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NepalYouthFoundation.org

Transforming Lives
for Over 30 Years



Tanushri*, 24, grins in front of the economical greenhouse model she learned to build at NYF's new agricultural training for young women. Weeks after graduation, she is already selling crops in her village!



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Fall 2021

My dear friends and NYF supporters,

On September 25th, the children of Olgapuri celebrated their 5th anniversary of living in their remarkable little oasis. How I wish I could have been there to celebrate with them, so I could write to you first-hand about each special moment of growth, laughter, and mischief!

When Som and I first dreamed of Olgapuri—a stable home especially designed for family-style living, with green space, playgrounds, a farm, kitchens, and more—we never imagined that within its first years of operation, the little village would become a haven from a worldwide pandemic. I was terrified when I had to leave Nepal in March 2020 because of the pandemic—terrified about how the virus might affect our children. But I need not have worried. The staff in Nepal was so careful and attentive to the children's safety that not a single kid at Olgapuri has come down with the virus. I am in awe—and so grateful to the dedicated staff members who have kept these 80 children safe and in good spirits.



Olgapuri kids had room to stretch, play, and exercise during lockdown.

Thank you to each generous friend and supporter who has helped make our Olgapuri dream a reality.

Now, as the COVID restrictions loosen in Kathmandu Valley, the Olgapuri children are venturing forth—back to school, in person. High school graduates are moving into college hostels and beginning their university coursework. New children in need of a stable, loving home are arriving and meeting their Olgapuri siblings. Our team members in Nepal are cautiously optimistic, and paying close attention to health reports and government directives.

The reopening of schools is not only impacting Olgapuri—it affects each of the hundreds of individuals receiving valuable educational opportunities through NYF's many programs. Children living in **Kinship Care** are returning to school, as are the students receiving **Scholarships for grades K-12, college, boarding school, and beyond**. **Vocational Education** satellite programs are operating more broadly, and mothers and caregivers are once again receiving practical nutrition, hygiene, and home health care training at the **New Life Center** and **Nutritional Rehabilitation Homes (NRHs)**. Young Nepalese professionals are attending training workshops through **Ankur Counseling Center** and the **NRHs**.

Everywhere you look, the communities NYF serves are heading back to school.

I am impatient to return to Nepal as soon as it is safe. But in the meantime, I am comforted in knowing NYF's president, Som, is leading such an exceptional team in Kathmandu and beyond. Their work throughout the COVID-19 pandemic has been nothing short of extraordinary.

Thank you all for the generous gifts of love and support that keep children safe and fuel our transformative work in the lives of Nepalese children and their families.

With gratitude and love,



At our NRH, young mother Madri learns to nourish her son, toddler Udit**

Olga Murray
Founder & Honorary President

** Names have been changed*

Ways to Give

Impactful giving can be as unique as you are. Here are just a few ways to ensure your #LoveWorks:

- ♥ Join our **Legacy Circle** by including NYF in your will
- ♥ Ask your employer if they have an **Employer Matching Gifts** program - many do, and may double your gifts to NYF!
- ♥ If you shop through Amazon.com, make your purchases through **AmazonSmile** and select Nepal Youth Foundation
- ♥ Connect through the joy of giving by organizing a **virtual fundraiser** with your friends and family
- ♥ Share your favorite NYF blog post on social media and use the hashtag **#LoveWorks** - find great stories at nepalyouthfoundation.org/newsroom/blog
- ♥ For questions, please call our U.S. Executive Director, Eric Talbert, at 415-331-8585 or email us at info@nepalyouthfoundation.org

Gift Giving and Estate Planning

An info session with Jaime Mannon (Partner with Coblenz Patch Duffy & Bass) and NYF Board Chair Chris Heffelfinger.

Please join us on Zoom for this **free** info session

Wednesday, October 20th
4 - 5 p.m. PST

To attend, please register at
<https://nyf.news/estateplanning>
or call us, 415-331-8585



Keeping Families Strong through Kinship Care

Brothers Kaalik*, 14, and Padman* 10, lost both of their parents within the span of one year in 2014, when both boys were very young.

Fortunately, their Uncle Madhav* and Aunt Ojal* were there to take them in. They already had three young children of their own, so the household became very cramped. Raising five young children was a challenge - but Madhav and Ojal were determined to treat Kaalik and Padman just the same as their own children.

Bills were the toughest. Soon Kaalik's teacher noticed that the boys' school fees were late, and she became concerned about the family.



Uncle Madhav, Padman, & Kaalik in 2021

Madhav was delighted when he learned from the teacher about NYF's Kinship Care program, and Kaalik's teacher even helped the family apply. After reviewing their case, NYF gladly began providing the family with the extra support needed to keep Kaalik and Padman safe with family.

