

PAKISTAN

May 2006

# QUAKE RELIEF



MAIL FROM THE AMERICAN PEOPLE

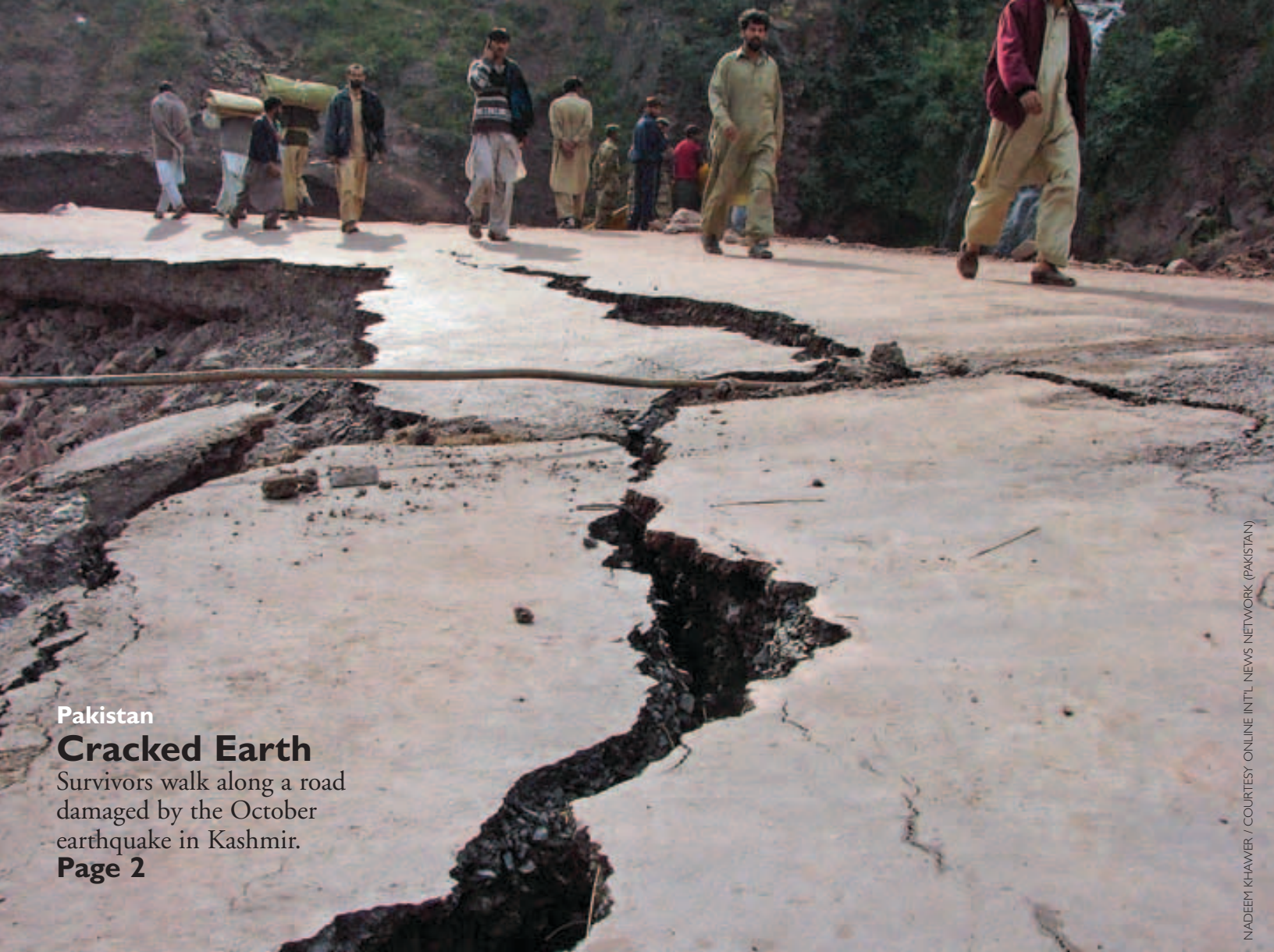
US FROM THE A

U.S. Agency for International Development

“There’s been a lot of damage,  
and we want to help in any way  
we can... We’ve moved a lot  
of military equipment in there.  
We’re helping with humanitarian  
aid. So not only will we offer  
our prayers, but we’ll... help this  
great nation get back on its feet.”

President George W. Bush

October 14, 2005, at Pakistan Embassy, Washington DC



NADEEM KHAWER / COURTESY ONLINE INT'L NEWS NETWORK (PAKISTAN)

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MIKE BUYTAS / U.S. AIR FORCE

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PHOTO: MASAKO IMAOKA / USAID

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MASAKO IMAOKA / USAID

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# Earthquake

October 8, 2005, Magnitude 7.6



## Pakistan

73,338 dead  
69,412 injured  
2.8 million homeless

## India

1,309 dead  
6,622 injured  
150,000 homeless



WAVE OF DESTRUCTION: An aerial view of Balakot, Pakistan, taken two days after the October 8 earthquake destroyed most of the city.

## Overview

# Earthquake Hits Pakistan

The giant October 8 earthquake—Pakistan’s greatest natural disaster—roared through the mountains north of the Pakistani capital, collapsing schools, hospitals and homes. Whole hillsides broke off and plunged into the valleys below.

Muzaffarabad, Pakistan

A massive 7.6 earthquake early Saturday morning October 8 centered a few miles from this city shook through the mountains, sending thousands of tons of earth tumbling into river valleys.

Little could be done for 73,000 Pakistanis and 1,300 Indians who perished in sec-

onds under their homes, schools and shops.

A massive international relief operation rushed to assist the wounded and the survivors left without homes and livelihoods.

Rapid relief prevented a feared second and third wave of deaths, according to the World Health Organization.

“People said 200,000 would die after the quake, but it didn’t happen,” said Lisa Chiles, Pakistan Mission Director for the U.S. Agency for International Development (US-

AID), speaking four months after the earthquake flattened schools and homes.

