



# The Kaghan Flame

A Quarterly Newsletter of The Kaghan Memorial Trust

Autumn 2011 (July-September)

## KMS Sports Day 2011

Preparations for KMS's annual Sports Day began at least a month in advance of its scheduled date of September 14. The house masters, house mistresses and all of the other staff were just as excited as the children as trials were held over several weeks to select the best athletes from each house (and grade) for each event, and to energise everyone in the lead up to the big day. Sports Day 2011 was, after all, going to be a very important day. Not only were the trustees and staff from the Head Office in Islamabad attending, but 31 international and 10 Pakistani cyclists, competitors in KMT's Tour of The Himalayas 2011 International Mountainbike Race, would also be there to cheer the children on.

Bright and early on Wednesday morning the 50m boys race kicked off the proceedings with Eagle house taking an early victory. By lunchtime, the heats for 50m, 100m, long jump, 3-legged race, baton relay and tug-of-war had been completed. Kindergarten had also shown off their impressive ball handling skills in a non-competitive game of tunnel ball. The finals

began with the top 8 boys from the 50m heats being escorted to the starting mark by their teammates. Cyclists and trustees, all of whom had been assigned to houses, were on hand to offer special tips and support to their respective teams.



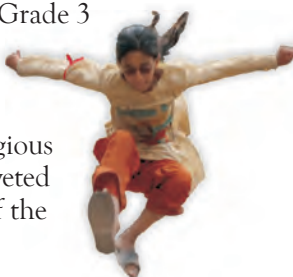
After an incredible day of competition and sportsmanship, the high-flying Eagle House who had dominated the day's events finished on top, scoring a massive 34 points.

Wolf House came in at second place with 20 points, Ibex House placed third with 15 points and Bear House settled for last place with 11 points. As a

consolation, however, the Bears beat previous year's champions, the Eagles, in the tug-of-war final.

At the conclusion of the formal competitions, and as a special treat for the children, the cyclists, trustees and KMT/KMS staff all represented their respective houses in an adult tug-of-war competition which was won by Eagle House.

The awards ceremony rounded off the day as the top three position holders in each event were presented prizes by cyclists. Amina Bibi of Grade 3, representing Eagle House, left her competition in the dust in her events to take home the overall 'School Champion' trophy. Individual 'House Champion' trophies went to: Abdul Rehman of Grade 3 for Bear House, Shoaib Shafeeq of Grade 1 for Eagle House, Nasir Hussain of Grade 3 for Wolf House and Kamil Arifeen of Grade 3 for Ibex House. Bear House picked up the prestigious 'Tug of War Trophy', while the most coveted 'Champion House Trophy' was lifted at the end of the ceremony by Eagle House.



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## KMS Environmental Camp

On July 3, 2011, twenty female students and teachers from the Lahore Grammar School (LGS) visited KMS for a joint Environmental Camp with the KMS students. This activity was organised and

the students. After lunch, the whole school received a presentation from the LGS team, led by one of their students, through which the KMS children learned about the importance of keeping their environment clean and tidy. When questions were presented to them, the children were keen to answer in English. Their interest and excitement was fantastic to see.

The principal of Lahore Grammar School, Ms. Nasreen Shah, presented KMS with donations of library books and art supplies, which have since proven to be fantastic learning resources, particularly the

Urdu texts.

supported by the Environmental Protection Fund of Lahore.

The day kicked off with a school tour for the visiting girls, aged between fifteen and eighteen years, and their teachers. They sat in on some of the lessons and at break time had a chance to get to know

After the presentation, Grade 3 and their teachers drove up to Shogran and split into groups of four KMS students, one Lahore Grammar School Student and one KMS teacher. Each group,

equipped with disposable gloves, buckets for rubbish collection and bright orange vests then proceeded to collect litter from the lawns and streets of this popular tourist destination. Both KMS and Lahore Grammar School students were extremely enthusiastic with the task at hand as they spent an hour tidying up the main tourist spots.

This was an excellent learning experience for the children and it has encouraged the KMS teachers to organise follow-up litter pick exercises around campus for the entire student body. Environmental awareness and responsibility are important aspects of modern education that are incorporated into the KMS curriculum and such practical exercises help reinforce the concepts that are taught to the children in their classrooms. We are grateful to the Environmental Protection Fund of Lahore and to the Lahore Grammar School for initiating this activity with us and we look forward to the possibility of having such collaborations with them regularly and on an annual basis.



