



# Nomadicare 2013



Nomadicare supports the sustainability and cultural survival of nomadic peoples by harmonizing traditional and modern medicine and documenting nomadic ways.

*"I fully support Nomadicare as it seeks to preserve Mongolia's nomads... If they are to survive as a culture, nomads desperately need health care close to home."*

*- Jane Goodall*

Dear Friends,

Nomadicare had the best year yet, thanks to your support! It was exciting to visit many young friends in the city and notice that now, 19 years from the time I met them as teenagers, they are in powerful positions in their country. When we have a dinner conversation, I am grateful to be able to share the simplicity of my Vermont life, which contrasts with their life in such a rapidly growing and changing country.

Our team checked on nomads around Mongolia—all the **taiga people** in our book, *Reindeer Herders in My Heart*, **Nara**, who had surgery in Boston in 2012, and the **Gobi women** in *Gobi Women's Song*. We found that none of the women in our movie are nomadic today. This makes Nomadicare's goal to preserve the vanishing culture of nomadic herding even more vital. We are working to create a collection of documentation of nomadic life—in case this trend continues. Technology specialist, Fred Thodal, and I are working to archive, gather, and catalog the audio-video material on nomadic life taken since 1994.

Change is everywhere in Mongolia. While mineral resources from huge mines are making Mongolia a rich country, the individual miners panning for gold in the taiga have left, allowing reindeer to return to their traditional pastures. This year, the President of Mongolia went to visit the reindeer herders and, as a consequence, the government started giving monthly stipends to nomadic Dukha families. Another change is the appearance of a motorcycle in front of each urts (Siberian tipi). The young men ride them as if they were horses or reindeer—over bumps, down hills, and through rivers. While they moved on to motorcycles I finally felt comfortable on a horse and loved following a family as it moved from one camp to another!

We are very grateful to you and to The Shelley and Donald Rubin Foundation for funding our work. Please contribute your tax-deductible donation to Nomadicare, so that we can continue to support health care, sustainability, and documentation of the nomads' unique lifestyle.

We hope that 2013 will be a peaceful and healthy year for you!

With gratitude for the honor of doing this work,  
Sas Carey, RN  
Director



*Riding a motorcycle like it is a horse*

*top: Giving Nomadicare hygiene kits and vitamin C to East Taiga herders*

## Follow-up on Nomadicare's Sum Health Project

Nomadicare's Sum Health Project trained 30 rural doctors and health professionals in South Gobi in 2010 and 50 in Khovsgol in 2012. Our plan was to follow up this year to evaluate and build capacity in the two provinces, giving equipment and Mongolian traditional medicine, as needed. The challenges for good health care in rural Mongolian clinics—the distances, the lack of easy communication, and the basic nomadic way of life, which prevent even doctors from staying in one place, made it difficult to evaluate the project.

While unable to find most rural doctors, we traveled to the clinics in Tsagaan Nuur and Manlai in the Gobi. In Manlai, the doctor completed the evaluation and was positive in his responses. The doctor we trained last year in Tsagaan Nuur has moved to the capital to attend school. For the first



Young family of the West Taiga moving

time, a traditional Mongolian medicine doctor has been hired to work in the clinic. Maybe our training had something to do with this.

## Our 2014 Plans

- ❖ Deliver hygiene kits and vitamin C to Dukha reindeer herders
- ❖ Continue to catalog and preserve 19 years of video documentation
- ❖ Continue to document nomadic life
- ❖ Finish video documentary *Becoming a Shaman*
- ❖ Provide educational programs



What would you like your gift to do?

- \$50 Hygiene kit for each reindeer herder family (53 families)
- \$100 Vitamins for reindeer herder families (10 families)
- \$500 Preserve, gather, and catalog documentation
- \$850 Stipend for cameraperson
- \$1,500 Stipend for interpreter
- \$5,000 Translate book into Mongolian
- \$10,000 Become a co-producer for a movie

## Preserving the Vanishing Nomadic Life

Around 2000, the Prime Minister of Mongolia said that nomadic life would be gone in 15 years. I didn't believe him. Nomadicare had started documenting nomadic life in 1994 and shot *Gobi Women's Song* from 2001-2004. The movie follows the lives of five nomadic women, who all have become sedentary in the past years. Losing nomadic life is like losing an endangered species. Once it is gone, it is lost forever. It is more important than ever for Nomadicare to continue to document it. Dukha reindeer herders are still nomadic, so we will continue to follow them. The shaman movie will come out next year. Much of our future effort will be to organize, gather, catalog, preserve, and share documentation from our 19-year collection.

### We shared Nomadicare's work with:

- ❖ The nomads of the taiga and the Gobi
- ❖ College, the Tibetan Mongolian Buddhist Cultural Center in Bloomington, Indiana, New England Yearly Meeting of Friends and Wittenburg University in Ohio.
- ❖ The Vice Minister of Health of Mongolia
- ❖ A public lecture through YouTube: Anima Borealis: Mongolian Shamanism <http://www.youtube.com/watch?v=DITHqZTNbC8>
- ❖ The Mongolian public on Mongolia National Television in English: Face to Face in Mongolia: Sas Carey on Vimeo: [www.vimeo.com/70088022](http://www.vimeo.com/70088022)
- ❖ Audiences in many libraries, communities, universities, and gatherings in six states, including the Mongolia Society, Indiana University, Dartmouth College, Middlebury
- ❖ The public through our book, movie, website, YouTube, and Facebook sites.



### Reindeer Herders in My Heart

Please consider a reindeer (book) for those on your Christmas list. 50% of the proceeds go to Nomadicare. See the book video on YouTube. 216 pages. 16 photos.

\$18.95 + \$5 S+H



### Gobi Women's Song

73-minute documentary with 9-minute update in Mongolian and English with English subtitles. 2006, 2011.

\$20 + \$5 S+H.

Order at the Nomadicare address or with Paypal from the website.

## Please Donate!

Tax-deductible contributions of any size are greatly appreciated. You may send a check made out to: **Nomadicare** or click on the Donate button to use Paypal through our website:

[www.nomadicare.org/donate](http://www.nomadicare.org/donate)



Marla, Shaman Khalzan's daughter, using toothbrush and paste from Nomadicare



# Visiting Nara in the Gobi Desert

Nara spent four months last year getting surgery for her burn scars at Shriners Hospital in Boston. Our first challenge in checking on four-year-old Nara was how to find her family, since their cell phone number had changed. The director of health of South Gobi put her assistant on the job and after a few leads, gave us the number. When we found their ger, camels grazed on a near-by hill while brown and white goats ran from the sound of our car. Climbing out of the car, we were surrounded by spaciousness—gravelly brown earth, car tracks, and blue sky.



*Nara shows us how the Shriner surgery has made her burn scars more elastic and smooth*

We wanted to see if Nara could run, if her surgery had healed, and if she and her mother, Orkhon, had transitioned back into their nomadic life after living in a US city. We are happy to report that Nara can run, her surgery has healed and all is well in their home. In 2014 when Nara is six, she will return to Shriners Hospital.

Find this story on Nomadicare's website under News.

## Inside



Letter from the Director



Preserving the Vanishing Nomadic Lifestyle



Nomadicare's Plans for 2014



Book and Video Available



**Nomadicare**

**NOMADICARE**  
248 Washington St. Ext.  
Middlebury, VT  
05753