Although the earthquake left 2.8 million homeless, fewer Pakistanis have died in the region since the earthquake than die in an average winter season, according to World Health Organization Acting Country Representative Dr. Rana Graber Kakar.

“The second wave of deaths, usually due to lack of shelter and injuries not treated in time, was averted by quick response,” Dr. Kakar said in an interview. “There was a huge helicopter evacuation of the injured.

“The third wave [of deaths] usually comes from outbreaks of disease and it was completely averted. Before the earthquake, this region was isolated and had little health care. You might have seen more deaths than now since we have immunization and surveillance in every district and responded to every report of illness.”

### Survivors Traumatized

The earthquake struck with a powerful motion some described as moving up and down in some places but side to side in others.

“I was inside my school and could not move for 30 seconds,” said one young man, standing near the ruins of his village. “Then it paused for about five seconds and I ran out the door before the second wave of shaking began. It lasted about 30 seconds more and the school collapsed.”

**RUINS EVERYWHERE:** Residents of Muzaffarabad, capital of Pakistan-controlled Kashmir, survey damage after the earthquake.



## Epicenter of October 8 Earthquake



cut off more roads.

The quake, at 7.6 magnitude, was smaller than the 9.18 Indian Ocean earthquake of December 26, 2004, that created the massive tsunami that killed about 280,000 people in Indonesia, Sri Lanka, Thailand and other countries. But it killed many as heavy buildings constructed to withstand winter cold and snows collapsed on people inside.

Pakistani civil and military authorities struggled to reach those trapped under collapsed buildings and bring medical help to 70,000 injured survivors.

Some 2.8 million people left homeless stumbled confused amidst the ruins of their villages and homes, fearful to even enter the cracked remains of their houses.

### Calling for Help

"Please help us! Please, sir. We have lost everything. We will freeze to death," Fazi Akbar, headmaster of a small school destroyed in the earthquake, told aid workers. Due to the rugged terrain, destroyed roads and immensity of the disaster, it took six days for aid to reach him.

With winter coming, U.S. foreign aid officials immediately dispatched planes loaded with waterproof tarps for shelters, tons of wheat flour and cooking oil, medical kits and other aid.

U.S. military helicopters arrived within two days of the earthquake and immediately began airlifting the U.S. supplies into the quake zone.

But logistical problems were daunting. Many roads had been cut as chunks of the mountains released by the tremors smashed through them on their way to the valleys below. Pakistan's army sent its troops to bulldoze the rockslides where possible—even as the sliding of earth continued in the days after the earthquake.

Soon, the road from Islamabad to Muzaffarabad was open and relief could be delivered by an ant-like procession of Pakistani trucks. Their metallic decorations made a jangling sound as they lumbered

## The World Pledges

The November 16 donor conference in Islamabad of more than 70 governments and organizations pledged more than \$6 billion for relief and reconstruction. Principal pledges were:

### GRANTS

**United States**  
\$510 million\*

**Saudi Arabia**  
\$253 million

**United Kingdom**  
\$222 million

**Turkey**  
\$200 million

**United Arab Emirates**  
\$200 million

### LOANS

**World Bank**  
\$1 billion

**Asian Development Bank**  
\$1 billion

**Islamic Development Bank**  
\$500 million

**International Monetary Fund**  
\$375 million

**Saudi Arabia**  
\$320 million

\*The U.S. pledge includes \$110 million in in-kind military assistance and \$100 million in private contributions. Private contributions reached \$151 million by April, exceeding the target pledged originally. The U.S. private sector has played an active role in fundraising. A key example is the \$19.5 million raised thus far by the South Asia Earthquake Relief Fund, created at the request of President Bush by current or former chief executives of General Electric, United Parcel Service, Pfizer, Xerox, and Citigroup.

**"I just want the people of Pakistan to know that our thoughts are with you, that we will be with you in your hour of need and... not just today, but also tomorrow as you try to rebuild."**

Secretary of State Condoleezza Rice  
October 12, 2005, in Islamabad, Pakistan

Kashmir lies at the meeting of the Indian and Eurasian tectonic plates. Their collision created the Himalaya Mountains—the world's tallest—and caused the October 8 earthquake. The epicenter was 11 miles northeast of Muzaffarabad, a city of 100,000 people in the Pakistani-controlled portion of the divided region of Kashmir—called by Pakistan Azad Jammu and Kashmir (AJK). In addition, 1,300 people died in the portion controlled by India.

Muzaffarabad is 65 miles north of Pakistan's capital Islamabad, where the earthquake destroyed an apartment building.

The major impact was in AJK and its neighboring North West Frontier Province. Hundreds of aftershocks continued to plague the region for weeks, terrorizing survivors and setting off fresh landslides that

over rough roads from the valley into the airstrip here but their mission was deadly serious: to reach people stranded in distant villages before the snow came.

Helicopters could lift the aid the last 20 to 40 miles so long as it could be brought to staging areas close to the homeless survivors.

The massive humanitarian relief operation, combined with a relatively mild winter, saved tens of thousands of lives.

By mid-February, the snows retreated up the mountains. People who had moved into relief camps were looking up at the hills, anxious to get back to their villages. ■



**VISITING LEADERS:** Senior U.S. officials visited the earthquake survivors, such as President George W. Bush, Secretary of State Condoleezza Rice, former President George H.W. Bush and five current or former executives of major U.S. corporations, including Xerox CEO, Anne Mulcahy, shown meeting girls at a school in Dewan tent village.

# The World Responds

Within hours of the earthquake, a vast airlift of supplies began; helicopters evacuated the injured.

Islamabad, Pakistan

The worst earthquake in Pakistani history killed 73,000 people and left 400,000 families homeless. It had barely ended when the world began to react. Within 48 hours, the first of 20 U.S. heavy-lift Chinook helicopters began arriving at the military airfield in this capital, just 65 miles away from the epicenter of the earthquake.