## Lucky Draw

KMT organised its second Charity Fundraising Drive and Lucky Draw from May to mid-August, 2011. The first task, to get attractive prizes donated for the Lucky Draw, took around 6 weeks, during which time the Head Office managed to collect 17 attractive prizes from various businesses and retail outlets - an improvement of 5 over the previous year. With this large number of prizes secured, the second half of the activity then involved a fundraising drive targeting individuals, in which donations of Rs. 1,200 were

solicited in exchange for a booklet containing 10 coupons. Donors would have their respective coupons entered into a Lucky Draw scheduled for Independence Day on August 14. The draw itself was done at the school by 17 students of various classes who each drew out one of the winning coupons.

The fundraiser proved to be a tremendous success as the Trust raised over Rs. 600,000/- from it after covering printing costs and taxes on the air tickets on offer. KMT is grateful first of all to the donors who so kindly

contributed the prizes for the draw, and then to all the individuals who chipped in with their cash donations.





## Annual KMS Medical Camp



Schweizerische Eidgenossenschaft  
Confédération suisse  
Confederazione Svizzera  
Confederaziun svizra  
Embassy of Switzerland

KMT organised its third Annual Medical Camp at the Kaghan Memorial School on July 9th and 10th, 2011. The activity was sponsored by the Swiss Embassy in Islamabad, who were also physically represented during the camp by their Deputy Head of Chancery, Ms. Sylvianne Maudonnet. A professional team of 6 doctors and 4 medical technicians comprehensively examined 262 students and 13 school support staff over the two days. The doctors screened the children for malnutrition, ear, nose and throat (ENT) ailments, respiratory conditions, skin disorders, communicable diseases and congenital abnormalities.

ailments such as worms, head lice, nutritional deficiencies, skin problems and viral infections were also administered where required. All of the students also received Swiss souvenirs from Ms. Maudonett and personal hygiene kits, donated by Colgate-Palmolive, each containing a toothbrush, toothpaste, a lice comb, soap and nail clippers.

Members of the medical team that had been present at previous KMS Medical Camps noted that the behavior and general hygiene of the children was

continuing to improve. However, some doctors noted that many of the children, especially amongst those recently enrolled, were malnourished, showing weight and height readings that were below international standards. This observation signifies how important it is for KMS to continue providing nutritional daily school lunches and weekly vitamin supplements to these children, and to continue to work on new initiatives to increase their overall health and well-being.

KMT would like to extend its sincere gratitude to the Swiss Embassy for sponsoring our third Medical Camp. We would also like to thank the medical team of doctors (Dr. Tasleem Akhtar, Dr. Murad Afridi, Dr. Waseem Shahzad, Dr. Shazan Ali Khan, Dr. Ahmad Kayani, Dr. Shaheen Akhtar and Dr. Jamil-ur-Rehman) and technicians (Mr. Aurangzaib, Mr. Sohail, Mr. Siddiq Akbar and Mr. Lal Mohammad) for



Necessary immunisations were administered to the children who had not received these earlier, while treatment for common

volunteering their time and services for this camp and for their expert recommendations and insights that shall help us in our efforts to improve the care provided to the children. Last but not least, KMT would like to thank Mr. Ahsan Bakhtawari at D-Watson Chemists, Mr. Riaz Mohammad at Stanley Pharmaceuticals, Colgate-Palmolive and Mr. Sajjad Ali Khan for donating medicines and hygiene kits for the Medical Camp. We sincerely appreciate all of your support.

## School Infirmary Donated by the Embassy of the Kingdom of the Netherlands



Kingdom of the Netherlands

KMT is pleased to announce that the Embassy of the Netherlands has approved a grant of Rs. 2,455,274 to the Trust for the development and implementation of a Health and

Hygiene Programme (HHP) at the Kaghan Memorial School. The grant will cover the construction, equipment and medicine for a school infirmary that, once built, will be the central facility for all future initiatives at KMS to address and improve the health and hygiene of its students. The objectives of the KMS HHP are to take care of the general well being of the children by providing them with basic medical and first-aid services

and by instilling hygiene awareness amongst not only the students but their families as well. Good health is essential for ensuring that students get the most from their education.

We would like to extend our sincere gratitude to the Embassy of the Netherlands for selecting KMT for this donation. The infirmary is expected to be operational by September 2012.





## TCKP Tour of The Himalayas 2011



TCKP TOH 2011. The Khyber Pakhtunkhwa (KP) Ministry of Tourism, Sports, Youth Affairs and Archaeology, and in particular the Minister, Syed Aqil Shah, lent tremendous support to the Trust for the organisation of the event, as did KMT's partner organisation, the KP Cycling Association and its President, Mr. Azhal Ali Shah.



