.

The Free School Lindau was founded in 2005 on a parents' initiative. The former GNHA board member Sabine Starz is the headmistress there. The FSL is an open school which takes children with special learning needs very seriously, and thus also the topic of "inclusion". I was able to go through the Nepalese alphabet and the Nepalese numbers with the children there. They were absolutely thrilled and had so much fun that they did not want to let me go.

At a Dalton school, learning is topic-related and completely individual, but due to a sophisticated system, the teacher is always up-to-date on the children's progress and can help intervene.

The basic idea of the Jena-Plan Schools is to promote independent judgement and independent action through practical learning opportunities, social interaction and by jointly celebrating the learning progress and successes. The school time is regarded as a joint task of the parents, teachers and school children.

The different educational concepts all focus on the individual learning of the children, similar to our MGML concept. The schools in Germany, however, can rely on professionally trained teachers. In Nepal, the level of education of the teachers is low. A unique feature of the MGML concept is the learning guides. They enable teachers with little experience to accompany children along their educational path and keep themselves up-to-date on their progress. The similarities are mostly with the concept of the Jena Plan Schools.

After all the interesting visits to the different schools it was then time to gain other impressions of Germany, too.

In Erfurt I attended a puppet theatre performance in the "Waidspeicher", as well as in the Theater der Nacht ("Theatre of the Night") in Northeim. In Nepal we also work with dolls in class, especially in health education.

In addition to the official program, I visited some of the other attractions in Stuttgart, Lindau, Bregenz, Frankfurt, Wiesbaden, the central point of Germany Mühlhausen, Erfurt, Weimar, Aachen and the border triangle D-NL-B. I "climbed" the TV tower in Stuttgart, saw a coal-mining area and went to five different Christmas markets. Finally, I was also able to participate in a factory tour at Mercedes Benz. Visiting all these wonderful places was a special experience for me; after all, this was my first time in Germany.

However, it was a tight programme for me, but I do believe that I fully assumed my responsibility in fulfilling the duties assigned to me by the GNHA Board. During my visit, I was able to learn different presentation techniques and try them out in practice. I also got to know the interests of our partner organisations and the working environment of the GNHA in Stuttgart, and I was able to gain some insight into the cultural offers in Germany.

On the 5th December I then flew back to Kathmandu. I took a lot of experience and professional knowledge back home with me from Germany. During my stay I experienced a great deal of love, care and support. It was an unforgettable visit for me, which I will remember for a long time.

I would like to sincerely thank everyone who made my visit to Germany unforgettable and looked after me so warmly and generously.



Chandra Shrestha during his big trip

## **A heart for Children – The Heart of Honour is awarded to Dr. med Elke Mascher**

*by Jürgen Drost*

In the ZDF Gala "A Heart for Children", Dr. Elke Mascher received the Honorary Award 2018 for her tireless work at the Chaurjahari Mission Hospital in the mountains of Nepal.

Already as a girl at the age of 12, Elke Mascher was inspired by a book by Albert Schweitzer, which confirmed her decision to study medicine and dedicate her life entirely to working as a doctor and helping people in need. After finishing her professional activity, she learned about the Chaurjahari Mission Hospital in a remote mountainous region in western Nepal. It soon became clear that she wanted to help there. For more than 12 years Dr. Elke Mascher has taken on the hardships of a long and strenuous journey, to provide the hospital team in Chaurjahari with active support for two to three months.

She provides obstetric care, treats diseases of all kinds and offers practical advice. It was the mothers with their newborn babies, particularly, that quickly found a place in her heart. When she saw the newborn babies wrapped in dirty felt blankets, she went to the nearest market and bought some soft cotton fabric. She then sewed nighties out of this for them. This then led to her setting up a simple set of clothing for the newborn babies.

With her donations Dr. med. Elke Mascher has managed, until today, to provide every newborn baby with a five-piece set of clothing that is sewn and produced on site.

