

**Kevin Rohan Memorial Eco-Foundation**  
**Chalnakhel-5, Khahare**  
**Kathmandu Valley, Nepal**  
**Progress report, December 2010**



An eco house from waste liquor bottles, local clay, sand, chopped hay, local people.

**15 December 2010**

All our dear friends,

Greetings from "**Kevin Rohan Memorial Eco Foundation**" Kathmandu, Nepal! Hope you all are doing well. This reports and includes all work being done year 2010.

## **Acknowledgments**

We would like to thank everyone who has assisted in making the first two years of the "**Kevin Rohan Memorial Eco-Foundation**" come this far. Participating in DC Green fest 2009 and developing banner and brochure, website, friends biked cross country USA for KRMEF and many well wishers helped organizing talk program in the USA. From our valued donors and volunteers to our hard working farm hands and everyone in-between, the foundation extends a great deal of gratitude.

## **Introduction**

The Kevin Rohan Memorial Eco-Foundation (**KRMEF**) was conceptually established on **December 21, 2008**. However, the actual public relations, physical and government work began in September 2009. KRMEF is located near Khokana leprosarium in the southwest of the Kathmandu Valley. Our aim is to provide the under privileged, disabled and poor with an opportunity to work on an organic farm and allow them to be productive, while enabling their children to attend school. The -KRMEF village is trying to save the local environment by using local manpower, local waste, and educating the local population about the benefits of protecting the environment. The project currently runs free health and dental clinics in some schools and has recently renovated and opened its first free clinic in July in the local village community club house.

**The KRMEF** is a pilot project focused on recycling waste found in and around the city of Kathmandu and utilizing unused land by giving work to jobless, helpless and disabled individuals and making the land organically productive. The KRMEF village already has an eco-guest house, an organic garden to work on and in which to develop biodynamic farming and a Waldorf based village school for local children.

The project operates two sites and with your continuing support we look forward to developing our network to offer treatments and education to physically disabled children and to help take care of the elderly while continuing to expand within the community.

## **The Progress of KRMEF in 2010.**

In accordance with our plan and vision to start different community based programs we are on the way to achieve the mission and goals of the organization.

Our volunteers come from around the world. We are happy to announce & welcome volunteers from base camp Canada, Youth Initiative Programs (YIP) Sweden, Evergreen College (Washington), Rudolf

Steiner College (CA), many individuals, local organizations and others. Without their daily work we would not be able to accomplish all that we do. Bill Hutchins and Beth Knox from USA helped develop Eco building in October/November.

In April & November 2010, we were fortunate enough to have sir Hans Mulder and Ineke and host Biodynamic seminars/ teachers meeting. Many people from around the country attended and not only learned the basics of biodynamic /Waldorf also learned about The KRMEF. The event truly was a blessing and we've been hearing feedbacks on both the international and local level.

## Some highlights of the current projects running under KRMEF

### 1. Opening of the Clinic: (A club into a clinic)

As we wrote in the first progress report, we are focused on the health/environment of the local People/place in every way we can. To accomplish this goal, our volunteers renovated the local club house into a clinic and we started providing health care there. We started the KRMEF clinic on June 19<sup>th</sup> & in the first day more than 40 patients visited the doctor and received medicine for half the cost & now continuing.

We would like to thank all of our volunteers & friends in the United States, Europe, and at Clinic Nepal who helped us with ideas, money, physical work and most importantly supplying medicine. Their constant support has inspired us to keep our mission moving forward. Thanks to DR. Singh, the co-founder of Shanti (Nepal), and a colleague, we worked together for the past 17 years.



Constantine Dixon (Evergreen college USA), Roos Mans (Holland), fresh doctor Umesh, Goma, Christina (Nepal). An un-kept local community club being renovated into a general clinic.



Krishna Gurung, Dr. R.M Singh, Hari Bhandari, explaining about the clinic to the locals and patients being examined by Doctor.

