

## Partnership with the Himalayan Cataract Project

In March of 2004, I learned about the work of the Himalayan Cataract Project, a non-profit organization whose mission is to eradicate preventable and curable blindness in the Himalaya. I was so enthusiastic about the work that this organization was doing in my home country and throughout the Himalayas that I decided to retrace a portion of my route in order to meet with them in Vermont to determine how I could assist in their charitable efforts. I am now not only spreading the message of peace around the world, but also serving as a Goodwill Ambassador for the Himalayan Cataract Project.

Through remote eye camps, primary eye care centers, education and efforts to develop a world class ophthalmic hospital to serve the region, the HCP has developed innovative programs to treat and cure hundreds of thousands of patients. They have invented resourceful techniques in cataract surgery and the techniques for the delivery of surgery. As a result, Nepal is now the first country in the region in which the rate of cataract operations each year surpasses the number of new cases. I encourage you to visit their website to learn more about their incredible work: [www.cureblindness.org](http://www.cureblindness.org).

Thank you!  
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## Around the world in 11 years

I started my around the world bicycle journey from the foothills of the Himalayas, Nepal in November 1998. Born in a remote village near Mount Everest, I never rode a bicycle until I was 21 years old. My father was a soldier in



the Gurkja army and was killed by terrorists in 1986 while on a peacekeeping mission. After finishing high school in my village I studied at the University in Kathmandu where I became involved in the 1990 peoples movement for democracy. I was arrested, beaten and tortured many times by the police during that time and on one occasion, was shot in the hand. After that incident I realized that there is not much peace left in the world and began to think about what I could

do to make a difference. I decided to spread the message of peace around the world by bicycle. I felt that this would be the best way go everywhere - door to door, step by step, talking to people about world peace and global unity. I have already visited 60 countries over the past 5 years. I plan to ride my bike until 2009 carrying my message of peace. I hope to climb Mount Everest in 2010 with the flags from all of the countries I will have visited.

Any show of support will be greatly appreciated and will help me to able to continue my journey.