KMT organised its fourth international cycle race (and its third international mountainbike race) in aid of the Kaghan Memorial School in the Kaghan Valley from September 16 to 18, 2011. With the Tourism Corporation Khyber Pakhtunkhwa (TCKP) having taken the Title Sponsorship of the event, the race was officially branded as the "TCKP Tour of The Himalayas 2011 International Mountainbike Race" or

The Trust managed to secure an excellent participation in the event of 31 international cyclists representing 11 countries i.e. Great Britain, Holland, Slovakia, Denmark, Austria, Germany, South Africa, New Zealand, Mongolia, Malaysia and Canada. These were joined by 10 Pakistani cyclists to make a pool of 41 competitors split into 9 teams of 4 to 5 riders each (3 men and 1 or 2 women per team). The teams that were thus constituted were Great Britain, Holland, Slovakia, Denmark, Pakistan; World United, Eurasia, Khyber Pakhtunkhwa, Sui Southern Gas Company (SSGC). A couple of amateur riders also entered as 'Tourist' cyclists.

This entry list is even more impressive in light of the fact that TCKP TOH 2011 was advertised as a charitable event to raise funds for KMS, and as such no prize money was on offer and international cyclists were also asked to arrange their flights to and from Pakistan.

The race itself was preceded by a 10 day high altitude training camp conducted by two international cyclists, Taryn Laurie of South Africa and long time friend of KMT, Nathan Dahlberg of New Zealand. This tough camp was attended by several of the international and

Pakistani cyclists entered into TCKP TOH 2011, all of whom received some gruelling and (most probably) unforgettable endurance training on the incomparable mountain trails of the Kaghan Valley.

While in practice, as they rode some of the tracks that would be part of the race, the training camp group got an advance sampling of what was in store for them. The weather, altitude, gradient and technicality of the trails were all going to pose new and extreme challenges at every bend and each of the three stages was in one way or another going to be a punishing push to the finish. Factoring in additionally the potential challenges of racing in a cultural environment that was going to be completely alien to most of the international cyclists, as the race brochure warned, this was definitely not a race for the "physically, mentally or culturally weak"!

The three days of competition from Friday, September 16 to Sunday, September 18 certainly lived up to its billing – and some more. The cyclists, over the weekend, braved snow, freezing winds, a hailstorm of epic proportions, rock-fields, freezing river crossings and knee deep mud trails, all at lung-bursting altitudes between 1,700 metres (5,000 feet) and 4,200 metres (13,800 feet). Each course was unique, and each stage presented a new set of tests for the riders, pushing them to their physical, technical and mental limits.

Congratulations must go to all cyclists for putting their lungs and muscles on the line and for competing in a wonderful positive atmosphere that gave us a thrilling, fast-paced and thoroughly enjoyable event. And though all cyclists deserve credit for competing on and



finishing the challenging courses that had been laid out for the race, special mention must be given to the podium position holders. Martin Haring of Slovakia placed first overall in the General Classification, lifting the Individual Champion Trophy while Mel Alexander of Great Britain finished as the Women's Champion. New Zealander Nathan Dahlberg of World United, with consistently strong all-round performances in each stage, placed second overall amongst the Men, while Steffi Hadrascsek-Jochem of Khyber Pakhtunkhwa took the runner-up position for the Women. Robert Friel and Rickie Cotter, both of Great Britain, placed third in the Men's and Women's classifications respectively. Riding on the strong individual performances of the entire team, Great Britain won the main Bank Alfalah Champion Team Trophy, with Slovakia and Eurasia finishing as second and third placed teams.

Due to the fact that this was the first major international sporting event in Pakistan for the past several years, with

professional and semi-professional male and female cyclists from 12 countries (including Pakistan) participating, the event received widespread attention from the local and international media.

In retrospect, TCKP TOH 2011 achieved all three goals that KMT had set for it: As a sporting event it was most definitely a great success, with the KP Minister of Tourism and Sports pledging annual government support for future editions and with many of the participating cyclists branding it as one of the best races that they had ever competed in, pledging to return next year in greater numbers.

As a platform to promote some of the countless positive aspects of Pakistan and its culture, it again served its purpose, as the 31 international cyclists all left with a much altered view of the country than what they had initially landed with. Numerous cyclists made comments about how much their perceptions of Pakistan as a tourist and adventure destination had been changed

for the better. Echoing the sentiments of many of the others, Ranhilde Luttenberg of Holland commented on the fact that the "Pakistani people are so helpful and friendly" and that it is "very different to the way Pakistan is portrayed in the media back home".