In Washington, USAID dispatched a 25-member Disaster Assistance Response Team (DART) to the earthquake zone, flying and driving into remote regions to assess damage and determine what needed to be done right away to save lives and reduce suffering.

Notified by news reports and the U.S. Geological Survey that a major earthquake had hit, USAID DART leader Bill Berger rushed to Pakistan and within 48 hours was flying by helicopter over the terrified, stunned, homeless survivors.

Huge white gashes showed where sides

**RAWALPINDI RESCUE: An injured woman carried from a U.S. Chinook helicopter at Chaklala Air Base in Rawalpindi, next to the Pakistani capital Islamabad, after she was flown out of the earthquake zone for medical treatment.**

of mountains—with their villages, farms, roads and buildings—had collapsed. Survivors pulled at the rubble with picks, shovels and bare hands.

U.S. warehouses in Dubai began shipping emergency supplies by air: rolls of waterproof tarps for shelter, five-gallon plastic water jugs, waste treatment units, blankets, and medical kits.

The U.S. State Department led efforts at the October 26 international donors' conference which raised over \$2 billion.

The Pakistani military was put in charge of the international relief operation. Although AJK had long been off limits to foreigners due to conflict with adjacent India, restrictions were dropped and international aid workers rushed to assist the victims.

"The U.S. was able to be the backbone of the relief operation in support of the Pakistan military," said Berger of the early days before the United Nations got its own helicopters into the airlift.

At first, the road to Muzaffarabad and beyond was blocked by rubble. Every U.S. bag of flour and tent was flown by plane to Islamabad and then lifted by helicopter into the earthquake zone.

Later, relief supplies began flowing into Pakistan by ship and reaching Islamabad by train and truck from the port. After bulldozers cleared the roads, trucks hauled relief supplies to Muzaffarabad and depots deeper inside AJK and North West Frontier Province. Tens of thousands of Pakistanis walked for days to collect food and relief supplies for their families.

Citizens of Pakistan and other countries also collected food, clothing, money and medicine for affected people.

The Pakistan army maintained order, cleared roads, evacuated thousands of injured and set up an open working arrangement with foreign and domestic aid groups. Pakistani troops ventured high into the mountains on foot or using mules to bring aid to survivors.

"In terms of a host government, this was the best response—the most competent I have ever seen," said a U.S. aid official who has worked in Asian disasters for 20 years.

## Largest Helicopter Airlift in History

Helicopters proved decisive in averting a wider death toll. Military officials said it was the largest helicopter airlift in history. They delivered food and evacuated tens of thousands of the injured to hospitals in Islamabad or to tent clinics outside ruined hospitals in Muzaffarabad and Bagh.

## Shelter-In-Place

One primary goal, said Berger, was to "help people shelter in place" and survive the winter without moving into relief camps in the lower valleys. Camps can become unhealthy and breed dependency—undercutting the traditional strong self-reliance of the mountain dwellers. And most of the survivors wanted to stay close to their land, to their damaged housing, to their livestock and the areas familiar to them for generations.

So aid workers helped villagers salvage beams and rubble from their homes to combine with plastic tarps into a warm, dry room where the entire family could stay warm at night and survive through the oncoming snows. In the end, more than 80 percent of survivors remained in their home villages or else went to spend the winter with friends and family members away from the earthquake zone.

However, USAID official Berger said "we knew there would be camps and we put money into a U.N. system for camps and for NGOs to organize water and sanitation in them. We prepared for as much as 40 percent of the people coming down into camps but in the end, only 15 percent came."

To help Pakistanis stand on their own feet, "developmental aid" was provided such as short term jobs to put money into people's pockets and stimulate the local economy.

Relief for the millions of people affected by the earthquake came despite major obstacles: daunting terrain, sudden disaster, approaching winter, scattered settlements, and destruction of local government.

Rear Admiral Michael LeFever, commander of the U.S. Disaster Assistance Center, said "I speak for all of us in uniform when I say that this is a mission and a memory that none of us will ever forget." ■



WASEEM KHAN / COURTESY ONLINE INTL NEWS NETWORK (PAKISTAN)





## World's Biggest Chopper Lift Brought U.S. Relief to Survivors

Islamabad—It was not yet dawn when helicopter blades began to turn at Qasim military airfield.

Twenty U.S. Chinook helicopters and four Australian Blackhawks stood ready.

Before sunrise, a pair of Chinooks rose, clattered over the flat city and into the hills before descending half an hour later in Muzaffarabad where heavy trucks have hauled tons of U.S. flour and oil.

The helicopters hovered about six feet above the ground so U.S. marines could clip two nets holding a total of 4.5 tons of food to two hooks under its belly.

The helicopter rose and headed deeper into the mountains where roads had been made impassable, but where some of the 2.8 million people made homeless needed food to get through the winter.

Within half an hour, the chopper was back for another load. The United Nations has also rented Russian-built Mi-8 helicopters from the Ukraine and other countries, capable of hauling about half the weight of the Chinooks.

"We send 100 tons of food out every day—flour, split peas, vegetable oil," said an official with the U.N. Humanitarian Air Service. "It's a seamless operation. The locals and [U.S.] marines all work together."

Marine Corporal James Green, 20, shouting over the roar of the helicopter, said "I feel great about this mission."

"We've been sent here to help and we are making a difference in the world."

Muhammad Khalid Mughal, 26, taking a break from hauling sacks of U.S. flour, said he appreciated the aid.

"America is very good," he said. "It helps all Muslims in the right way."

"I was in a field when the earthquake hit," Mughal recalled. "My house was damaged. My uncle and my daughter are dead. People need food, tents and shelter—everything for a normal life."

Since U.S. choppers have twice the lifting power and can haul slings without landing or hand loading, the U.S. military delivered the lion's share of the aid.

"This is an excellent operation that gives this region an opportunity to see what we are like instead of seeing us on TV or hearing from other people," said Victor Robinson-Yarber, 32, a former marine in charge of U.S. sling load operations.