The clinic is located in Khahare, which is the main center for most of the surrounding villages. Because it is in a central location, it is easy and comfortable for the villagers to access the clinic. The people were happy to receive the medicine and see the doctor in their own village. We are very thankful and grateful to the **Medical Service Management Trust in Nepal**, who supplied us with high quality medicines for a cheaper cost. Without the supply we would not have been able to start the clinic. We have found that most of the patients found suffering from chest infections, skin, abdominal problems.

The clinic is also functioning as a referring centre for patients with some complicated diseases, which can't be treated in the clinic. It is helping rural people find the way to city hospitals and concerned doctors without getting lost.

## 2. Bio-briquette, Water testing, pasteurization and Solar Cooking Training.

The motto of the **KRMEF** is "Promoting Health and the Environment through a Synergy of Man & Land". One way we work to do this is by focusing on using the local resources as an alternative way of fuel. We try to relay the message to the villagers and others about making briquette and solar cooking. So far, we sponsored four families to be trained in briquette making and solar cooking at the Foundation through Sustainable Technology (FOST) in Kathmandu & briquette press machines were distributed. KRMEF has introduced Bio-briquette mixing cow dung as well. The bio-briquettes are used for cooking in traditional Nepali clay ovens; this'll hopefully help to minimize the amount of wood that has to be burned and thus reduces the rate of deforestation in the Nepali forests. We collect waste paper from a variety of diplomatic offices, hotels, and government buildings, from the streets in Kathmandu. The paper is then mixed with sawdust & cow dung leprosy patients using their feet and made into bio-briquettes with a special hand press.

Water pasteurization techniques and equipments were kindly provided by Pro. Robert Metcalf from Sac city College CA and it is introduced in some nursing colleges and communities in Nepal & being effective.



Solar Cooker being brought into KRMEF & A local villager training of Briquette making in KRMEF

### 3.Fruit tree plantation:

Tree plantation and greenery is another aim of KRMEF. We have started to plant a few fruit trees by different friends who've visited KRMEF. We will continue this process as long as we have unused land in the area. Our first volunteers who helped renovate the clinic also helped us to dig holes around the clinic. All their actions have encouraged us to keep the mission moving forward.



Any friend visit the KRME Foundation plants the fruit trees on community land. Dr. Ruth, Dr.Singh Verena, Ruth, Ineke.

### 4.An Eco Guest House

The Eco Guest house at KRMEF serves all the volunteers, all our valuable guests, and all of our well wishers. Meals served at the house, are served with biodynamically grown vegetables. While there is no staff in the guest house, Leela, co-founder of the KRMEF and mother to the late Kevin together with volunteers serves the guests. The eco-guest house provides a very friendly environment so our guests truly feel like they are at home.

Over last months, we've had few many guests and friends stay and all of them had very positive feedback and we all became a family. To keep the guest house sustainable we charge 700.- Nepalese Rupee (Rs) approximately 10.-US\$ a night simply for upkeep. This money includes two Nepali meals & coffee/tea. Any further contribution in kind to run the foundation is appreciated.



Eco-guest house & wonderful friends Misha, Roos, Katrina Monika, Steven Le blank, Christi, Sudama, frances, Dr. Ruth during meal.

## 5.Sponsorship and School Painting

KRMEF has also works to provide educational support to poor children. KRMEF helps to support education in two ways, sponsoring children and providing schools with upgrades.

This year we sponsored four female children (pictured below) for an entire year of schooling. All four of the children’s parents have had a very difficult time looking after and supporting their children. Their father unfortunately passed away a year ago and without a steady source of income they were unable to attend school but through KRMEF school sponsorship program they now can. We have also helped a community school renovate their buildings. Our volunteers have helped to paint classrooms, decorating the Nursery class room with the help of Nepali friends. Other volunteers monitor the staff in the ways of Waldorf inspired education to help maximize each student potential.



. Swastika & Sunita



Rosy and Roshani



Volunteers Greg and Andrew from Canada



## 6.Developing Ecological Awareness

After visiting Washington D.C. for the Green Festival in 2009 we were inspired. We met so many green loving friends; it gave us more energy to promote green lifestyles. KRMEF is currently working on ecological sensitive construction using waste liquor bottles and local bamboo. We collect the bottles from the restaurants, Embassies and recycle them by making wall, benches.