The people in this mountainous region are extremely poor and suffer mainly from stomach and intestinal diseases. Typhoid, tuberculosis and leprosy are among the life-threatening diseases that also occur there. Together with the hospital team, Dr. med. Elke Mascher provides extremely important medical aid – and this is free of charge for all those who cannot afford the treatment themselves. In addition, there are mobile health missions, similar to the GNHA health camps, for also reaching those who live in even more remote areas.

For her untiring work in the remote mountains of Nepal, Dr. Elke Mascher was awarded the "Heart of Honour" ("Ehrenherz") 2018 by "A Heart for Children" during the grand ZDF gala, presented by Johannes B. Kerner. "Every time I help a child and it smiles at me, I am deeply touched and happy. I know then that life is worth living for" said the award winner in her acceptance speech.

We at the GNHA therefore wish you, dear Elke, the best of health and all the strength you need for further successful years in Nepal. The children especially are already looking forward to welcoming their "Didi" back again at last, and being able to take her in their arms again. You're an impressive woman who fits an old Nepali saying, that says: "For whom nothing is too difficult, everything succeeds!"

For more information on the "Hearts of Honour" (Ehrenherze) award, see the following link:

[www.ein-herz-fuer-kinder.de/gala/das-ehrenherz-2018-fuer-dr-elke-mascher](http://www.ein-herz-fuer-kinder.de/gala/das-ehrenherz-2018-fuer-dr-elke-mascher)



Elke Mascher enjoying her work in Nepal



Dr. Elke Mascher with Johannes B. Kerner

## **We express our thanks**

to all those who accompany us and give us such reliable support.

Thanks to the "birthday celebrators", Reinhard Bahn Müller, Manfred Dreßler and Jürgen Roth, who requested donations for the GNHA instead of gifts.

Another thank you for their strong support goes to Christel Graf and Emmi Zehnle, who were active again last December, selling handicraft products at Christmas markets and they were able to win numerous donations for the GNHA.

The grammar school, Melissantes Gymnasium in Arnstadt, has again sold homemade advent wreaths and Manfred Bauer organised a concert. We also thank you very much.

Our partner organisation, the Nepalhilfe Beilngries, as well as the Margarete Müller-Bull Foundation, the Daimler AG, and the companies Krinner Schraubenelemente and Mekra Lang have generously supported us again with donations. We are delighted and thank you very much.

Numerous other private donors have given us very generous amounts. We would like to mention them here by name, but due to the gratifyingly large number, we have to restrict ourselves to saying a big, heartfelt THANK YOU to them all.

**Without your loyal support and your trust, our work would not be possible. And only in this way can we continue to work for our common goal.**

## GNHA Project Trip

Next April (Easter holidays 2020) a 14-day GNHA project trip is planned with extension options. More information will be coming up soon on the GNHA homepage.

## Dates and News

For news about events and our projects, please visit our homepage or Facebook site  
[www.dnh-stuttgart.org](http://www.dnh-stuttgart.org)  
[www.fb.com/Deutsch-Nepalische-Hilfsgemeinschaft-117494788313902/](https://www.facebook.com/Deutsch-Nepalische-Hilfsgemeinschaft-117494788313902/)

**18.05.2019:** Annual General Meeting in Stuttgart from 10 a.m.

**Place:** Restaurant am Allianzstadion, Heßbrühlstr. 10, 70565 Stuttgart-Vaihingen

**19.05.2019:** Traditional GNHA trek in the Swabian Alb. Meeting point 10 a.m. at the car park in front of the Otto-Hoffmeister-Haus, Torfgrube 6 in Lenningen-Schopfloch. See the website for more information

**21.9.2019:** Charity Concert with the Jazz Band Crosstalk at the Waldheim Backnang

**23./24.11.2019:** Grand Nepal Bazaar at Fa.Trelleborg in S-Vaihingen

**April 2020:** GNHA Project Trip to Nepal

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**The GNHA is a recognised, non-profit organisation. Donations are tax-deductible. Donation receipts are issued at the end of the year, but also beforehand upon special request. Please state your address. Last Notice of Exemption 03.04.2019**