"You know you are helping once you see people waving." ■

### U.S. aid supplied

- Relief commodities to 370,000 people
- Shelter to 600,000 people
- Sanitation for 110,000 people
- Economic support to 48,000 people
- Jobs for 30,000 people
- Safe water for 57,000 people in camps
- Health care for 80,000 people
- Psychological and social support to 3,700 children

**LIFTING FOOD: A U.S. military Chinook helicopter (left) lifts more than four tons of food into remote villages. Packing U.S. flour bags into sling nets (below) meant choppers didn't have to land for each new load.**



## Last MASH Hospital

Muzaffarabad—In the dark green tents of the U.S. Army's last Mobile Army Surgical Hospital (MASH), military doctors treated 20,000 patients and conducted 400 operations. In March, they gave the unit—complete with x-ray and other technology—to Pakistan's army and went home.

Pakistani-American doctors at times volunteered alongside the military doctors, preventing many deaths this winter from earthquake wounds and disease.

MASH doctors did few amputations because "we washed wounds in our operating room, cut out gangrene and used external fixation to save limbs," said Dr. Jeffrey Dean, army orthopedic surgeon.

# SHELTER



R



### Shelter Close to Home

Nestled amidst damaged, unsafe houses, tens of thousands of blue and white tents are pitched on steep hillsides after the earthquake as families begin to rebuild.

Langla, Pakistan

**P**erched on a steep mountainside overlooking the Jhelum River, villagers in the tiny community of Langla were clearing away the ruins of their homes to begin rebuilding. Winter was over.

For the four months since the earthquake killed 50 of the 1,500 people in the village, survivors have been living in tents, pitched near their shattered homes. Rich and poor alike, they camped out beside the ruins of large cement homes now wrecked and useless; or by the piles of heavy beams, mud and stone that had crushed the victims.

“They have got through the winter in tents and now we are helping them build new small houses,” said Khalid Javed, head of a Catholic Relief Services project funded by U.S. foreign aid.

As he led a visitor over a suspension bridge crossing the Jhelum, up a steep path towards the damaged school, he passed two dozen men hauling sheets of corrugated tin, bundles of spongy insulation, rolls of wire mesh, tools and other materials to build new homes.

At a clearing, sawyers cut massive 30-foot-long wooden beams into light-weight

MASAKO IMAOKA / USAID

ROSHAN MUGHAL / AP



**TENTS ON THE TERRACES:** After spending the winter in tents pitched on their terraced fields, villagers can be seen from a helicopter as they frame new homes outside Muzaffarabad, February 2006.

**JANUARY 2006:** An earthquake survivor, Bibi Jan, clears snow from her tent in Charruta village near Muzaffarabad.

two-by-four building studs. A small gasoline engine chugged away, turning a belt that powered the bandsaw.

A few feet away, new houses that are earthquake resistant took shape. Instead of eight foot tall stone walls that had crushed so many people in the quake, the new stone foundations and walls rise only three feet and are bound together by chicken wire to prevent collapse.

Above them rises a thin but solid frame of two-by-four lumber into a pitched roof where tin sheets provide a waterproof and snow-resistant outer skin.

One family, as their young men cleared away debris and flattened their housing site, displayed the \$1,000 building kit USAID is supplying to each of about 20,000 families in the earthquake zone. It contains a dozen of the 12-foot by four-foot tin sheets; insulation for ceiling or wall; a floor tarp and two thick ground pads; wire mesh to surround the rock foundation; plastic sheet for an internal partition; a metal wood-burning stove and stove pipe for smoke-free heat and cooking; and a collection of useful tools such as a shovel, pick, hammer, saw, tin cutters, chisel, steel wire, nylon rope, nails and a bucket.

Each family also gets 2,000 rupees in cash—about \$35—to remove rubble, transport the building kit from distribution de-

**“They have got through the winter in tents and now we are helping them build new small houses.”**

Khalid Javed, project chief  
U.S.-funded Catholic Relief Services

pots and pay the carpenter to slice up the old beams.

Mohamed Maskeen, 55, has already built his house. His family of 10 spread out their tarps, floor pads and quilts each night, secure they will not be wet, cold, or harmed by a future earthquake.

The 14-by-18 foot house is about one quarter the size of his former home but he expects to add on another five rooms when he has the money.

Langla is one of thousands of villages where people have spent the winter in tents after the earthquake destroyed their homes. Now they are rebuilding.

USAID is providing more than the building kits. It is holding classes to teach people how to build back better—how to construct and install lightweight roofs, insulated ceilings and walls, earthquake-resistant interlocked stone foundation walls, and smoke-free wood stoves.

Thousands of tents pitched near damaged houses were rapidly being replaced by new homes with lightweight roofs. ■



DISASTER ASSISTANCE CENTER PAKISTAN

**VOUCHERS:** A woman shows her identity card in Bagh District to obtain a voucher for \$100 of household goods from shops.



**ROOFING SHEETS:** Each family gets 12 corrugated metal sheets to make lightweight roofs.

BEN BARBER / USAID





BEN BARBER / USAID



MASAKO IMAOKA / USAID

**HAULING HOME:** A family hauls U.S.-supplied building materials from the road to their home site.



MASAKO IMAOKA / USAID

**LEVEL SITE:** Two men clear away debris of collapsed former home to prepare for a new house.



MASAKO IMAOKA / USAID

**CURIOS GOAT:** As a new house rises behind, a woman and her goat stand by a temporary shack.



**BUILDING KIT:** In Langla, a village above the Jhelum River, a family spreads out its \$1,000 building kit: roofing sheets, insulation, stove and stovepipe, floor mats and tools.



BEN BARBER / USAID

**OLD ROOF:** Heavy roof beams of a traditional Kashmiri house support the top layer of earth and straw.



REBECCA GUSTAFSON / USAID

**HEAVY BEAMS:** The massive beams killed many when houses collapsed in the quake. Here, beams lie in rubble beside a tent.