Liquor Bottles and bamboo combination for Ecological architecture. Local villagers are encouraged to promote this idea.

## 7. Biodynamic Activities:

KRMEF is looking for different areas for the development of biodynamic agriculture, after hosting 4 biodynamic seminars in April/November and seeing people's enthusiasm these became very affective. 2 held Kathmandu, 1 in Ittahari (East Nepal) & other in Pokhara (West Nepal). Many people found interest in learning and incorporating this system in their way of life. These were facilitated by Sir Hans Mulder and Ineke.



Sir Hans Mulder, Ineke, Krishna and biodynamic trainees during lectures and behind Bio-dynamic compost heap

## 8. WORK ON THE FARM

One of the initiatives on the farm is the harvesting of honey. There are two types of honey we harvest, butternut raw honey and buckwheat raw honey.

Butternut raw honey is normally harvested from "makawanpur" forest by the local farmers. This lot is harvested by farmers at Dang valley. It is slightly scented of "Silam" mustard like seed and this seed is used to make Nepali home pickle "Achar". Butternut raw honey is directly bottled from the hive.

The second type of honey is buckwheat raw honey. It has great flavor and color decoration. Buckwheat (Phapar in Nepali language) is grown on terraces and buckwheat flour is used to make bread and soup. In many cases it is called poor man's food because it is most often eaten by people living in the hills. At the KRMEF almost all of the food consumed is derived from the organic farm on site. We use all biodynamic farming methods in the gardens to help promote biodynamic agriculture here and in Nepal. We provide training to anyone who wants to volunteer on the farm.



## 9. SOAP NUT AND SEED JEWELRY

Soapnuts have been grown and sustainably harvested in Nepal for centuries. The shell of the soap nut contains saponin, a natural and environmentally friendly detergent which is allergy free and perfect for babies, eczema and sensitive skin. (Source: internet)

Many women who suffer from leprosy are disallowed from working. These ostracized women collect soap nuts, and at KRMEF they separate the shell from the seed. The saponin in the shells is then used for laundry, dishwashing, and to make liquid soap, which is then packaged in cotton bags made on location. The seeds are then cleaned and dried and then strung with precious stones, recycled glass, and silver by local women. The silver work is also done on location. Over time we plan on teaching the disabled and leprosy effected women the technique of the silver work, which will allow them to reintegrate into society and feel productive.

This small-scale production is creating valuable jobs in local communities, benefiting both those who collect the soap nut, and those who work to transform it into jewelry. The jewelry and the soap nut shell from KRMEF are highly demanded and have been sent to many parts of the world through the help of our friends.



Manohari (R.Steiner college USA), Krishna, Prof. engineer Ishwor Amatya, BBC runner up Sanu Kaji Shrestha, Badri Khanal during Shop nut collection and Bhakta and manju busy on making the soap nut Jewelry.

## 10. FUTURE TARGET

KRMEF is looking forward to do a lot of work which will benefit all the people, local communities and the environment to be being sustainable. We hope to extend this focus through the biodynamic courses.



Field visited in the Pokhara with the local people along with Regional senior police (SSP) Jit Pun and looking forward to it for the site

Field visited in Chitwan with local people and looking forward to it for the site.

At KRMEF we plan to develop and promote our current projects and benefit the local communities by providing support in regards to vocational training which can be utilized in daily life. We still have a long way to go to reach our final goal in both the health /environment care and educational areas. However, we are excited to announce, experts Bill Hutchins and Beth Knox from the USA, introduced eco- building in October as well as a couple from Germany in January to discuss carpentry for solar driers, clinic furniture, and school development. We hope that these visitors will help take us another step in our overall mission. All of your support is always needed to make great things happen here. Thank you very much! – Krishna Gurung

**Ps. There will be a workshop on natural building in March 18<sup>th</sup> thru April 4<sup>th</sup> 2011. Facilitated by Bill Hutchins.**

Get in touch with KRMEF village

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