These stipends have made an incredible difference. Both boys are thriving in school - Kaalik is in 8th grade and Padman is in 5th. They used smartphones to attend classes virtually during the lockdowns and they are eager to return to in-person learning. The entire family of seven is grateful to be living happily together.

Back to School!

Namasté from Kathmandu! I hope this newsletter brings you a sense of satisfaction and pride in being a member of NYF community. Your love and generosity are accomplishing great things in the lives of the children we serve here in Nepal even during the pandemic.

As children in Nepal go back to school, our global team is reflecting on all we have accomplished during the COVID-19 pandemic—especially in education.



Olgapuri junior girls joke together on their front porch.

Access to Education provided social-distanced education to 9,684 students - at only \$10 per student for the year! Eighty-two individuals receiving secondary & higher educational scholarships received either a laptop or smart phone to allow them to access their online learning resources. Vocational Education trainers brought our

skills training courses into remote areas, allowing young adults seeking career opportunities to progress. Olgapuri celebrated the graduations of four kids in February of this year, and thirteen more kids are waiting to take their final high school graduation exams.

We owe these remarkable accomplishments in large part to the outstanding team members here in Nepal. Our team of 86 staff members includes devoted house parents, cooks, social workers, bookkeepers, tutors, therapists, janitors, and more. Each of them provides the best-quality care to the children we serve.

I am so grateful that almost 100% of these staff members are now fully vaccinated against COVID-19, thanks to the vaccine rollout here in Nepal.

Safety—for the children and for our staff members—is our highest priority. As the country begins to open, we are paying careful attention and are ready to switch back to remote strategies if necessary.

But for now, we are grateful that education is continuing, and for the part NYF is playing in the lives of so many young students.

Thank you for being part of this journey!

Dhanyabad!
Som Paneru, President

Staff Spotlight: Reeta Mahat, Social Worker

"I currently have an 18 year old girl, Vamil*, in my program who is studying in grade 12," says Reeta Mahat, when asked about her favorite part of working at NYF. "We started supporting her when she was six years old in 2008."

Vamil's family had experienced a series of tragedies one after the other - her father died of cancer, and all the money and property had been spent on his treatment; her brother passed away in a tragic accident; and Vamil's mother developed severe depression.

"Although I was a receptionist at NYF when Vamil came to NYF, I used to meet her often and talk to her. During the Dashain holidays I used to take her with me to her village and drop her off at her home, which was on the way to my own village. I still remember the whole day-long bus rides we had together to go home for Dashain. It is now so heartwarming to see that little child grow into a confident girl. She is doing very well in her studies. After graduating, Vamil wants to study nursing."

"Vamil's mother is also doing much better now," Reeta adds warmly. "Seeing her children doing well in life is helping her cope with her own health conditions."

Reeta joined the NYF Nepal team 20 years ago, in 2001 - first as a receptionist, and later, beginning in 2010, as a

social worker. Since then, she has touched the lives of hundreds of NYF scholarship recipients. Many of them, including Vamil, call her Reeta Didi. She is the longest-serving social worker on NYF's staff, and she brings an incredible amount of heart to the work she does each day.

Shockingly, Reeta's work with NYF began almost by chance! Raised in a very traditional Nepali home, Reeta never expected to work after marriage, and she focused her education on learning to be a good mother.

But circumstances were different than Reeta had imagined, and in 2001, she was desperate for a decent job that could pay the bills for her family - including three small children. A family friend told her there was an opening at NYF, and Reeta applied.

"The job at NYF was literally a savior for me and my family," Reeta recalls. "The income allowed me to give a good education to my children and raise my family. And the supportive, family-friendly office environment also helped me to continue despite the difficulties I

faced as a working mother. But over the 20 years I have been with NYF, I have grown a lot as a person. Now I want to be able to help people who are going through the most difficult circumstances, like what I went through myself in my earlier years. Support from NYF is changing the lives of thousands of children and their families and I am so happy to be part of this change."



Reeta Mahat's #LoveWorks - and every day, she joyfully helps ensure your #LoveWorks, too!



If you are a federal employee or retiree, please consider giving to NYF through this year's Combined Federal Campaign!

Nepal Youth Foundation
CFC Charity Code
#84267

NATIONAL
ESTATE PLANNING
AWARENESS WEEK

Did you know that 70% of American adults do not have an up-to-date will?

National Estate Planning Awareness Week runs from October 18th-22nd, 2021. It's a great opportunity to review your options and ensure your wishes are honored.

GIVING
TUESDAY

GivingTuesday - the Tuesday after Thanksgiving - is one of the biggest giving days of the year!

November 30th, 2021

Join the movement! Mark your calendar and use this day to share your favorite NYF story on social media with the hashtag #LoveWorks!