## New Homes Built to Resist Earthquakes

To resist earthquakes, U.S. and other experts are teaching Pakistanis to build differently. Stone or block foundation walls are wrapped in wire mesh, include interlocking stones and rise only three feet above ground. The old, heavy roof beams are cut by band saws into thin building studs and nailed into sturdy, lightweight structures for walls and roofs. Metal panels on the roof are lightweight so that in case of an earthquake, they are less likely to harm people inside. Padded foam ceiling insulation keeps houses cool in summer and warm in winter.

## U.S. assistance has provided:

- **Building kits** for 20,000 families
- **Classes** on building quake resistant houses
- **Cash** for slicing beams; hauling materials
- **Pay** to build homes for widows, elderly and disabled
- **Concrete saws:** 20
- **Winter gear:** 100,000 blankets, 1,500 winterized tents, 8,000 rolls of plastic sheeting
- **Safe water:** 15,000 water containers, 17 water bladders, 2 water purification units
- **Health kits:** 10 kits, each supplying 10,000 people for three months

**EARTHQUAKE RESISTANT:** A new house in Langla Village built with U.S.-provided materials and training, stands next to an earthquake-damaged house that is unsafe and must be demolished.



MASAKO IMAOKA / USAID



MASAKO IMAOKA / USAID



MASAKO IMAOKA / USAID

**SLICING BEAMS:** A band saw powered by a small gasoline engine cuts roof beams into thin building studs.

**WIRE GIRDLE:** Wrapping wire around the foundation walls helps resist earthquake damage.

**SAFE AND WARM:** A carpenter's family sits in an earthquake resistant house built with U.S. technology and materials.

## Sheltering in the Valleys

# Vast Relief Camps

Down in the valleys, relief agencies and the Pakistan Army set up camps that kept people safe through the winter.

Mehra Camp, Pakistan

**T**he 16,000 people who fled their earthquake-shattered high-altitude villages for the neat rows of tents in this refugee camp, thought they were just coming to save their lives from cold, hunger and disease in the oncoming winter.

But 2,500 children among them found something unexpected—their first schools.

Inside one of the tent classrooms, 35 girls sat wearing their neat blue uniforms as their teacher led them through their lessons.

When asked how many had never been to a school before they came to the Mehra Camp, nearly every child raised a hand.

Nearby, inside a large community tent, their mothers sat on the ground using hand-

“I like to remain clean—these are all things I did not know before.”

Aid workers said the children who came down from the high hills had rarely had water, soap, change of clothing or instruction on keeping clean. But the camp schools taught cleanliness and provided hot water and fresh clothing. As a result, shiny, clean faces greet visitors.

Colonel Ahmed Fraz Khan, the Pakistani army commander of the camp, led efforts to get people safely through the winter but also to modernize their thinking.

“This was the greatest disaster the world has ever seen in this terrain,” said Fraz. “But



Pushing wheelbarrows

we have prevented the second wave of deaths.”

His troops got the refugees to organize their own security, cleaning and construction crews. They collected lists of masons, carpenters and other skilled workers to build latrines, water plants and shelters.

“The army is not just for fighting a war but also for a disaster,” he said. “I am happy



Sewing in the community center

powered sewing machines provided by U.S. relief funds—they were learning to make clothes for their families and for sale.

More importantly: while women in this traditional, Muslim society were often isolated in compounds, in the community center they met women from other families and villages, exchanging ideas and learning new skills.

Safiullah, an 8-year-old boy from Khanai village, told a visitor as he left his tent classroom that while he speaks Pashtu he is learning to read the national language Urdu as well as English. “I like school—I like to read and like the photographs in the books,” he said.

He also learned regular hygiene, saying:



Mehra Camp on Indus River



we trained them [in new ways] and were successful to change the people.”

For example, he put television sets in a few community centers to give people their first glimpse of the wider world. Some elders objected that television was “un-Islamic,” recalled the colonel. “So I had the television tuned to Koran readings. After a couple of days the elders came back to me and asked for news shows and entertainment too.”

With patience, the camp also introduced the people to the use of latrines. In much of rural Pakistan people generally relieve themselves outside in the fields. But in a crowded camp, this was impossible due to lack of privacy, and a recipe for cholera and dysentery.

“The NGOs said to me that people don’t know how to use latrines,” the colonel said. “So I put one latrine in the school to serve the children. Then they taught their parents how to use it. The main thing is that they are happy if you treat them as human beings—provide respect.”

### Too Much Success

Mehra and other camps may have had too much success: some people say they will not go back to their home villages unless they can continue to educate their children and have access to clinics, community centers, women’s training and other services.

“I am so sad I did not get an education,” said Fazal Rachim, 55, leader of the group from Rashank Village. “We don’t want that our kids should be like us. They should learn all the modern things.”

Development agencies are planning how to deliver education and other services once people return to their scattered villages.

Aside from the new desire for education, the relief effort has had a profound shift in many political views in the camp.

**“Previously we did not like American and Western people. But we did not know them. Now we love and like them. They are helping us.”**

Fazal Rachim, village leader

One man said: “The religion may be separate, the color may be separate, but we are all human beings.”

### Communications and Animals

A few hundred yards away across the sandy soil of this camp, nestled in a wide bend of the mighty Indus River, a half dozen men stood in line to use a community phone. Aid groups have set up the free phone service so camp residents can call relatives anywhere inside Pakistan, keeping families in contact during their displacement.

Farther away from the river, the lowing of cattle and braying of donkeys betrays a large animal barn provided by aid groups so

## Results

U.S., Pakistani and other civil and military aid supplied 16,000 people in the biggest camp, Mehra, and thousands more in many smaller camps, with:

- **First schools** for more than 2,500 children

- **Women’s training** and community center tents

- **Barns** for farm animals

- **Telephones** to contact family

- **Basic hygiene** lessons

- **Medical care** including vaccinations

- **Psychological care** including counseling and medication for trauma

that families fearful of losing their valuable farm animals would not risk their lives by remaining at a high altitude. Now they will have their animals for plowing, hauling, transport, milk, breeding and meat.

