

30th April, 2015 – Newsletter No. 3 “Earthquake in Nepal”

Small sparks of happiness that light up the darkness

Today is the 5th day after the earthquake and the major media are no longer reporting on Nepal as their first major headline. Soon the media will have lost interest - but we certainly never will. We shall continue reporting so that you can partake in the sorrow, and the happiness of any positive news.



The earth is tearing apart.

The suffering is incalculable and the Nepalese Government is even still incapable of handling the situation to help its population. The indignation amongst the people is growing... an opportunity for change that I hope will be recognised. The distribution of international aid is additionally hindered by the country's unique topography. The people are supporting and caring for each other. They are sharing the little that they have available, or giving it to others who have even less. During this difficult time they are all working together even more closely.

The photos that Temba took of Brabal, the village where his parents live, are all so terribly distressing. The homes there have collapsed like a house of cards. The dwellers have to sleep under tarpaulins because they are afraid of any possible aftershocks, and they still feel the shock deep in their bones. Nevertheless, we are glad to say that the shower facility in the village community that was built last year under the initiative of our Help Organisation, Sunaulo Sansar, is still standing. As a result, the dwellers who had first salvaged all their belongings and food supplies from the rubble and taken them to a safe place, were able to shower and remove this fine dust.

Yes – it is these small sparks of happiness that light up the darkness. The messages we are receiving about the rescue of buried victims on the fifth day after the quake are also mobilising positive energy.

Today, we similarly experienced some "sunshine". Since my partner, Temba, arrived back in Kathmandu yesterday, everything has been running 'hand in hand'.

We were able to bring our Langtang group back safely to Kathmandu. Our guests were able to rebook their return flight and will already be flying back to Germany tomorrow. I have spoken to our guides and sherpas over Skype. They are so happy to be alive. We thought we would never see them again.

Our Everest group that had already been waiting for their flight in Lukla for 3 days, landed in Kathmandu late last night with a stopover in Biratnagar. They will be able to take their

scheduled flight home early tomorrow morning. As it is already nighttime in Nepal, I still have not had the opportunity to convey my express thanks to our team and my friends.

We are so happy that two of our group have arrived back safely in Kathmandu and will soon be able to embrace their loved ones in their homeland.

Our second Everest group that is in Namche Bazaar at the moment, has provided emergency aid today in the villages of Thame and Thamo. They bought food in Namche Bazaar and after a 4-hour walk, handed it over to some elderly people and the monastery. On our Facebook page "Temba's Nepal Trek & Expedition Pvt. Ltd." photos can be found on this and also of the collapsed homes in Brabal.

Today, Temba was again able to make telephone contact with the guides of the groups in the Manaslu and Upper Mustang regions. The group in the Manaslu region is still waiting for its evacuation. Since none of them have been injured and there is enough food available, the people in the severely afflicted regions have priority. Since hardly any signs of the earthquake were noticeable in the Upper Mustang region, our group has now set off on its return journey from Lo Manthang to Jomsom. From there, inland flights to Pokhara are still operating as before.

At this point we should like to point out once again, that the Help Association of Sunaulo Sansar was launched by us (www.sunaulosansar.org). This was a project that was very close to my heart when I decided to go to Nepal. We are so happy to have already received some donations; we are absolutely delighted and extremely grateful. Unfortunately we are unable to send a personal email to each individual at the moment to thank them, or reply to the many messages. However, we would like to keep all our Nepal lovers and donors informed on a regular basis, by sending them our information in a "collective" email.

We are continually being asked how we can help apart from donating money. It would certainly be helpful to receive any ideas from architects, engineers or craftsmen as regards construction work and the reconstruction of the houses. Perhaps there will also be an opportunity for one or other of them to help as a volunteer worker on-site. Should you wish to support us, or know of anyone who would like to help, we would be most pleased to receive your email under: info@sunaulosansar.org.

Our sincere thanks go to you all for the trust you have put in us.

We would like to point out that all our Newsletters are also posted on our blog under www.tembasnepaltrek.com and www.nepal-spirit.de.

Namaste

Temba & Sabine