And last but not least, as a fundraising event, the race allowed KMT to save roughly Rs. 2 million (after the deduction of organisational expenses) for its charitable work from sponsorships, donations and pledges. This figure does not take into account the intangible and incalculable gains that KMT made in the form of goodwill generated amongst the cyclists, the KP Government and sponsors, and due to the positive media





## TCKP Tour of The Himalayas 2011

(Continued from page 5)

attention that the Trust received for an entire week during and after the race.

In conclusion, KMT would like to thank all sponsors, organisations and individuals who made the TCKP Tour of The Himalayas 2011 such an overwhelming success. Amongst individuals we are most indebted to the international cyclists who braved negative advisories to fly to Pakistan and participate in our race, and to Minister Syed Aqil Shah, for his unwavering support throughout the organisation

and staging of the race. Our special appreciation is also reserved for Minister Syed Ahmed Hussain Shah, Secretary Tourism KP, Syed Jamaluddin Shah, COO of Airblue (and long-standing benefactor of KMT) Mr. Shahid Khaqan Abbasi, and President KP Cycling Association Syed Azhar Ali Shah. We are furthermore most grateful to our sponsors TCKP, Airblue, Arcadian Hotels and Resorts, Sui Southern Gas Company, Pakistan State Oil, Bank Alfalah, Mobilink, Red Bull, Nestle 'Pure Life' Water, United Transport Services,

Nestle Liquid Beverages, Sui Northern Gas Pipelines Limited (SNGPL), the Pakistan Red Crescent Society, Pakistan Tourism Development Corporation (PTDC) and Pine Park Hotels and Resorts. We are also deeply obliged to the media organisations and individuals that accompanied us during the race and that gave us such positive publicity and coverage. Particular mention must also be made of our most excellent partners in this event, the KP Cycling Association, without whom staging this race would have been a lot harder and a lot less pleasant. Thank you all!



### KMS and the Cycle Race

During the two weeks leading up to the cycle race, the students of KMS were becoming more and more inquisitive of the world of bikes and spandex. The school had a steady stream of visitors as the cyclists began to arrive in the Kaghan Valley for the training camp. Every time a new cyclist arrived at school, several boys and girls offered to help push the bike up the drive way, and then proceeded to stand around discussing the alien sights that faced them.

The bashful side of the students began to subside gradually as the more inquisitive began chatting with the guests and by Sports Day the students had adopted the cyclists as their new foreign friends.

The children of KMS love performing for anybody willing to watch, and with an audience of around forty enthusiastic international athletes, the competitors on Sports Day were in their element.

The third and final time KMS and the cyclists were together was on Stage Three of the race, from Kawai to Pai. Around one hundred students came to school on Sunday morning to cheer the cyclists off on their final leg of the tour. Some of

the children now knew some of the cyclists by name, and one asked their English STA if she was from the same village as one of the Welsh cyclists.

Now the race is over, and all of the cyclists have packed up and gone home, their legacy lives on. The children at KMS continue to talk about them, draw pictures of them, and can locate their countries on the world map. Bringing positive sporting role models to the School to encourage the children to take an interest in healthy activities was part of the race plan, and it certainly had the desired result. If these children ever get their hands on a bike, I'm sure many will aspire to be just like the cyclists that visited them in the autumn of 2011!



## Abraaj Capital Sponsors the Education of 20 Children

In July 2011, Abraaj Capital of Dubai agreed to sponsor 20 children, 10 boys and 10 girls, at the Kaghan Memorial School (KMS) through our Sponsor a Child (SAC) Programme. These students have been at KMS since its inception, and all enjoy their studies and show remarkable potential for the future.

The sponsored funds will be used to cover the educational and care expenses of each of the 20 children, including

costs associated with schooling, daily meals, medical care, clothing and transport. The SAC Programme is an initiative by KMT to eventually make KMS operationally self-sustaining as a greater proportion of the School's annual running costs are gradually borne by the increasing number of child sponsors each year.

KMT is sincerely grateful to Abraaj Capital for their invaluable support, and

in particular to Mr. Omar Syed, (Partner) and Mr. Ghizlan Guenez (Vice-President), both of whom were

exceedingly kind in personally processing and obtaining approval for our request for assistance.



## Student Profile

**Kamil Arifeen**  
Class 3A



Kamil is an energetic student who is always eager to take part in class games and discussions. A bright smile always lights up his face when he is sharing one of his ideas or participating in a class competition. He has a logical and inquisitive mind that serves

him well in his studies. His favourite subject is Maths, an area where he particularly excels. His cheerful attitude and lively personality have made him many friends.

Kamil loves outdoor activities that allow him to let loose his abundant energy. At break time he is always running races or playing games with his friends. His favourite sport is cricket, and he is one of the best players on his house team. On Sports Day he was named Best Athlete for scoring the most points for his house. He is also an enthusiastic supporter of the Pakistani cricket team and loves to discuss the latest match with his classmates.

