



Nomadicare 2014



Nomadicare supports the sustainability and cultural survival of nomadic peoples by harmonizing traditional and modern medicine and documenting nomadic life ways, lore, and heart songs.

"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,

This is the 20th year of our journeys to Mongolia! Our trip to the taiga was very rewarding. To ride a reindeer for two days during the West Taiga spring migration was incredibly exciting! With *Reindeer Herders in My Heart* translated into Mongolian, a new give-and-take occurred with the herders. When we screened our new film *Ceremony* to some shamans and the family of shamans, we received important feedback. We hope to continue to collaborate with the herders' new doctor.

In Vermont for the other ten months of the year when we are not in Mongolia, we are busy. Our film, *Ceremony: Mongolian Shaman and Apprentice*, which we have been working on for 11 years, is nearly done and will be released in early 2015. Fred Thodal shot and is editing the movie *Migration*. Watch for the date of release on Nomadicare Facebook and our website.

We continue to work on the archive, housed in a large network system. Videos from as far back as our first trip to Mongolia in 1994 are now digitized. Clips are being translated and subtitled—time-consuming work. Now they can be cross-referenced and searched by many criteria.

We are very grateful to all of you for believing in our work and donating to our projects! Two new foundations supported our work this year. Legacy 13 LLC donated just before we left, which enabled us to buy and set up a Quadcopter to film the taiga area from the aerial perspective for the *Migration* film. Firebird Foundation supported us to gather oral literature with some top-of-the-line audio and video equipment.

In June in the East Taiga in my tent, it was eleven degrees Fahrenheit, so I am enjoying this balmy fall where we hardly had a frost until November. I hope your holidays are joyful and that your year is healthy and happy.

With gratitude for the honor of doing this work,

Sas Carey, RN
Director

Top: Ganbat and Sas share the year's news. Both are on their way to the East Taiga, where Ganbat lives.



In her tent in the taiga, Sas signs Mongolian editions of her book for 55 Dukha families.



Migration

We shot footage for our new film, *Migration*. If you remember, after the women in *Gobi Women's Song* became sedentary, I felt compelled to document a nomadic migration in the northern part of Mongolia. This summer we traveled to the spring camp with three generations of a family. I have been living near them for nine years. I loved being a part of it—riding a reindeer across rivers, over snow and ice, around boulders, and through sleet, rain, and mist. I rode behind two-year-old cousins jouncing on the reindeer saddle they were tied to. Every once in a while, they would list to one side. The whole migration would stop while a parent retied them. No car seats to strap them into! The travel took two days and the family set up a temporary camp at 8000 feet for the first night. I felt calmer on a reindeer, since there was not so far to fall off. The family generously let me ride one of their reindeer and let us film close-ups even when they were exhausted.

Special Thanks

The Shelley & Donald Rubin Foundation has provided funding for Nomadicare each year since 2006! Their financial help and ongoing belief in our work has greatly increased our capacity for supporting the health and documentation of Mongolian nomads. We are enormously grateful.

Bataar leads—holding the GoPro camera. The descendants of Shaman Ganzorig, plus Sas with a helmet, cross a river during the spring migration.

Health

From our work both with the Dukha Health Database and the Nomadicare Sum Health Training, we are happy to announce that the Tsagaan Nuur clinic, closest to the Dukha camps, now has a traditional Mongolian medicine doctor. She has a map showing all the children's health issues—rickets or vitamin D deficiency, low growth rate, low weight, and blood imbalance. We are researching whether to add vitamin D to our yearly vitamin C gift. Doctors in this rural area change often. We hope she will stay so that we can collaborate with her on the health of the Dukha children—and adults, too.

www.nomadicare.org/donate

**Please donate to
support our 2015
projects!**

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:



Adventures with the Mongolian Translation

The subtitle of *Reindeer Herders in My Heart*, translated into the Mongolian version means *Diary of a Mongolian Journey*. When talking to the Dukhas after they began to read the copy we gave to each family, they made comments.



Ganbat, an artist and school board member in Tsagaan Nuur, after reading the book, said he had not been able put it down. Later, he became our driver, taking us back to the provincial capital to catch our plane. But his car got deeply stuck when crossing a swollen river. We all emptied our camera equipment, clothes, and ourselves to the shore. He carried me on his back!

We waited in the remote countryside for a truck to pull the car out. When a downpour started, we took shelter in a local ger. The family continued with their life—milking yaks, separating milk from cream, nursing a baby, and feeding the fire. Coming back from another failed attempt to get his car out of the river, Ganbat sidled up to me and said, “Well, this will give you a story for your next book.” The car stayed in the river but somehow we caught our plane.

Top: Jujigiin, who is leading a reindeer on the front of the book, enjoyed reading it in Mongolian this summer.

“Now we know what it is like for a foreigner to be here. All we saw before was a tent. I always wondered what you were thinking about.”

Tsetsegmaa

“I like that these are just plain words, telling about our lives. Not beautiful words making it something else.”

Otgonbayar

“I read about how you like the white fish from Tsagaan Nuur (White Lake), so I went fishing this morning to catch some.”

Lkhagva

Great Presents!



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

Now downloadable on Kindle
Available on Amazon



Gobi Women's Song

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

\$20 + \$5 S+H.

Now Available on Amazon

\$50	Hygiene kit for each reindeer herder family (need 10)
\$100	Vitamin C and D (need 5)
\$500	Film festival entry (need 6+)
\$1800	Stipend for interpreter and cameraperson (need 2)
\$5,000	Update website
\$10,000	Co-produce a movie
\$20,000	Create archive for posterity

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





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Shaman

For eleven years, I have been trying to transform my time spent with shamans into a film. I wanted to honor all the shamans who shared interviews and ceremonies with me. Once I understood the impossibility of putting all that into one movie, I changed my focus to show one part of one experience. *Ceremony: Mongolian Shaman and Apprentice* is just that. The taiga people, including Khalzan, watched the rough cut of the movie and gave us encouragement to continue.

Khalzan was very generous in giving us information about shamanism and his beliefs. He cares greatly about the environment and his community. He told us, "To be a good shaman, you need to respect all nature and protect the ancestors' homeland, and to protect the rivers and water. A shaman also thinks about the future of the plants and animals and the children. If people do harm to nature, only we (shamans) can feel it. This is a high responsibility for me."



Shaman Khalzan answers our questions in front of his altar before beginning his ceremony.

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