The vitality of the camp was a far cry from the despondency sometimes seen in relief camps. Cheerful workers hauled a wood-framed latrine from a carpentry shop to a toilet site. Vendors sold candy, oranges, cigarettes and other items. Children lined up for their classes or else—liberated from school—raced around.

Bakers slapped dough inside their hot ovens, baking flat bread for a penny out of flour supplied by each family to the baker.

Many of them squinted up through the sunlight towards the high hills around the camp, watching the signs of approaching spring and the time when they would take what they had learned in the camps and return to their terraces and the spectacular views from their hill top homes. They would begin rebuilding their home and their lives after the great earthquake of 2005. ■



## Treating the Hidden Trauma of Survivors

Bagh—Mohammed Sadiq is a large man with a white beard and shawl who came to a U.S.-funded clinic with stomach pain. Inside the medical tent, the doctor took his blood pressure and listened to his heart.

But the doctor found nothing wrong—physically.

Unable to find the source of the man’s complaints, the doctor began to ask probing questions: “What kind of pain do you have? When did it begin? Do you sleep at night? Do you have terrible dreams? Who did you lose in the earthquake?”

Finally, he prescribed tranquilizers for stress.

“People are shattered—they look normal but it is deceptive,” said Dr. Salman Asif of the group running the clinic, the American Refugee Committee (ARC).

Nearly half a year after the earthquake, many still fear to enter a closed space or to go to sleep. Up to 80 percent of people seeking medical help may have depression.

“There’s a lot of depression and PTSD (Post Traumatic Stress Disorder)” said Dr. Mark Williams, a psychiatrist from the Mayo Clinic and a volunteer with ARC.

“The people cannot sleep and cannot stop thinking about the dead. They don’t eat, and cry all the time. Then they have pain but when we investigate, it’s not physical. It’s psychosomatic.”

Treating trauma after disasters or conflict has become standard in relief operations. Aid workers in the 2004 tsunami learned that people won’t get back to jobs, school or productive work until they resolve the fears, terrors and psychological problems.

Psychiatrists have set up programs to train teachers, health care workers and community leaders to identify and treat low level trauma. They learn to refer serious cases to doctors. The skills gained in previous disasters were applied in Pakistan.

A large percentage of the 2.8 million left homeless have some form of psychological damage say the ARC doctors. Of 100,000 people in Bagh, 3,000 died October 8. In the surrounding region of Bagh, a total of 15,000 died. Most people recall the terror of the earth shaking, the houses collapsing and the earth giving way.

“We give them some anti-depressants and look at local resources such as family and support groups,” said Dr. Williams. “I have been training the staff how to recognize depression and to treat it.”

Aside from USAID support, ARC gets medicine and other aid from Direct Relief International, World Vision, UNICEF and the World Health Organization—reflecting the interlocking network of aid providers cooperating in the relief effort. And ARC has tackled far more than medical help, supplying 100,000 plastic water containers, water purification tablets, soap, cooking oil, dates, flour, latrines and shelter kits for up to 40,000 people. ■



