

## **17th May, 2015 - Newsletter No. 6, "Earthquake in Nepal"**

***"It's hope that lets us live on."  
- Johann Wolfgang v. Goethe -***

Last week on, 12.05.2015 there was another earthquake in Nepal with a magnitude of 7.2. This time the epicentre was east of Kathmandu, near Namche Bazaar. The country and its people just aren't allowed to live in peace. As if they hadn't already been shaken enough by the disaster already! Many of the people whose houses had been slightly damaged by the first earthquake, now had to see how everything collapsed.

The houses of our trekking and climbing guide, Mingmar, and our Sherpa, Pemba Gelu, who both come from Okhaldunga in the Sagarmatha (Everest) District, are now also badly damaged and destroyed. And in the meantime, the houses of all our guides and porters have been badly damaged and are no longer habitable.

And the quakes are still going on. How must it feel to have lost everything? And what must it feel like, not to have a safe place anywhere to sleep? What must it feel like, flinching every time at the slightest tremor? In the times and circumstances we live in, I do not think we have the remotest idea of what this must be like. When I phoned Janine and Günter, they both said that they are scared stiff whenever they hear a loud noise and want to run out into the street, and that they wake up in the night drenched in sweat.

We have absolutely no idea what this mental shock must be like.

All the open spaces in Kathmandu and in all the other regions are covered by tents, both large and small, and also with plastic tarpaulins. Everyone sleeps outside. They do not dare to go back into their homes at night for fear of another severe earthquake.

Despite all this suffering, we are able to report some happy and encouraging incidents.

Last Sunday, the trucks that were loaded with aid supplies, set off on their way to the Langtang Valley in the district of Rasua.

Temba and our team were able to distribute the goods in twelve villages (Thulo Bharku, Sano Bharku, Brabal, Old Shafru Bensi, New Shafru Bensi, Komin, Upper Thulo Shafru, Lower Thulo Shafru, Nagarkoti, Upper Gre, Lower Gre and Shjo). The gratitude and happiness shown by the dwellers was tremendous. The impressions given in the photos, speak for themselves.

In the meantime, we have been able to organise the purchase of plastic tarpaulins and their dispatch to Kathmandu via air freight. We have bought 126 plastic tarpaulins (size 6 m x 8 m) at the "Metro" in Düsseldorf. What a blessing that these just happened to be reduced there at the time, and that Sigrid and Walter told us about them. With her delightful nature, Minka was able to persuade the Metro works manager to take over the transport to Frankfurt for the two pallets. Thanks to Mrs. Usch's Metro card, the purchase could be carried out without any problem within fifteen minutes.

The dispatch by Qatar Airways will be handled by a forwarding agency in Hamburg. Many thanks, Carmen and Martin for this contact. The goods will be arriving in Kathmandu on 24th May, 2015. We shall be collecting these together with the dispatch of fleece blankets, tents and other plastic tarpaulins organised by Sigrid and Walter, that will already have arrived a little earlier in Kathmandu.

When so many people work together and support each other, it builds up strength and courage. Without all the donations and encouraging words, the good thoughts and our fantastic network, we would not be able to afford and organise all this. Many thanks.

A special thankyou goes to two young boys (both 13 years old) who travelled to Nepal last year with their families and our agency. Adrian collected donations in the pedestrian zone for his friend Anup in Nepal (our city guide), by demonstrating his talent at juggling. David also gave a presentation in the shopping mall, by playing his cello for our project, "Sunaulo Earthquake Appeal". We are very touched by these wonderful commitments.

Our Nepal Basar which we held last Thursday and Friday also brought some Nepal flair to Düsseldorf. Lentil soup (dal), tomato dip (golbedako ajar), papadam (crispy lentil bread) and momos (pasta dumplings with filling) all contributed towards an enjoyable get-together. May you all have a lot of enjoyment from the favourite items from Nepal that you bought here. We are also tremendously happy about the proceeds and donations that will flow directly to our Sunaulo Earthquake Appeal Fund and which I shall be taking with me this coming Friday.

In order for you to discover the Nepalese cuisine, we should like to take this opportunity to draw your attention to our cookery book, "Cooking the Nepalese way - recipes from the roof of the world." This small book was published last year and is available as an E-book. The proceeds go to our Relief Organisation, Sunaulo Sansar.

[http://www.ebook.de/de/product/22393323/sabine\\_pretsch\\_michaela\\_schiffer\\_kochen\\_wie\\_in\\_nepal.html](http://www.ebook.de/de/product/22393323/sabine_pretsch_michaela_schiffer_kochen_wie_in_nepal.html)

During my stay in Nepal from 22.05. to 14.06.2015 it will not be possible to write and send any updated Newsletters. If the power supply and the mobile phone network allow it, we shall certainly be posting some photos.

Namaste

Temba & Sabine