Watching Kamil grow and mature intellectually during his time at KMS has been a joy for his teachers. He also benefitted from the extra care that KMS gives its students. When his eyesight began deteriorating, which was affecting his academic performance, KMS arranged for his eyes to be tested and for a pair of glasses. This spring he will move up to Grade 4, and he is very excited for the new school year.

**Allison Smith, STA**

### Upcoming Events

KMS Annual Day	October 16, 2011
KMT Winter Social	November 25, 2011

## New Staff Profile

**Allison Smith**  
Senior Teacher and  
Academic Advisor (STA)

Hailing from Washington, DC, Allison Smith completed an MA in International Affairs at American University in May, 2010. Prior to joining KMT she worked at different think tanks in both research and administrative

capacities. Her previous educational experience includes volunteering for DC public schools and teaching adult ESL classes. Allison has been interested in Pakistan for some time and welcomes the opportunity to learn more about the country and to develop her Urdu Language skills.

Allison has been all over the world,

including Japan, China, Morocco, Chile and Argentina. In her free time she enjoys reading, drawing, and planning her next adventure.





### Contact Us

#### The Kaghan Memorial Trust

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## About the Trust

The Kaghan Memorial Trust (KMT) is a non-profit Charitable Trust registered in Islamabad in January 2006 in the aftermath of the 2005 earthquake in Northern Pakistan.

The sole immediate objective of the Trust is to establish and operate the Kaghan Memorial School in the Kaghan Valley of Northern Pakistan. This School offers a first-class education to children of this underdeveloped region that was severely hit by the earthquake. Through the provision of quality education, KMT contributes towards sustainable long-term development in the Kaghan Valley.

## About the School

The Kaghan Memorial School (KMS) is the first of its kind in Pakistan, in that the highest quality of education is being made freely available to some of the poorest children in the country. When fully built, the resources and facilities being provided and developed in this school will rival those at the best institutions in Pakistan.

The Kaghan Memorial School is dedicated to the memory of the thousands of children who lost their lives to the earthquake.

## New Contributors July to September 2011

### Child Sponsorships (New)

Abraaj Capital Limited	20 children
Mrs. Mariyam Khan	1 child
Mr. Azeem Akhtar	1 child
Susan and Stephen Bocsardy	1 child

### Child Sponsorships (Renewals)

Mr. Ahsan Imtiaz Bhatti	4 children
Mr. Mohsin Mueen Raja	2 children
Mr. Iqbal Ahmed Khan	1 child
Mr. Ch. Wajid and Mr. Ch. Mohammad Ayub	1 child
Mr. David G. Cox	1 child
Mr. Khalid Bashir Dar	1 child
Mr. Haider Raza	1 child
Mr. Junaid Qasim	1 child
Mr. Dominic Shorthouse	1 child

### General Donations

Ms. Samina Naz	Rs. 10,000
Anonymous Donation	Rs. 4,320
Ms. Sally Beare	Rs. 10,000
Community Support (Various Donors)	Rs. 990,000

### Donations in Kind:

Oxford University Press	Donated 473 school books
Mrs. Afshan Khan	Donated 50 school books

### Interest free loans:

Khurram Khan	Rs. 7,347,743
De Laas Gul Welfare Programme	Rs. 175,000
Mr. Tashfeen Sarraz	Rs. 169,200 (US\$2,000)
Syed Junaid Ali Qasim	Rs. 100,000



## Friends of KMT

### Pakistan

Syed Aqil Shah	Dr. Nasir Khan
Munawar B. Ahmad	Ammar Shigri
Meraj Humayun Khan	Tariq Husain
Dr. Tasleem Akhtar	Maryam Shahid Khan
Dr. Murad Afridi	Carmen Fabian
Jennifer Ankrom	Dr. Hina Inayat Khan
Mehr Zeb	Tahir Ayub Khan
Shakir Hussain	Jawwad Abbasi
Anam Zeb	Nadeem A. Sheikh

### International

#### New Zealand

Nathan Dahlberg  
Robin Reid  
Britta Martin  
Jamila Ahmed

#### USA

Amanda Lawrence  
Elizabeth Logan

#### UAE

Ijaz Anwer  
Akbar Ahmed  
Ayesha Ahmed

#### Iran

Mitra Sarraf

#### United Kingdom

Jeremy 'Jez' Cox

#### Germany

Isabel Puchinger

#### Switzerland

Pilar Aguilar

#### Holland

Francis Linthorst  
Casper Helling

#### Finland

Yousaf Ghous

## KMT Board of Trustees

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