RELIEF CA

# CAMP LIFE

School's out at Mehra Camp

Photo Essay by Masako Imaoka



Delivering a new latrine



Washing up

Attending their first school

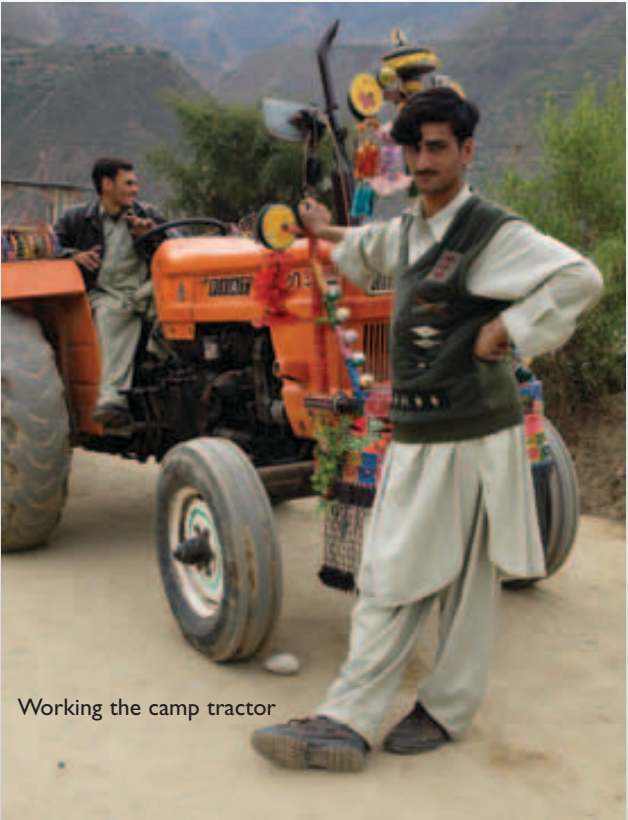


Playing dress up

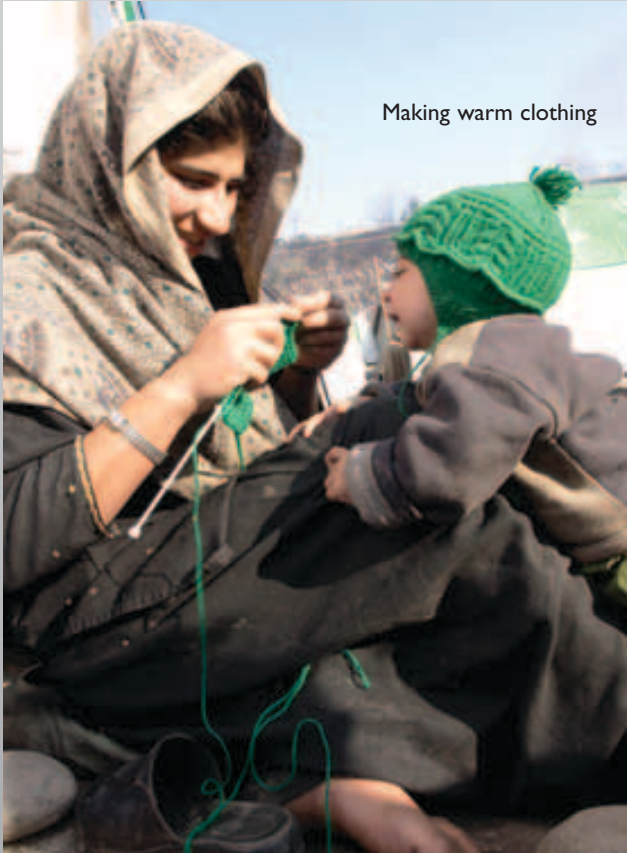




Selling chicken soup



Working the camp tractor



Making warm clothing



Baking bread



**WIRING ROAD:** Workers rebuild road that the earthquake dropped 1,000 feet into Jhelum River.

MASAKO IMAOKA / USAID



Building Back Better

# \$6.2 Billion Pledged for Reconstruction

After a mild winter, Pakistan and aid agencies began to reconstruct 400,000 homes, thousands of schools and clinics, roads, water systems and other structures.

Islamabad, Pakistan

The winter at the quake area north of here was mercifully mild and short, helping more than 2.8 million people to survive with fewer deaths than in a normal winter, according to international officials.

With the approach of spring, the massive international relief operation with its dozens of helicopters and many aid groups supplying food, medicine and other aid, is winding

down—converting into reconstruction. Donor countries in November pledged \$6.2 billion for reconstruction, including \$510 million from the United States for both relief and reconstruction. The State Department led the U.S. delegation at the international donor conference.

The U.S. earthquake assistance comes on the heels of the return—after a four-year break—of U.S. foreign aid programs to Pakistan in 2002, when President Bush promised President Musharraf at Camp David \$1.5 billion over five years for education and other aid. That aid program proved helpful when the earthquake hit, since aid workers were already in the country working on tasks such as building schools that will be vital in reconstruction of the Kashmir and North West Frontier Province.

This year the USAID mission in Islam-



ERIC POWELL / U.S. NAVY

**PLOWING THROUGH:** U.S. Navy Seabees move debris at Neelam School in Muzaffarabad.



MASAKO IMAOKA / USAID

**RECYCLING STEEL RODS:** In Muzaffarabad, workmen salvage steel reinforcing rods from the rubble of buildings destroyed by the earthquake.



**REBUILDING:** Workers pour water to mix concrete as new shops are built on the ruins left by the earthquake in a Kashmiri river town.

MASAKO IMAOKA / USAID



KAUKAB JHUMRA SMITH / USAID

**CLEAN WATER:** USAID project in Kagan Valley restored spring water cut off by the earthquake.



KAUKAB JHUMRA SMITH / USAID

**CLEARING CANAL:** Battagram district farmers clear irrigation channel under U.S. cash-for-work program.



KAUKAB JHUMRA SMITH / USAID

**TEMPORARY SCHOOL:** Earthquake resistant middle school in Bagh District, built near ruins of school destroyed by quake.

abad is spending \$65 million on:

- Construction of 65 schools in the Pakistani tribal areas along the Afghan border—areas rife with both illiteracy as well as militants opposed to the governments of Pakistan, Afghanistan and the United States.
- The largest Fulbright scholar exchange in the world with about 100 Pakistani students in the United States.
- Small grants of \$1,500 to provincial governments for libraries, classrooms or privacy walls for girl students.

U.S. education experts in Islamabad say they will use the lessons learned building schools, training teachers and helping administrators in the tribal areas when they begin school construction in the quake zone.

### Returning Home

Some 400,000 families began to return home in March after spending the winter in tents, shelters, refugee camps or with family and friends around Pakistan.

Pakistan's Earthquake Reconstruction and Rehabilitation Authority estimates it could take two years to replace the 400,000 destroyed homes.

Pakistan's Prime Minister Shaukat Aziz said in February that the government had already provided 25,000 rupees (about \$450) to each affected family for temporary shelters. Another \$2,500 is to be given to each homeowner by June to enable them to rebuild their homes.

Hundreds of schools, clinics, government offices, shops, roads, bridges, water systems and other structures also will need to be repaired or replaced. Even before the spring, crews of masons and carpenters could be seen rebuilding retaining walls along damaged roads and framing new structures to serve as temporary schools.

Of the \$510 million pledged by the U.S. government, President Bush specifically pledged \$200 million for reconstruction alone. Along with support from the World Bank, other donor countries, private sources and Pakistan's own contribution, reconstruction costs will total more than \$6 billion.

Aid agencies plan to begin by removing rubble in a few major cities such as Muzaffarabad and Bagh and then rebuilding roads, bridges, hospitals and other public buildings so the cities can serve as reconstruction hubs. Building material and expertise can be brought there and then delivered to the hundreds of smaller towns and villages throughout the region.

United Nations officials predicted that once roads opened up in the spring, 40 to 60 percent of the 122,000 people who fled to camps would leave for their home villages, while the rest would wait for help replacing lost land, jobs and places to live. By April, thousands were heading back home from camps to rebuild.

Thanks to the prompt relief, 85 percent of the earthquake survivors stayed in place—they set up shelters and tents adjacent to their damaged dwellings—and were able to swiftly begin assembling housing kits, repairing farmland and water supplies and planting new seasonal crops.

While relief activities would continue for those in need, the Pakistani and foreign aid experts intended to immediately help people to stand on their own feet by supplying livestock, seeds and farming support.

