



Earthquake Update – Shaken but not beaten!

I was about to write this yesterday when the 7.4 earthquake/aftershock hit, the office wobbled like a jelly and Meenu, Jayram and I scrambled to get out to a safe, more open place!

Anyway almost 24 hours later, I just want to let everyone know that everyone in the VSN family is safe and well. There is apparently a bit more damage to the SSCH roof and I'm sure the cracks at BFCH and in the SSCH stairwell have opened up a little more, something they did daily with each shock.

There is more structural damage in both Bistachhap and Mulpani with already weakened buildings crumbling and losing chunks, but again thankfully everyone is safe, which is the most important thing.

Although we have been quiet for the last week or so, it is not because we were doing nothing, but all in different places, separated by distance and bad communication lines.

Jaggu and Devendra have been working hard helping their local communities make their homes safe and as weather proof as possible by providing tarps and tin sheeting. So far we have distributed over 100 tarps between Bistachhap, Mulpani and villages in Godawari wards 2 & 4. We have also provided tin roofing for 9 host families in Bistachhap with supplies for 4 more on their way.

A Himalayan thank you to everyone who has donated via GVN to their Nepal Earthquake fund or to private fundraisers set up on our behalf – it is you who have enabled us to do this. If you wish to make a donation, please go to [GVN Nepal Earthquake Appeal](#).

Hari has been working like a crazy person with our single superstar volunteer Rueben, collecting and delivering relief aid to villages on the outskirts of Lalitpur district, Sindapulchowk (one of the worst hit districts), and as I write this, they are on their way to Kavre district with yet more relief aid, the last mission for Reuben before he leaves for home on Friday.

Kamaal has also been a superstar running around sourcing and buying relief aid and equipment for our adventure travel partner Himalayan Quests, who has been running missions to off the beaten track villages in Rasuwa District, on the way to Langtang. While Sue has been fielding emails from people who want to jump on a plane and help as well as helping a local group of volunteers with their relief missions.

Moving forward we are still working on our Rebuild Programme, liaising with other local NGOs, INGOs and government bodies to enable us all to be as effective as possible in the aftermath. Devendra and Jaggu were in a meeting with Unicef at the time of the quake, learning about safe, sustainable and easy ways to build temporary learning centers, so we can help get as many kids back into school as possible.

We have a big team meeting scheduled for tomorrow at BFCH and assuming Mother Earth doesn't intervene it will go ahead as planned and afterwards, I should have more news about how we are moving forward and doing our bit to help rebuild Nepal.

Thank you for your continued love, support and messages – believe me it really helps to know there are people out there thinking of us and rooting for us.

Namaste

Kate & the VSN team

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