### U.S. Focus in Three Zones

USAID decided it will concentrate its reconstruction programs in three areas where U.S. relief has been well-received and there is major damage and need: the ① Kagan and Siran Valleys in Mansehra District of NWFP; ② Bagh District of AJK; and the displaced families of Mehra camp in ③ Allai Valley.

Focusing on these three areas will ensure that visible U.S. assistance will not be scattered among the many hundreds of projects carried out by many international and Pakistani aid groups. It will also allow support for governance activities to help ensure the benefits are long-lasting and spread to all levels of society.

USAID will rebuild primary, secondary and high schools; local government buildings; and clinics. It will also provide essential equipment. The Agency will train teachers, health care workers, government officials and community management groups.

U.S. funds will also help with irrigation, farming, agriculture training and marketing of crops. The major physical construction programs will begin this fall and continue for four years.

Families leaving Mehra camp will get USAID assistance in returning home safely. Aid will also support community schools and health clinics. The returnees should be able to retain the modern benefits they had in the camp. ■



NAN DEARBORN / USAID

Representation of names and boundaries are not necessarily authoritative.

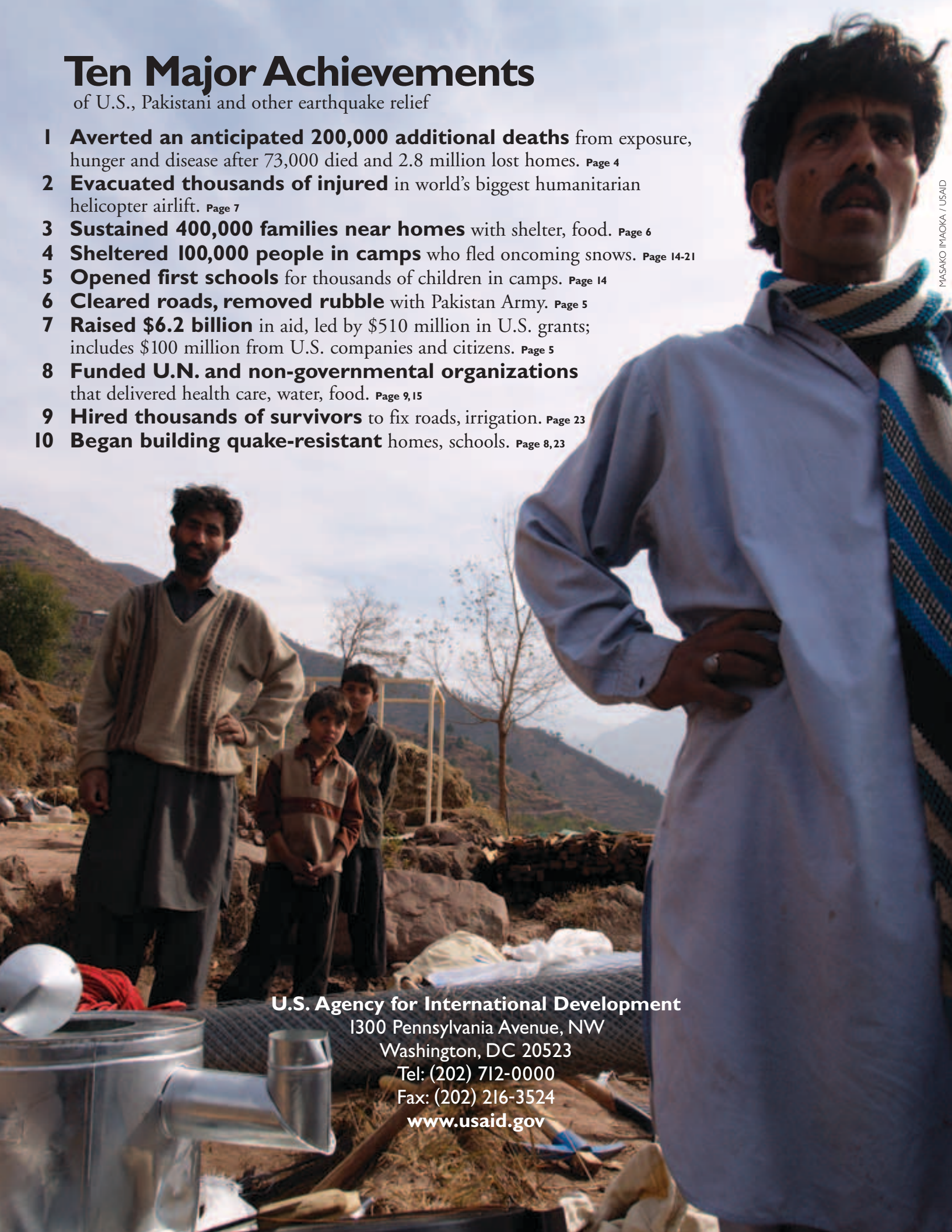
**ONE WAS SPARED:** While workers rebuild shops in Bagh, a solitary shop, though damaged, remains open for business.



# Ten Major Achievements

of U.S., Pakistani and other earthquake relief

- 1 Averted an anticipated 200,000 additional deaths** from exposure, hunger and disease after 73,000 died and 2.8 million lost homes. **Page 4**
- 2 Evacuated thousands of injured** in world's biggest humanitarian helicopter airlift. **Page 7**
- 3 Sustained 400,000 families near homes** with shelter, food. **Page 6**
- 4 Sheltered 100,000 people in camps** who fled oncoming snows. **Page 14-21**
- 5 Opened first schools** for thousands of children in camps. **Page 14**
- 6 Cleared roads, removed rubble** with Pakistan Army. **Page 5**
- 7 Raised \$6.2 billion** in aid, led by \$510 million in U.S. grants; includes \$100 million from U.S. companies and citizens. **Page 5**
- 8 Funded U.N. and non-governmental organizations** that delivered health care, water, food. **Page 9,15**
- 9 Hired thousands of survivors** to fix roads, irrigation. **Page 23**
- 10 Began building quake-resistant** homes, schools. **Page 8,23**



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